

Policy Reference: 7  
**Relationship and Sex Education Policy**  
**Version: 1**



<b>Name and Designation of Policy Author(s)</b>	Nina Chwastek, Headteacher		<b>Is this a Statutory Document</b>
			Yes
<b>Approved By (Committee / Group)</b>	Curriculum Committee		
<b>Date Approved</b>	7 <sup>th</sup> July 2016		
<b>Date Ratified by FGB</b>	7 <sup>th</sup> July 2016		
<b>Date Published</b>	September 2016	<b>Is this to be published publicly on the school website?</b>	Yes
<b>Review Date</b>	Summer 2019		
<b>Target Audience</b>	Staff, Parents, Governors		
<b>Links to Other Strategies, Policies, Procedures, etc.</b>	Personal, Social and Health Education Policy, Religious Education Policy, Safeguarding Policy, Science Policy		

### Version History

Date	Ver	Author Name and Designation	Summary of Main Changes
June 2016	1	Nina Chwastek, Headteacher	New policy following new structure, therefore no previous version

### Monitoring Compliance with the Policy

Describe Key Performance Indicators (KPIs)	Target	How will the KPI be Monitored?	Which Committee will Monitor this KPI?	Frequency of Review	Lead
Relationship and Sex Education (RSE) Policy available on the school website	100%	PSHE Link Governor to check availability of policy	Curriculum Committee	Annual	Chair of Curriculum Committee
RSE curriculum embedded into Personal, Social and Health Education curriculum	100%	Through liaison between Link Governor/PSHE Subject Leader	Curriculum Committee	Annual	Chair of Curriculum Committee
RSE curriculum is delivered in line with the year group overview	100%	Through liaison between Link Governor/PSHE Subject Leader	Curriculum Committee	Annual	Chair of Curriculum Committee

## **Mission Statement**

Our school community is rooted in the Gospel and the vision of St. Catherine of Siena. This inspires each of us *'To be who God wants us to be and so set the world on fire.'*

- We are called to love one another as we seek to be the best in all that we learn and do.
- We celebrate and nurture the gifts, talents and skills of everyone.
- We commit ourselves to grow together in faith, love and service.

## **Relationship and Sex Education in a Catholic School**

The Catholic Education Service states that to be fully effective Catholic Relationship and Sex Education needs to:

- be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- involve parents as they are primary educators of their child;
- provide a positive view of human sexuality and dignity of the human person;
- equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- explore and promote virtues which are essential to promoting respect and dignity;
- be delivered in an age appropriate way which reflects the development of the child;
- be part of the cross-curricular work in both primary and secondary schools;
- be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;

## **Aims**

At St. Catherine's RC Primary School we believe that children should be provided with age appropriate information to enable them to develop the skills, knowledge and understanding, attitudes and values relating to growth and change, personal safety and relationships within the context of family life, thus equipping them for their lives now, through puberty, adolescence and adult life. Emphasis is placed on the physical and emotional health and well-being of the child.

## **Objectives**

- To provide the knowledge and information to which all pupils are entitled on an age appropriate basis
- To clarify and reinforce existing knowledge
- To raise pupils' self-esteem and confidence, especially in their relationships with others;
- To help pupils understand their feelings and behaviour, so they can lead fulfilling and enjoyable lives;
- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support
- To develop knowledge and skills for a healthier safer lifestyle

- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies
- To be prepared for puberty and adulthood.

### **Key Stage 1 Statutory Objectives**

- To know that animals including humans, move, feed, grow, use their senses and reproduce.
- To know that humans and animals can reproduce offspring and these grow into adults.
- Can recognise similarities and differences between themselves and others and treat others with sensitivity.

### **Key Stage 2 Statutory Objectives**

- To know that the life processes common to humans and other animals include nutrition, growth and reproduction.
- To know about the main stages in the human life cycle.

### **Provision**

The Relationship and Sex Education curriculum is delivered using two schemes recommended by the Diocese of Salford.

- A Journey in Love
- All That I Am

A Journey in Love gives a year on year progression from Early Years to Year 6. This is supplemented by All That I Am in Year 5 and 6. Both schemes focus on physical, social, emotional, intellectual and spiritual development at every stage. These are cross-referenced against the Manchester Healthy Schools Relationship and Sex Education Scheme to ensure use of the most appropriate resources available.

### ***A Journey in Love: Foundation Stage***

Year Group	Theme and Objectives
Nursery	<u>Wonder at God's love:</u> Children begin to know and understand that they are part of the wonder of God's love and creation.
Reception	<u>God loves each of us in our uniqueness:</u> Children know and understand that God has made them unique and that although we are all different we are special to him.

### ***A Journey in Love: Key Stage 1:***

Year Group	Theme and Objectives
1	<u>We meet God's love in our family:</u> Children know and understand that they are growing and developing as members of their own family and God's family.
2	<u>We meet God's love in the community:</u> Children know and understand that they are growing and developing in a God-given community.

### ***A Journey in Love: Lower Key Stage 2:***

Year Group	Theme and Objectives
3	<u>How we live in love:</u> Children know and understand the virtues essential to friendship, e.g. loyalty, responsibility... and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.
4	<u>God loves us in our differences:</u> 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***

A Journey in Love	<u>God loves me in my changing and developing:</u> 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.	
All That I Am	Individual	Children learn: <ul style="list-style-type: none"> <li>• that they are unique and made in the image of God</li> <li>• that physical and emotional growth is common to all of us and a normal part of becoming an adult</li> <li>• to accept and respect themselves.</li> </ul>
	Physical	Children learn: <ul style="list-style-type: none"> <li>• that the difference between boys and girls is part of God's creative and loving work</li> <li>• vocabulary to describe menstruation</li> <li>• to celebrate the differences between boys and girls</li> </ul>
	Social	Children learn: <ul style="list-style-type: none"> <li>• what the Church teaches in relation to personal responsibility and the dignity of the person</li> <li>• to take responsibility for their personal hygiene</li> <li>• how to manage socially awkward situations</li> </ul>
	Emotional	Children learn: <ul style="list-style-type: none"> <li>• how the Church recognises the importance of our emotions and how they can shape our actions</li> <li>• to identify a wide range of feelings in themselves and others</li> <li>• to take responsibility and manage their feelings appropriately</li> <li>• an awareness of the responsibility we have towards each other</li> </ul>
	Spiritual	Children learn: <ul style="list-style-type: none"> <li>• that our spiritual relationship with God links together and transforms all aspects of our person</li> <li>• the basics of authentic friendship with others and God</li> <li>• when they do and do not feel comfortable with themselves</li> <li>• to identify when confidentiality is and is not appropriate</li> </ul>

## **Year 6**

A Journey in Love	<u>The wonder of God's love in creating new life:</u> Children develop, in an appropriate way for their age, and understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.	
All That I Am	Recap and Reprise	<ul style="list-style-type: none"><li>• To recap on the Year 5 programme</li><li>• To reprise female physical development</li></ul>
	Your changing bodies - Boys	<ul style="list-style-type: none"><li>• To have knowledge and understanding of male physical development</li></ul>
	Personal behaviour	<ul style="list-style-type: none"><li>• To have self-awareness, confidence and skills.</li><li>• To translate these into personal behaviour in a range of situations such as making new friends</li></ul>

In Year 5 and 6 a more detailed outline of the programme is given to parents and carers to facilitate working in partnership to support the children. In these year groups elements of the science curriculum are covered in addition to physical and emotional health and well-being. Where possible all children are taught together although for certain aspects it is advisable to teach boys and girls separately.

### **Monitoring of Progress**

The PSHE Subject Leader, with the Headteacher is responsible for monitoring the standards of children's work and the quality of teaching in Relationship and Sex Education. This is done through lesson observation, looking at children's work and speaking to children.

The Leadership Team supports colleagues in the teaching of PSHE by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The PSHE Leader is also responsible for reporting to the Headteacher, evaluating strengths and weaknesses in Relationship and Sex Education and indicating areas for further improvement.

### **Disclosure**

If a disclosure is made where a child is deemed to be at risk this should be followed up in accordance with child protection procedures, as stated in the Safeguarding Policy.