



Policy Document Title:	Relationships and Sex Education
Updated:	10/24 RB
To be reviewed:	10/25

*Love, live, learn and grow (school mission statement)*

## **Background**

From 2020, Relationships and Sex Education (RSE) has been compulsory in all secondary schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools. This is to support young people to be safe, healthy and happy and to manage their personal, social and academic lives in a positive way. Following a consultation with parents, young people and professionals the DfE has published statutory guidance for RSE (DfE, 2019a)

## **Aims**

The aim of RSE is to give our pupils the information they need to help them to develop healthy, safe and nurturing relationships of all kinds. We aim to enable them to know what a healthy relationship looks like and what makes a good friend, colleague and a successful marriage or other type of committed relationship. We will also consider the development of intimate relationships and the issue of consent. We aim to teach what is acceptable and what is not, including what the Law says.

All of this will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not right and understand how situations can be managed.

## **Principles**

Relationships education should 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;
- responsibility for their own actions and a recognition of the impact of these on others;
- valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage, committed relationships and all family life;
- learning how to be faithful in a relationship.

## **Purpose**

To develop the following personal and social skills:

- making sound judgements and good choices which are respectful of the individual's commitments;
- loving and being loved, and the ability to form friendships and loving relationships free from exploitation, abuse and bullying;
- managing emotions within relationships confidently and sensitively;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience to appropriately respond and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups, assessing risks and managing behaviours in order to minimise the risk to health and personal value and wellbeing.

To know and understand:

- the Church's and other religious authorities Teachings about relationships and sexual love;
- the Law and sexual relationships
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love functions as an essential and sacred part of procreation;
- how to manage fertility in a way which is compatible with their stage of life, their own values and their life commitments, including an understanding of the difference between natural family planning and artificial contraception;
- how to keep themselves safe from sexually transmitted infections and unintended pregnancy, including where to go for advice.

## **Method**

Relationships Education will be:

- taught factually in Science lessons as set out in the Science Curriculum;
- taught in Religious Education through the RE Curriculum;
- taught in ICT because of the identified risks children and young people may face through their increased online activities;
- delivered through a planned, balanced, cross-curricular programme and in PHSE lessons;
- pupils working with external organisations who can enhance the delivery of RSE

and who have been approved by the governing body eg the Children in Need Healthy Relationship Project to be delivered by Liverpool John Moore's University (see school website Projects)

**Additional information**

The Head of RE has undertaken a course in Relationship, Sex and Health Education, devised by the Catholic Education Service. Parents will have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory RSE up to and until 3 terms before the child turns 16.