



St Wilfrid's Catholic School Relationships & Sex Education Policy

"Love is the fundamental and innate vocation of the human person"

Pope Saint John Paul II'

Familiaris Consortio

Our Mission Statement

To provide an inspiring and personalised education for each student enabling them to realise their full potential with a dynamic environment which follows the teachings of Christ and His Church.

Preamble

In this policy the Governors and teachers, in partnership with pupils and their parents, set out their intentions about relationships and sex education (RSE). We set out our rationale for, and approach to relationships and sex education in the school.

Consultation has taken place in a number of forms to ensure that all have been informed of the changes and different views have been considered.

The first stage was a meeting between the RE subject leader and PSHE subject leader reviewing the curriculum content. As a result, the RE RSE lessons have been adapted to incorporate the new content and expectations. RE staff meetings had an RSE focus and all staff are to undertake the CES RSE training.

The PSHE lead has used inset training to make all staff aware of the new statutory requirements regarding RSE. Consultation with the Governors, RE lead, Science Lead and PSHE lead has taken place to ensure statutory requirements are met but still taught within the context of the Catholic faith.

For parents, a letter will be sent home to inform them of when their children will undertake the RSE lessons. They are given an opportunity to contact either the PSHE or RE leads to discuss any queries or questions they have. The letter also gives them links to the government guide to RSE for parents. A video answering frequently asked questions will also be emailed to parents and made available to them on the website.



Implementation and Review of Policy

Implementation of the policy will take place after consultation with the Governors in the Summer term 2024. This policy will be reviewed every y.2 years by the Head teacher, RSE Co-ordinator, the Governing Body and Staff. The next review date is July 2026.

Dissemination

The draft policy will be given to all members of the Governing Body, and all teaching and non-teaching members of staff. Copies of the document will be available to all parents through the school's prospectus and a copy is available in the school office. Details of the content of the RSE curriculum will also be published on the school's web site.

Defining Relationship and Sex Education

The DfE guidance states that "children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way"¹. It is about the development of the pupil's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In primary schools the focus should be on "teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults."² This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe. In Secondary schools RSE should "give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure)."³

Statutory Curriculum Requirements

We are legally required to teach those aspects of RSE which are statutory parts of National Curriculum Science. (There is also a separate requirement for maintained secondary schools to teach about HIV, AIDS and sexually transmitted infections. This does not apply to academies).

Our reasons for the inclusion of RSE in our curriculum go further than statutory obligations.

¹ Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 4

² Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 19

³ Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 25



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 is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

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. It will also prepare pupils for life in modern Britain.

Values & Virtues

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

Aim of the RSE & Mission Statement

Our Mission Statement commits us to the education of the whole person (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. Furthermore, our school mission states that we will endeavour to help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.



In partnership with parents, to provide children and young people with a “positive and prudent sexual education”⁴ which is compatible with their physical, cognitive, psychological, and spiritual maturity, 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 that have integrity, and 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; to do so 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, delaying gratification 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;

⁴ *Gravissimum Educationis* 1



- 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;
- how to manage fertility in a way which is compatible with their stage of life, their own values and commitments, including an understanding of the difference between natural family planning and artificial contraception;
- how to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy, including where to go for advice.

Outcomes

Inclusion & 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, faith or culture. It will be 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. They will be taught 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 has 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, pregnancy, maternity, 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.

Our programme will cover a number of areas across the curriculum with the majority taught within PSHE, RE and Science. We begin by looking at what love is, relationships and marriage all within the Catholic context. We explore sexual myths, FGM, STIs and contraception, again within the Catholic context, also enabling the students to explore and ask questions in a safe environment. We are educating the young people in our community, not promoting any of the issues covered.



Programme / Resources

Appendices to this policy provide further information about the programme and resources for suggested use.

Teaching strategies will include:

- establishing ground rules
- distancing techniques
- discussion
- reflection
- experiential
- active
- brainstorming
- film & video
- group work
- trigger drawings
- values clarification

There will be a variety of assessments used when looking at RSE. In RE the RSE module will be assessed in the same way, all assessments taking place using the GCSE exam structure and assessing both A01 and A02 skills. The assessment will focus on the Catholic teachings of relationships, love and marriage. A multiple-choice assessment will assess all other areas of the RSE module. In other areas, such as PSHE and science, there will be baseline and summative assessments.

Parents & Carers

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 to help parents/carers to find out more themselves. Parents/carers will be informed by letter 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 will also be sent a video that will talk through frequently asked questions, this will also be accessible on the school website.

Parents must be consulted before this policy is ratified by the Governors. They will be consulted at every stage of the development of the RSE programme, as well as during the process of monitoring, review and evaluation. They will be able to view the resources used by the school in the RSE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs.

Parents continue to have **the right to withdraw** their children from Sex Education 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. Please refer to the DfE guidance Page 17 for further details on the right to be excused from sex education (commonly referred to as the right to withdraw).



Balanced Curriculum

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSE programme that offers a range of viewpoints on issues.

Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSE (in secondary schools/academies relating to forced-marriage, female genital mutilation, abortion, the age of consent and legislation relating to equality). Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our school's promotion of Catholic teaching. We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Responsibility for Teaching in the Programme

Responsibility for the specific relationships and sex education programme lies with religious education, PSHE, science and physical education.

However, all staff will be involved in developing the attitudes and values aspect of the RSE programme. They will be role models for pupils of good, healthy, wholesome relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

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 'Checklist for External Speakers to Schools'⁵.

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.

Other Roles & Responsibilities Regarding RSE

Governors

- draw up the RSE policy, in consultation with parents and teachers;
- ensure that the policy is available to parents;
- ensure that the policy is in accordance with other whole school policies, e.g., SEND, the ethos of the school and our Christian beliefs;
- ensure that parents know of their right to withdraw their children;

⁵ CES Checklist for External Speakers to Schools, 2016



- establish a Link Governor to share in the monitoring and evaluation of the programme, including resources used;
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSE within PSHE.

Headteacher

The Head teacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' Service and the Local Education Authority, also appropriate agencies.

PSHE/RSE Co-Ordinator

The co-ordinator 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 RSE and the provision of in-service training. *(They may be supported by the curriculum deputy and the member of staff with responsibility for child protection).*

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 pupils. 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 have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

Relationship to other Policies and Curriculum Subjects

This RSE policy is to be delivered as part of the PSHE framework. It includes guidelines about pupil safety and is compatible with the school's other policy documents (for example, bullying policy, safeguarding policy etc)

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.

Learning about RSE in PSHE classes will link to/complement learning in those areas identified in the RSE audit.

Childrens Questions

The Governors want to promote a healthy, positive atmosphere in which RSE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.



Controversial or Sensitive issues

There will always be sensitive or controversial issues in the field of RSE. Controversy may result from immaturity, personal involvement, past experience, disagreement with the official teaching of the Church, 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 pupils, will help to create a supportive climate for discussion.

(See also Relationships Education, Relationships and Sex Education (RSE) and Health Education, Managing difficult questions, Page 23 for more detail)

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.

Supporting Children and Young People who are at Risk

Children will also need to feel safe and secure in the environment in which RSE takes place. Effective RSE will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. Where a teacher suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the designated senior member of staff/safeguarding lead responsible.

Confidentiality & 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 RSE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, 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 circumstances they would have to inform others, e.g. parents, the Head teacher, but that the pupils would always be informed first that such action was going to be taken.



Monitoring & Evaluation

The RSE Co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils work at regular intervals. The programme will be evaluated annually by means of questionnaires, response sheets. or by discussion with pupils, staff and parents. The results of the evaluation should be reported to these groups of interested parties and their suggestions sought for improvements. Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Approved by the Full Governing Body 9th July 2024

Review date July 2026



Appendix of Programmes of Study

Religious Education

Year 7/8

In year 7/8 we are now following the new Catholic RED. In year 7 students explore the concept of 'Image Dei' through the years and the importance of helping other and the world around us in line with Catholic social teaching. They will explore aspects ethical decisions including conscience and how their choices impact those around them. They look at Jesus's example and how we called to follow in his footsteps and continue his work here on with the support and guidance of the Holy Spirit.

Included within Year 8 is a module of RSE (Relationships and sex education) that will be looking at the Christian ideal of love and at how this finds its expression within marriage. There will be discussion around appropriate relationships, the challenges of marriage and divorce, peer pressure, methods of contraception, sexually transmitted infections and HIV/AIDS and sexual myths including FGM. All of this will be taught within the context of the Catholic faith.

P:\Classroom\Religious Education\RE 2024-25\Year 8\MOD 6 RSE

Year 9

In year 9 we cover a range of topics that again allow the students to explore relationships with others with a particular focus on Human rights and dignity and how we promote peace, forgiveness and reconciliation with others.

In the summer term of year 9 start the GCSE by looking at Catholic beliefs which covers 'Imago Dei' and our role of stewards of all God's creation.

Year 10 and 11

The GCSE that we are following is the Edexcel Religious Studies A programme. The course covers issues such as abortion in relation to Catholic views on Imago dei (God's love as reflected in the teachings the Triune God). Other issues include moral choice in relation to euthanasia and teachings on human dignity and forgiveness. There is also a module on relationships and family life which will look again at different relationships, marriage, contraception and other areas all within the Catholic context.

VI Form – Spiritual Development

All students in the VI Form take part in spiritual development. As part of this programme there is a module on ethical and philosophical issues. These modules cover a number of moral Issues in which issues such as abortion and the Church's teaching on the sanctity of life are addressed in an appropriate and accessible way.



Science

Year	Time of year	Content	Link
7	Spring – first half term	Specialised cells Reproductive system	P:\Classroom\Science\KS3\Y7 SOW 2019+\Y7-3 You, me, everybody\You, me, everybody!
8	Spring – first half term	Fertilisation Puberty Sex and implantation Periods and menstruation Pregnancy and the placenta Birth and growth of a child	P:\Classroom\Science\KS3\Y8 SOW 2020+\Y8-3 How we survive
9	Autumn – first half term	Specialised cells and stem cells	P:\Classroom\Science\KS4\Trilogy SOW\AQA Biology Trilogy\1 - cell biology
10	Spring – first half term Summer – first half term	Communicable diseases Human reproduction IVF Contraception	P:\Classroom\Science\KS4\Trilogy SOW\AQA Biology Trilogy\4 - Health matters P:\Classroom\Science\KS4\Trilogy SOW\AQA Biology Trilogy\5 - coordination and control
11	Autumn – both half terms	Genetics – genetic disorders Selective breeding	P:\Classroom\Science\KS4\Trilogy SOW\AQA Biology Trilogy\6 - genetics P:\Classroom\Science\KS4\Trilogy SOW\AQA Biology Trilogy\7 - variation and evolution