



# Relationship and Sex Education (RSE) Policy

## School Mission Statement

St. Michael & St. Martin school follows the teaching of the Roman Catholic Church, in its daily life through celebration of the Liturgy and through following the values taught in the Gospel of Jesus, by:

- Learning our faith.
- Living our faith.
- Loving our faith.

Thus the school recognises the dignity of every human person because s/he is a child of God, while fostering awareness of the world's poor. Equality of opportunity for every person is therefore paramount and precludes all forms of discrimination on grounds of colour, gender, race, social class or ability.

The school aims to nurture the spiritual, intellectual and physical growth of each pupil through a holistic approach, which takes due note of the needs of every child while, at the same time, striving for excellence in all aspects of education in a secure environment.

In a Catholic school, any teaching or information on human love or human development must be within the whole context of our faith in God, who reveals himself in Jesus Christ. It is through our love of God and of our neighbour that we reciprocate that love. For many Christians this happens through the love between a man and woman.

Marriage is a commitment in which many Christians can meet Christ through the adventure of learning to love one another. It is the consistent teaching of the church through the centuries that it is only in the context of marriage that sexual love can take on its true meaning. Marriage is a mutual commitment of total fidelity which is open to the gift of life. In the culture in which we live it is vital that our young people understand the importance of commitment for life. It is only through commitment that the deepest lessons of love can be learnt.

As Christians we recognise in joy that God has given himself to us completely in love and we respond to that love with the whole of our lives.

### **Rationale**

*'I have come that you might have life and have it to the full.'* (Jn.10.10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity, Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It will also be delivered in conjunction with teaching the Religious Education programme and as part of the statutory element of the Science National Curriculum.

All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be provided to help pupils deal with different sets of values.

RSE will be taught in accordance with the principles set down in other relevant school's policies such as *Equal Opportunities* and *Inclusion*. The school will use the Ten Ten Resource 'Life to the Full' to deliver RSE curriculum content within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.

### **Aim of RSE and the school Mission Statement**

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons

and develop caring and sensitive attitudes. It is in this context that we commit ourselves: In partnership with parents, to provide children and young people with a “positive and prudent sexual education” which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

## **Objectives**

To develop the following attitudes and virtues:

- Reverence for the gift of human sexuality and fertility;
- Respect for the dignity of every human being – in their own person and in the person of others;
- Joy in the goodness of the created world and their own bodily natures;
- Responsibility for their own actions and a recognition of the impact of these on others;
- Recognising and valuing their own sexual identity and that of others;
- Celebrating the gift of life-long, self-giving love;
- Recognising the importance of marriage and family life;
- Fidelity in relationships.

To develop the following personal and social skills:

- Making sound judgements and good choices which have integrity and which are respectful of the individual's commitments;
- Loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- Managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- Managing conflict positively, recognising the value of difference;
- Cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- Building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;
- Being patient and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- Assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand:

- The Church's teaching on relationships and the nature and meaning of sexual love;
- The Church's teaching on marriage and the importance of marriage and family life;
- The centrality and importance of virtue in guiding human living and loving;
- The physical and psychological changes that accompany puberty;
- The facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;

## **Outcomes**

### **Inclusion and Differentiated Learning**

We will ensure RSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example their own sexual orientation, culture and is taught in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying

and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help. (In looking at these questions, it is important to draw links to the school's inclusion policy).

### **Equalities Obligations**

The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, religion or sexual orientation or whether they are looked after children.

### **Broad Content of RSE**

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross-curricular dimension and a specific relationships and sex curriculum.

**Life to the Full** is a fully resourced Scheme of Work in Relationships Education for Catholic primary schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning, in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Our 'Life to the Full' programme will cover:

#### **Module 1: Created and Loved by God**

- Religious Understanding
- Me, my body, my health
- Emotional well-being
- Life cycles

#### **Module 2: Created to Love Others**

- Religious Understanding
- Personal Relationships
- Keeping Safe

#### **Module 3: Created to Live in Community**

- Religious Understanding
- Living in the Wider World

### **Working with Parents**

We recognise that parents (and other carers who stand in their place) are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children. Therefore the school will support parents and carers by providing material to be shared with their children at home and workshops to help parents/carers to find out more. Parents/carers will be informed when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Parents have the **right to withdraw** their children from RSE except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher. The school will provide support by providing material for parents to help the children with their learning. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed.

## **Roles and Responsibilities**

### **Governors**

In accordance with the Education Act, 1993 the governing body will keep up-to-date with the school's policy for RSE, in consultation with parents and will make copies available to them. They will make known to parents their right to withdraw their children from all or part of RSE provided at school except for those parts included in the statutory Science National Curriculum.

### **Teachers**

All teachers have a responsibility of care; as well as fostering academic progress; they should actively contribute to the guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSE in accordance with the Catholic ethos of the school.

### **Parents**

The school recognises that parents are the prime educators of their children and will seek to support them in their task. It will ensure that parents are kept informed of what is happening in RSE in terms of content, delivery and timing.

### **Monitoring and Evaluation**

The RE subject leader, the PSHE subject leader and the Science subject leader will monitor provision of RSE in the school.

Agreed and Approved by Governing Body :

**Paul Lemaire – Chair of Governors**

**Date : 11/10/23**

**Review Date : Autumn Term Academic Year 2026 / 2027**

**Person Responsible : Nicola Duggan, Sabina Williams**

## Sex and Relationship Education

### Progression through Foundation Stage, KS1 and KS2

Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To know that they are created uniquely from God and that their body is a gift from God	To understand some basic hygiene principles	To introduce the concept of male and female and gender stereotypes	To know scientific words for private parts and these determine the gender of a baby.	To explore the human life cycle and to value themselves as a child of God and their bodies are a gift to them.	To explore the emotional and physical changes occurring in puberty	To describe how and why the body changes during puberty in preparation for reproduction
To learn that babies grow into adults.	To know that we are different and to recognise themselves as male and female (boys and girls)	To identify differences between males and females and God has made us all unique and we are all different but special to Him	To consider touch and to know that a person has the right to personal space.	To know that during puberty the body changes from a child into a young adult	To understand male and female puberty changes in more detail	To consider reproduction in the context of relationships and married family relationships.
To know the main parts of the body.		To explore some of the differences between males and females and to understand how this is part of the lifecycle (Humans reproduce)	To explore different types of families and who to go to for help and support	To know why the body changes during puberty	To explore the impact of puberty on the body and the importance of physical hygiene	To describe the decisions that have to be made before having a baby and to know that babies are precious gifts from God.
To know that family and friends should care for each other.		To describe the physical differences between males and females.		To identify some basic facts about pregnancy	To explore ways to get support during puberty and to know that we are unique and God loved and accepts us as we are and as we change.	To explore the process of conception and that they are part of the wonder of God's creation.
Learnt that babies have special needs and our parents look after us.				To know about the physical and emotional changes that happen in puberty		To appreciate what being a parent involves and babies have special needs.
				To know that each person experiences puberty differently		