

# Ellesmere Port Catholic High School

## Relationships and Sex education

### Status

Statutory

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

Stemming from our vision of what it means to be human, we seek to educate the whole person: spiritually, morally, emotionally, psychologically and physically towards Christian maturity.

### What Is Relationship and Sex Education?

RSE is lifelong learning about physical, sexual, moral and emotional development. It involves acquiring knowledge and information, developing skills and forming positive beliefs, values and attitudes. It is about the understanding of the importance of stable and loving relationships, respect, love and care, for family life in the vision of God.

### Rationale

We acknowledge that PSHE and Citizenship as well as Relationships and Sex Education are all underpinned by a theology of relationships and so are all encompassed in the title 'Education for Personal Relationships'.

In response to the exhortation of the Bishops of England and Wales we recognise our important role in Sex and Relationship Education.

We acknowledge the need to address issues raised by the actual experience of students today. We seek to provide an environment where students are informed about relationships in the context of the Catholic faith.

### Relationship to other policies

Sex and relationships education forms an integral part of the curriculum policy, and the schemes of work for R.E., science, personal, social, and health education (PSHCE), and relates to child protection.

### Aims

- To encourage student's growth in self-respect, acknowledging we are all created in the likeness of God.
- To be an integral part of the lifelong learning process, beginning in early childhood and continue into adult life.
- Be set within the wider school context and supports family commitment and love, respect and affection, knowledge and openness. RSE should acknowledge that family is a broad concept and not just one model. It includes a variety of types of family structure, and acceptance of different approaches should be recognised
- To help students develop an understanding that love is the central basis of relationships.

- To help students to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop student's confidence in talking, listening and thinking about feelings and relationships. To help students acquire the skills necessary to develop and sustain relationships
- To promote Roman Catholic teaching concerning the family.
- To offer sexual education in the wider context of relationships.
- To offer support to students who find themselves in difficult relationships and circumstances.
- To ensure that students are prepared for puberty and have adequate support through this time.
- To help students to develop a safe and healthy lifestyle.
- To prepare students to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom of God.

### **Objectives**

- To develop positive values and a moral framework that will guide their decisions, judgements and behaviour; have the confidence and self-esteem to value themselves and others and respect for individual conscience and the skills to judge what kind of relationship they want.
- To offer an acceptable vocabulary and means of expression that can be used without embarrassment to facilitate dialogue with students about their current understanding and concerns in sexual matters.
- To develop a deeper awareness of human fertility, the constant fertility of the male and the cyclical fertility of the female accompanied by the associated emotional changes.
- To promote an awareness and positive acceptance by each student of their own sexuality and the sexuality of others, thus minimising unfounded feelings of anxiety or guilt and promoting gender equality.
- To promote responsible sexual behaviour based on a deep respect for the integrity of sexual intimacy, which involves human beings at their most vulnerable, and promotes the well-being of the individuals involved.
- To enable young people to make informed decisions by helping them to determine their own values within the positive moral framework offered by the Roman Catholic church, while being aware of the negative pressures from other sources and how best to cope with them.
- To combat sexual exploitation and the misuse of sex both for commercial profit and in personal relationships by highlighting the positive as well as drawing attention to the negative aspects of human sexuality.
- To encourage a careful consideration of the biological principles and theological arguments behind the Church's teaching on contraception and family planning.
- To develop some understanding and give sensitive consideration to the beliefs and cultures of others with regard to sex and in particular to help with a careful consideration of homosexuality with reference to the church's teaching.

- To develop a knowledge and understanding of Sexually Transmitted Diseases and the possible long- term health effects of sexual behaviour.

### **Curricular Planning, Learning and Teaching Strategies**

- Students will be taught sex education through cross-curricular links in Science at Year 7 – The Reproductive System.
- Key stage 4 - Students as part of the Religious Studies GCSE course will reflect and discuss issues that include marriage and family life, sexual relationships, family planning, divorce and other issues such as gender equality.
- Students will develop personal and social skills relating to Relationships and Sex education in PSHCE lessons.
- In line with the school’s Mission Statement The aim is to “foster care, quality and equality for all” according to the ideals of Ellesmere Port Catholic High School which demand respect and dignity for all. Therefore, Sex Education will be taught with these principles that also include Catholic teachings.

### **Parental Role**

- Parents will be supported in their task to educate and inform their children in all matters pertaining to personal growth and development, particularly in the sensitive area of their moral education and sexual development.
- Parents will be consulted and kept informed of the Relationships and Sex Education programme and its contents and any further developments.
- 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 the RSE curriculum to be followed.

### **All Staff**

RSE is a whole school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their students. Teachers will be expected to teach RSE in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching RSE. All staff should be aware of the policy and how it relates to them.

### **Controversial or Sensitive issues**

There will always be sensitive or controversial issues in the field of RSE. These may be matter of maturity of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSE programme. The use of ground rules, negotiated between teachers and students, will help to create a supportive climate for discussion.

Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time, e.g., where a child or young person's questions hints at abuse, is deliberately tendentious or is of a personal nature

### **Inclusion and Equal Opportunities**

All students must be afforded access to the entire content of the Relationships and Sex Education programme outlined above. Whilst the teaching approach and resources used for sex education classes with less able students may change, the content should remain complete.

### **Teaching Strategies**

- Establishing ground rules
- Distancing techniques
- Discussion
- Project learning
- Reflection
- Experiential
- Active
- Brainstorming
- Film & video
- Group work
- Role-play
- Trigger drawings
- Values clarification

### **External Visitors**

Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSE. Such visits will always complement the current programme and never substitute or replace teacher led sessions.

It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance 'Protocol for Visitors to Catholic Schools'.

Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

### **Arrangements for Monitoring, Evaluating and Reporting Effectiveness of the Curriculum**

The Assistant Headteacher, (PDWS) will monitor the teaching of Sex Education in the school through consultation with the Subject Leader for Religious Education, Subject Leader for Science, Leader of PSHCE and the School Chaplain.

**Signed on behalf of the Governing Body**



**Mr J Coucill  
Chair of Governors**

**Internal Leader**

**Mrs J Jones**

**Governor Committee**

**Achievement, Teaching & Learning**

**Date:**

**October 2018**

**Date for Review:**

**July 2019**

## **SEX AND RELATIONSHIPS EDUCATION (Extract from Prospectus)**

The principal aim of the school is to create a community which has Christ at the centre of all its activities. To achieve this, we strive not simply to preach the Gospel, but to live out the Gospel on a daily basis. We aim to see Christ in others and treat others as we would treat Christ.

This approach to persons is the basis of a Christian understanding of our sexuality, which is seen as a precious and valued gift from God.

***"God saw all that He had made and indeed it was very good".***

Students must grow in their understanding of this gift and its purpose in God's love for the world created by Him.

There are many facets of this gift which the students need to come to understand.

Our sex and relationships education programme aims to help students in acquiring knowledge about a range of matters associated with sexuality. It aims to foster a Christian understanding and attitude towards matters associated with sexual activity in relationships. It aims to develop skills for decision making, communicating and personal relationships both for the present and adult life. By Year 10 and Year 11 we hope that our students will be able to discern moral values for themselves and to make their own the ethical wisdom of the Church on Christian love, marriage and family life.

Within the secure environment of the school we undertake to look at such issues as marriage, sexuality, pre-marital sexual relationships, divorce, re-marriage, family planning, abortion and sexual health, looking in a mature way at these vital issues. All of the work is rooted in biblical texts and the sacramental teaching of the Church.

Most of our "Education in Sexuality" is taught in P.S.E. time, complementing work covered in religious education on "Personal Relationships and Development". Also it will give a moral basis to work in science which covers material on sexual development, sexually transmitted diseases and other related matters.