

St Lawrence's R.C. Primary School



Relationships , Sex and Health Education Policy

Updated July 2020

Mission Statement

**God's love is at the heart of our school
We care for each other,
Treating others as we wish to be treated ourselves.
We will always try to be the best that we can be.
Through tolerance, kindness and respect.
Loving Jesu,
Loving Learning,
Loving Life.**

Statement of Belief

Our mission statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural and emotional) and we believe that sex and relationship education is an integral part of this education. Furthermore we 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 to 'positive and prudent sex and relationship education' ('Declaration on Christian Education'. Vatican II)

Rationale

**'I have that you may have life and have it to the full'
(John:10:10)**

In St Lawrence's School we are committed to Relationships Education, Relationships and Sex Education and Health Education because of our Christian beliefs about God and the whole 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 relationship and sex education 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 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 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. Relationship and Sex Education therefore in St Lawrence's school 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 Department of Children, Schools and Families, Relationships Education, Relationships and

Sex Education and Health Education in St Lawrence's will be firmly embedded into our curriculum as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of our pupils. It is centred on Christ's vision of being human as good news and will be both positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationships Education, Relationships and Sex Education and Health Education 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.

The key points of the Education Act 1996 (Sections 403 and 405) which consolidated all previous legislation are:

All maintained primary and secondary schools must teach the sex and relationship elements of the National Curriculum Science Order;

All maintained secondary schools must provide RSE as part of the basic curriculum including teaching about human growth and reproduction as set out in the national curriculum

The Learning and Skills Act 2000

The Learning and Skills Act 2000 requires that:

Parents have the right to withdraw their children from all or part of any sex education provided but not from teaching the biological aspects of human growth and reproduction necessary under the National Curriculum Science Order;

Young people learn about the nature of marriage and its importance for family life and the bringing up of children;

Young people are protected from teaching and materials which are inappropriate, having regard to the age and cultural background of the pupils concerned; when providing RSE all schools must have regard to the Sex and Relationship Education Guidance published in 20001 .

Overall Aims and Objectives

Aim of RSHE In partnership with parents;

We aim to provide children 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.

To develop the following attitudes and virtues:

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 bodies.

Responsibility for ones 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 love

Recognising the importance of marriage and family life.

To develop the following personal and social skills:

Making sound judgements and good choices

Loving and being loved, and the ability to form friendships and loving, stable relationships.

Managing emotions within relationships including when relationships break down.

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.

To develop the following knowledge and understanding:

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.

Roles and Responsibilities

Governors

Ensure that policy is in accordance with other whole school policies.

Ensure that parents know of their right to withdraw their children

Establish a link governor to share in the monitoring and evaluation of the programme, including the resources used.

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.

Head teacher; Mr Brown

The Head teacher takes overall delegated responsibility for the implementation of this policy and for liaison with the governing body, parents, the Diocesan Education service and the Local Education Authority, and other appropriate agencies.

RSHE Coordinator; Mrs Hagon

The coordinator with the head teacher has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to sex and relationships education and the provision of in service training.

All Staff

Relationships Education, Relationships and Sex Education and Health Education is a whole school issue. All staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

Parents

Parents/carers are the primary educators of their children. They were consulted before this policy was ratified by the governors. They will be consulted at every stage of the development of any revision of the RSHE programme, as well as during the process of monitoring, review and evaluation. Resources used by the school in the RSHE programme will be made available each year for parents/carers to view. Parents have the right to withdraw their children from RSHE excepting those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they should notify the school by contacting the Headteacher in writing. The request will be made on a year by year basis. The school will provide support by providing material for parents to help the children with their learning.

Provision

Organisation

The three aspects of Relationships Education, Relationships and Sex Education and Health Education;

- attitudes and values,
- knowledge and understanding,
- personal and social skills

Will be provided in three inter related ways. These will be through;

- the whole school/ethos dimension
- a cross curricular dimension
- specific relationship and sex curriculum

Staffing

All staff will be involved in developing the ‘attitudes and values’ aspect of the relationship, sex and health and programme. They will be role models for pupils of good, healthy relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils’ personal and social skills. All teaching staff are aware of the teaching of the Catholic Church on Relationships Education, Relationships and Sex Education and Health Education and adhere to that teaching in the education of our children.

Equal Opportunities

We will ensure RSHE is sensitive to the different needs of individual pupils in respect to pupils’ different abilities, levels of maturity and personal circumstances 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. These questions will be responded to in the context of the school’s inclusion policy.

Ethnic and Cultural Groups

In St Lawrence’s school we are sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will always respond to parental request and concerns.

Pupils with SEN

We will ensure that all pupils receive sex and relationship education and we will offer provision appropriate to the particular needs of our pupils, taking specialist advice where necessary.

Pupils with particular difficulties whether of a physical or intellectual nature will receive appropriately differentiated support in order to enable them to achieve mature knowledge, understanding and skills. Teaching methods will be adapted to meet the varying needs of this group of pupils

Relationships to the other policies/initiatives

This Relationships Education, Relationships and Sex Education and Health Education programme will be taught as part of our Science and RE.

Teaching the Programme Class teachers have the responsibility for teaching PSHE and, as such, the RSHE curriculum. On some occasions adults from other agencies will be used to deliver some aspects of RSHE. Such visits will always complement the current programme and never substitute or replace teacher led sessions. External visitors will be made clear about their roles and responsibilities whilst they are in school delivering a session. Visitors will be required to ensure that all teaching is rooted in Catholic principles and practice.

Safeguarding

When Relationship and Sex Education is taught we will endeavour to make sure that a safe environment is provided. Effective Relationship and Sex Education will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may lead to disclosure of a child protection issue. Teachers in St Lawrence's are aware of the needs of their pupils and will not let any fears or worries go unnoticed. Where a teacher has any concerns about the risk to a child they will follow the schools Child Protection policy and immediately inform the designated member of staff (the head teacher)

Parents' right to withdraw from lessons.

Parents do have the right to withdraw their children from Relationships Education, Relationships and Sex Education and Health Education excepting those elements which are required by the National Curriculum science programme. Parents will be able to examine the programme their children are following and provide additional preparation and information as they wish.

Sensitive Issues

There will always be sensitive issues in the field of Relationships Education, Relationships and Sex Education and Health Education. These may be a matter of maturity, of personal experience of children, or disagreement with the official teaching of the Catholic Church. The governors of St Lawrence's School believe that our children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the sex and relationship education programme. The use of '*ground rules*' negotiated between teachers and pupils helps to create a supportive climate for discussion.

Monitoring, review and evaluation

The RSHE provision will be monitored by the RSHE coordinator by monitoring planning, lessons and samples of pupils work at regular intervals. The programme will be reviewed biannually by means of questionnaires and discussions with pupils, staff and parents. The governors will consider all such evaluations before amending the policy. The governors remain ultimately responsible for this policy.

Dissemination

This RSHE policy will be given to all members of the governing body and all teaching and non teaching staff. Copies will be available to all parents from the Head teacher.

Confidentiality and Advice All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality. All lessons, especially those in the RSHE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships, sex and health, developing appropriate personal and social skills and becoming

appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstance they would have to inform others, e.g., parents, headteacher, but that the pupils would always be informed first that such action was going to be taken.

Implementation and review of Policy.

After consultation with the Governors this policy was implemented in the Summer Term 2019. This policy will be reviewed every two years by the Head teacher SRE Coordinator, governing body and Staff. The next review will be spring 2021.

Programme/ Resources

Appendices to this policy provide further information about the programme and resources used in St Lawrence's.

Programme and Resources used for Relationships Education, Relationships and Sex Education and Health Education

The core programme for the teaching of Relationships Education, Relationships and Sex Education and Health Education will be Ten Ten; Life to the full which is fully endorsed by the Diocese and Linked to the religious teachings of the Catholic Church supported by **A Journey in Love.**

Ten Ten

Life to the Full is a fully resourced Scheme of Work in Relationships and Health 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.

The programme includes:

- **Approx. 60 lesson plans** for Years 1 to 6 (EYFS to follow in 2020/21);
- **High-quality videos** created by Ten Ten specifically for UK-based Catholic primary schools;
- **Programme of prayer** and worship music to accompany the scheme of work;
- **Assessment Activities;**
- **Guidance for Programme Coordinators;**
- **Teaching training sessions;**
- **Programme Pathways** for a variety of school timetables;
- **Online Parent Portal** for links to home.

<https://www.tentenresources.co.uk/relationship-education/>

Programme STRUCTURE

- Key Stage One
- Lower Key Stage Two
- Upper Key Stage Two

Module 1
Created and Loved by God

Units:

- Religious Understanding
- Me, My Body, My Health
- Emotional Well-being
- Life cycles

Module 2
Created to Love Others

Units:

- Religious Understanding
- Personal Relationships
- Keeping Safe

Module 3
Created to Live in Community

Units:

- Religious Understanding
- Living in the Wider World

Various Lessons and Sessions

Programme Pathways



- Approximately 60 lessons for Years 1 to 6
- Each learning stage can be split across 2 year groups (approx. 10 sessions per year group)
- We will provide a variety of suggested Programme Pathways

Parents



- Parent session
- Template letters
- **Online parent portal**

Prayer

- Each Unit has a Unit Prayer.
- There are a variety of simple-to-lead prayer styles.
- Incorporate them into Daily Classroom Worship during the period you are leading the Unit.
- Can be found on the Module Overview page.



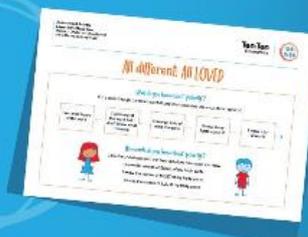
Music



- Each Module has a Module Song.
- Created by One Life Music ministry.
- Relate directly to the sessions or provide a Spirit-filled focus.

Assessment Activities

- Each Unit of sessions has an Assessment Activity associated with it.
- Important to demonstrate that learning has taken place.
- Run the activity BEFORE undertaking lessons in the Unit
- Run the activity again AFTER the series of lessons
- Found on the Module Overview page



Module 1: Created and Loved by GOD

Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

Module 1: Created and Loved by GOD

Paradise Street is an original drama series for Upper Key Stage Two which follows the story of 4 friends – Finn, Leyla, Marcus and Siobhan – who have different personal and social experiences related to growing up and puberty. Each episode lasts about 10 minutes and is followed by a time of teacher-led discussion with the pupils. Each session also includes an episode of "**Delving Deeper into Paradise Street**" in which two fun presenters explore the issues in the drama and provide some teaching for pupils (which also acts as guidance and support for teachers). Each concludes with a time of personal writing in a **Module 1 Workbook** which will help the pupils to digest and personalise the teaching.



Module I: Created and Loved by GOD

Key Stage One:

- We are uniquely made by a loving God;
- We have differences and similarities;
- Key information about staying physically healthy;
- Understanding feelings and emotions, including strong feelings such as anger;
- The cycle of life from birth to old age.

Module I: Created and Loved by GOD

Lower Key Stage Two:

- Understanding differences;
- Respecting our bodies;
- Puberty and changing bodies;
- Strategies to support emotional wellbeing including practicing thankfulness;
- The development of pupils' understanding of life before birth.

Module I: Created and Loved by GOD

Upper Key Stage Two:

- Appreciation of physical and emotional differences;
- A more complex understanding of physical changes in girl and boys bodies;
- Body image;
- Strong emotional feelings;
- The impact of the internet and social media on emotional well-being;
- A more nuanced and scientific understanding of life in the womb and how babies are made;
- Menstruation.

Module 2: Created to Love OTHERS



Key Stage One:

Unit 'Personal Relationships':

- Special People in their lives who they love and can trust;
- Coping with various social situations and dilemmas;
- The importance of saying sorry and forgiveness within relationships.

Unit 'Keeping Safe':

- The risks of being online (incorporating 'Smartie the Penguin' from Childnet);
- The difference between good and bad secrets;
- Teaching on physical boundaries (incorporating the PANTS resource the NSPCC).

Module 2: Created to Love OTHERS

Lower Key Stage Two:

Unit 'Personal Relationships':

- Children to develop a more complex appreciation of different family structures;
- Activities and strategies to help them develop healthy relationships with family and friends;
- Techniques for managing thoughts, feelings and actions.

Unit 'Keeping Safe':

- Incorporates some NSPCC resources around online safety;
- Teaching on bullying and abuse through a series of animated stories.



Module 2: Created to Love OTHERS



Upper Key Stage Two:

Unit 'Personal Relationships':

- Equip children with strategies for more complex experiences of relationships and conflict;
- Identify and understand how to respond to spoken and unspoken pressure;
- The concept of consent ;
- Further teaching on how our thoughts and feelings have an impact on how we act.

Unit 'Keeping Safe':

- Risks of sharing and chatting online;
- A more complex understanding of different forms of abuse.

Module 3: Created to Live in COMMUNITY

Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.

Life to The Full will be supplemented by ‘**A Journey in Love**’, a developmental programme for children in the primary years by Sr Jude Groden.

The focus will be as follows:-

Nursery

Wonder at God’s Love

Children begin to know and understand that they are part of the wonder of God’s love and creation.

Reception

God loves each of us in our uniqueness

Children know and understand that God has made them unique and that although we are different we are all special to him.

Year 1

We meet God’s love in our family

Children know and understand that they are growing and developing as members of their own family and God’s family.

Year 2

We meet God’s love in the community

Children know and understand that they are growing and developing in a God-given community.

Year 3

How we live in love

Children know and understand the virtues essential to friendship e.g. loyalty and responsibility and experience the importance both of forgiving and being forgiven and of celebrating God’s forgiveness.

Year 4

God loves in our differences

Children know and understand that they are all different and celebrate these differences as they appreciate that God’s love accepts us as we are and as we change.

Year 5

God loves me in my changing development

Children know and become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in their understanding of God’s presence in their daily lives.

Year 6

The wonder of God’s love in creating new life

Children develop in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.