



## **SEX AND RELATIONSHIP EDUCATION (SRE) POLICY**

### ***Living and growing in Christ***

Mission Christ's ministry, as recounted in the Gospels, and the values he promoted through his teachings are fundamental to the life of our school in fulfilling its purpose as a Catholic institution. This is reflected in our Collective Worship, our teaching and learning and the way in which we treat one another.

Living and growing in Christ, the children are at the centre of all that we do and their potential to achieve is recognised. Their time in our school is characterised by a sense of belonging, security, challenge and appreciation.

At St. Aidan's we seek to work together with parents, parishes and the local community to create an environment where we can all grow together, feel valued and develop self-esteem and a sense of responsibility.

We aim to be a worshipping, celebrating, reconciling school, living and growing with Christ.

### **Context**

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.

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, 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.

### **Scheme of Work**

The school has chosen to adopt the 'Life to the full' SRE curriculum. within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. The framework of our programme is taken from the Model Catholic RSE Programme by the Catholic Education Service, which has been highlighted by the Department of Education as a work of good practice.

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (Jn.10.10)

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

### **General Principles/Introduction**

The Governing Body believes that Sex and Relationship Education (SRE) is an essential part of a holistic education since its focus is the individual, uniquely created by God in His own image. Through SRE children come to understand more about themselves, others and the beauty of Creation.

The Governors recognise that it is their duty to provide a programme of SRE for pupils which supports parents in their key role as teachers in this.

SRE is presented in the context of Gospel values and the Church's teaching on morality.

## **Aims and Rationale**

Our approach to SRE will be a positive one because:

- Sexuality is a gift from God.
- We are made to love and be loved.
- What we say with our bodies should reflect what we mean in our hearts and minds.
- Mature Christian sexuality involves openness and commitment to others.
- Genuine love is creative.

We affirm that human sexuality is an essential dimension of personal identity as it forms a fundamental part of God's gift of Life. We offer a profound understanding of the joy and depth of human sexual relationships.

*"In his own image he made them, male and female he made them...God saw all that he had made and found it very good."*

## **Aims**

- To develop in pupils a sense of their own self-worth and uniqueness as created by God.
- To help pupils to come to a deeper understanding about themselves as they grow.
- To provide pupils with accurate, factual information about the reproductive process appropriate to their age, experience and level of understanding.
- To teach pupils to respect their own and each other's bodies.
- To teach pupils about the importance of love and respect in relation to all relationships and *especially* sexual relationships and to set this in the context of family life and marriage.
- To teach pupils about responsibility for oneself and others.
- To develop an understanding about the importance of parenting skills.
- To develop an awareness of the importance of emotions, feelings, instinct and right judgement in relation to self protection.

- To present fact in an objective and balanced manner and to use appropriate terminology to enable pupils to discuss issues without embarrassment or fear.
- To provide a supportive environment for SRE to take place where questions can be asked and honestly answered in accordance with the teachings of the Catholic Church.
- To help pupils develop an informed conscience in relation to sexual morality.

## **Methodology**

We intend that the school's SRE policy and programme shall be delivered in the wider context of the school's Education for Personal Relationships (EPR) programme (Primary) / Personal, Social and Health Education (PSHE) and Religious Education programme and also in accordance with the principles set down in other relevant school's policies such as, Equal Opportunities, Child Welfare and Inclusion.

Aspects of SRE will be covered as part of the statutory element of the Science National Curriculum.

## **Dealing with sensitive issues and responding to questions**

Teachers will answer questions honestly but with due regard given to the nature of the question and the age and maturity of the questioner.

In some cases it may be inappropriate for the teacher to respond to a specific question and the pupil will be referred to his\her parents. In the same way not all questions will be answered publicly and the teacher will need to assess the appropriateness of the question to consider if it matches the maturity and understanding of the whole class group.

Teachers should never feel pressured into discussing their personal views or experiences and should always respect the sensitivity of their position as a teacher in a Catholic school.

## **Working with Parents**

The Education Act 1993 gives parents the right to withdraw their child from any or all of the schools Sex Education programme although certain elements are covered under the Science National Curriculum which is the entitlement of all children. The school recognises that good communication is vital in this area and parents are invited to review the schools policy and ideally view all the materials used beforehand.

## **Roles and Responsibilities**

### **Governors**

In accordance with the Education Act of 1993 the governing body will keep up to date the school's policy for SRE, in consultation with parents and will make copies available to them. They will make known to parents their right to withdraw their children from all or part of SRE provided at school except for those parts included in the statutory National Curriculum.

### **Teachers**

All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach SRE in accordance with the Catholic teaching as set out in the Catechism of the Catholic Church. Appropriate training will be given to all staff teaching SRE.

### **Parents**

The school recognises that parents are the primary educators of their children and will seek to support them in their task. It will ensure that parents are kept informed of what is happening in SRE in terms of content, delivery and timing.

### **Programme**

At St. Aidan's Catholic Primary School, the programme of study followed is 'All That I Am'.

### **Monitoring and Evaluation**

**MONITORING AND 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 biannually by means of questionnaires / response sheets / needs assessment given to pupils, and / 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.

*Last update: March 2020*

## Appendix 1 - SRE Curriculum Overview

CORE THEME	Module 1: Created and Loved by God				Module 2: Created to Love Others			Module 3: Created to Live in Community	
TOPIC	Unit 1 Religious Understanding	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Life cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KEY STAGE ONE	Story Sessions: <a href="#">Handmade With Love (Kester's Adventures)</a>	Session 1: <a href="#">I am Unique (Me)</a>	Session 1: <a href="#">Feelings, Likes and Dislikes</a>	Session 1: <a href="#">The Cycle of Life</a>	Session 1: <a href="#">God Loves You</a>	Session 1: <a href="#">Special People</a>	Session 1: <a href="#">Being Safe</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">The Communities We Live In</a>
		Session 2: <a href="#">Girls and Boys (My Body)</a>	Session 2: <a href="#">Feeling Inside Out</a>			Session 2: <a href="#">Treat Others Well...</a>	Session 2: <a href="#">Good Secrets &amp; Bad Secrets</a>	Session 2: <a href="#">Who Is My Neighbour?</a>	
		Session 3: <a href="#">Clean &amp; Healthy (My Health)</a>	Session 3: <a href="#">Super Susie Gets Angry</a>			Session 3: <a href="#">...and Say Sorry</a>	Session 3: <a href="#">Physical Contact</a>		
LOWER KEY STAGE TWO	Story Sessions: <a href="#">Designed for a Purpose (Kester's Adventures)</a>	Session 1: <a href="#">We Don't Have To Be The Same</a>	Session 1: <a href="#">What Am I Feeling?</a>	Session 1 (Yr4+): <a href="#">Life Cycles</a>	Story Sessions: <a href="#">Jesus, My Friend</a>	Session 1: <a href="#">Friends, Family and Others</a>	Session 1: <a href="#">Sharing Online</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">How Do I Love Others?</a>
		Session 2: <a href="#">Respecting Our Bodies</a>	Session 2: <a href="#">What Am I Looking At?</a>			Session 2: <a href="#">When Things Feel Bad</a>	Session 2: <a href="#">Chatting Online</a>		
		Session 3 (Yr4+) <a href="#">What is Puberty?</a>				Session 3: When Things Change (Will be uploaded for Sep 2020)	Session 3: <a href="#">Physical Contact</a>		
	Session 4 (Yr4+) <a href="#">Changing Bodies</a>	Session 3: <a href="#">I Am Thankful!</a>							
	Session 5 (Yr4+) <a href="#">Discussion Groups - optional</a>								
Session 1: <a href="#">The Sacraments</a>									
UPPER KEY STAGE TWO	Story Sessions: <a href="#">Made to Grow (Kester's Adventures)</a>	Session 1: <a href="#">Gifts and Talents</a>	Session 1: <a href="#">Body Image</a>	Session 1: <a href="#">Making Babies (P1)</a>	Session 1: <a href="#">Is God Calling You?</a>	Session 1: <a href="#">Under Pressure</a>	Session 1: <a href="#">Sharing Online</a>	Session 1: <a href="#">Trinity House</a>	Session 1: <a href="#">Reaching Out</a>
		Session 2: <a href="#">Girls' Bodies</a>	Session 2: <a href="#">Peculiar Feelings</a>	Session 2: <a href="#">Making Babies (Pt2)</a>		Session 2: <a href="#">Do You Want a Piece of Cake?</a>	Session 2: <a href="#">Chatting Online</a>	Session 2: <a href="#">Catholic Social Teaching</a>	
		Session 3: <a href="#">Boys' Bodies</a>	Session 3: <a href="#">Emotional Changes</a>	*Optional. See your Programme Coordinator		Session 3: <a href="#">Self-Talk</a>	Session 3: <a href="#">Physical Contact</a>		
		Session 4: <a href="#">Spots and Sleep</a>	Session 4: <a href="#">Seeing Stuff Online</a>	Session 3: <a href="#">Menstruation</a>					