



**Through God's Grace
We Grow And Learn**

ST. EDWARD'S CATHOLIC PRIMARY SCHOOL

RELATIONSHIPS, SEX EDUCATION AND HEALTH EDUCATION (RSHE) POLICY

Adopted(Chair of Governors)
Updated Summer Term 2021

St. Edward's is committed to safeguarding and promoting the wellbeing of all children and expects our staff and volunteers to share this commitment.

Introduction

Education about sex and relationships is of paramount importance in Catholic Schools today. More than ever, young people in our care need help and guidance in living their lives as members of the Christian family. Any teaching about love and sexual relationships in a Catholic school must be rooted in the church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and must be presented within a positive framework of Christian virtue.

This policy, has its roots in "The Way, the Truth and the Life" religious education programme used at St. Edward's School. It has been formed in light of the "Curriculum Directory for Catholic Schools" 1996, "Education in Personal Relationships" 1997 and the Diocese of Leeds' Catholic Primary RSE Curriculum Audit 2017 and CES Review 2020 in light of new statutory guidance.

The Relationships Education, Relationships and Sex Education and Health Education Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education and Health Education compulsory for all children and as such parents are not able to withdraw their child from Relationships or Health Education. They may withdraw their child from Sex Education.

We plan our teaching and learning in such a way that we enable each child to reach the highest level of personal achievement regardless of race, religion, colour, gender, disability, ethnic or national origin. RSHE must be sensitive to the needs of individual pupils and taught in such a way that allows access to those pupils at different stages of cognitive and emotional development. Children with SEND are not to be withdrawn from RSHE because of lack of resources or training, or to catch up in other subjects.

Definition

The inclusion of positive, person-centred education is at the heart of Catholic Christian education. This education is fundamentally about the development of the whole person towards becoming "fully human, fully alive" as a unique creation made in God's image.

Relationships Education gives children the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family and relationships with

other children and adults. It aims to enable children to form a strong early understanding of the features of relationships that lead to happiness and security, as well as recognising less positive relationships. When teaching relationships content, teachers also address online relationships, safety and behaviour in a way that is relevant to pupils' lives.

Health Education includes teaching about physical and mental wellbeing to give pupils the information needed in order to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others, and when issues arise to know how to seek support as early as possible from appropriate sources.

Aims and Objectives

- To support the personal, moral and social development of all pupils, developing the Christian virtues within them.
- To ensure that they have the ability to accept their own and others' sexuality in positive ways
- To enjoy relationships based on mutual respect, dignity and responsibility free from any abuse.
- To engender growth in self-respect and self-worth, recognising that each of us is created in the image of God.
- To have an awareness of where pupils are, in their own knowledge and understanding, so their concerns can be identified.
- To explore the meaning and value of life and give appreciation of the values of family life.
- To enable pupils to have some understanding that love is central and the basis of meaningful relationships.
- To enable pupils to have some understanding of themselves, their own bodies and their emotional development as they grow and change.
- To have awareness of fertility, the constant fertility of the male and the cyclical fertility of the female.
- To encourage pupils to be aware of their attitudes and values and have a sense of responsibility for themselves.
- To enable pupils to reflect on their relationships and recognise the qualities that help relationships grow and develop positively.
- To have some understanding of and give sensitive consideration to the beliefs, values and cultures of other people.
- To provide opportunities where pupils can share their concerns and offer a climate of support where they know they will be listened to with sensitivity.
- To correct misinformation.
- To explain the process of human procreation.
- To enable pupils to recognise the importance of the choices they make and that they are responsible for the decisions they take and that choices affect ourselves and others.
- To give pupils the opportunity to recognise the implications of drug, solvent, alcohol and tobacco abuse on their health.
- To enable pupils to promote their own good health and to be able to administer basic first aid.
- To prepare pupils for adult life and responsibility.
- To enable pupils to develop a sense of community and become an active member of their society.

Role and Responsibilities of the Teachers/Head

- To inform parents of the policy and relationships and sex education and health education curriculum;
- To teach the appropriate curriculum to the appropriate age group.

Role and Responsibilities of the Governors

- To fulfil their statutory duties and those guidelines recommended by the Catholic Education Service, the Diocesan Religious Commission, the DFEE and the Local Education Authority including reviewing and updating the policy annually.

Role and Responsibilities of the Parents

- To work with the staff and governors to provide a curriculum which will enable the children to develop spiritually, morally, academically, socially and culturally.
- Parents have the right to remove their children from sex education lessons if they so wish but not from education in relationships or health.

Delivery

Education about sex and relationships and health takes place through the Science, RE and PHSE curriculums. Whilst some aspects of RSHE will be more appropriately explored in science lessons and others more appropriately explored in RE lessons, each must be informed by the other. Each discipline should speak with consistency about the meaning of human love and the virtues that are enshrined in the Church's teaching on human love. Our programme enshrines the Catholic virtues relating to the importance of stable relationships and family life and those which promote respect for their dignity and the dignity of the human body.

The resources, "A Journey in Love," and "Life to the Full," are used to aid the delivery of the curriculum content.

It is linked to the policies for RE, PHSE and Science.

Monitoring and Evaluation

RSHE is monitored and evaluated principally by the RE Subject Leader, with elements also being evaluated by the Science Leader and the PHSE Leader.

Review

This policy is reviewed by both staff and governors annually.

It has been developed with consultation with parents, and where changes to content taught are made further consultation with parents will take place.