

RELATIONSHIPS, SEX AND HEALTH EDUCATION POLICY



Together with Jesus, we grow in love



HOLY FAMILY CATHOLIC PRIMARY
SCHOOL

Updated November 2022

Agreed by Governors _____

Review date: November 2026

‘I have come that you might have life and have it to the full’ (John 10:10)

Rationale

As a part of the Catholic Church, we believe that each human being is made in the image and likeness of God, with the purpose of having a loving relationship with God and each other. Our approach to Relationships, Sex and Health Education (RSHE) is rooted in the Catholic Church’s teachings 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 Holy Spirit in communion, united in loving relationship and embracing all people and all creation. Stemming from this vision of what it means to be human, we seek a holistic education, teaching the child spiritually, intellectually, morally, socially, emotionally and culturally, moving towards our understanding of Christian maturity. 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.

Following guidance of the Bishops of England and Wales, as advocated by the Department for Education, Relationships and Sex Education (RSE) in our school will be embedded within the wider RSHE framework, as it is concerned primarily with nurturing the 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 RSHE will be in accordance with the Church’s moral teaching. It is about the development of the pupil’s knowledge and understanding of him or herself as fully human, called to live in right relationships with self and others, and being enabled to make moral decisions in conscience. 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, and support will be provided to help pupils manage different sets of values, preparing them for life in modern Britain.

The Department for Education (2021) guidance defines RSHE in primary schools as “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” (p19).

“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.” (p4) It is about the understanding of what a relationship is, developing virtues such as honesty, kindness and respect, the differences between healthy and unhealthy relationships, how to be mentally and physically healthy and relationships in all

contexts, including online. We are legally required to teach those aspects of RSHE which are statutory parts of National Curriculum Science and Relationships Education and Health Education.

Aims of RSHE

Holy Family Catholic Primary School aims to provide a suitable programme that follows the statutory need to include RSHE in our curriculum, which meets the Catholic identity and mission of our school. The purpose of this RSHE policy is to set out the ways in which we support pupils in the spiritual, moral, social, emotional and physical development. It aims to prepare our children for the opportunities, responsibilities and experiences of life growing up in today's world.

Through an agreed approach to RSE, we make use of Journey in Love (2020), the Archdiocesan recommended resource. We believe that we can promote the development of the whole child, so that children can grow in virtue, wisdom and stature, understanding both the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships, within a context of a Christian vision for the purpose of life. All RSHE in our school will be embedded within the Get Set for Life curriculum, Come and See, Science and the wider RSHE framework, acknowledging the contribution of English, Humanities and the Arts.

Purpose

- To know and understand that we are all created in the image and likeness of God, and to understand how this is reflected in the Church's teachings on the nature of relationships, marriage and family life.
- To help pupils develop an understanding that love is the central basis of all relationships, and the different forms of love, appropriate to their age.
- To develop virtues, growing to have kindness, integrity, generosity, honesty, respect, responsibility, humility, compassion, etc
- To help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- To develop as physically, mentally and emotionally healthy young people, achieving future wellbeing and flourishing.
- To develop an understanding of and a commitment to making a positive contribution to the local, national and world community, preparing pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.
- To develop confidence and deepen understanding when talking, listening and thinking about emotions and relationships, to make positive choices with respect to all aspects of their future maturity.
- To understand the importance of restoring and repairing relationships, forgiving and being forgiven.

- To encourage children to reflect upon their relationships and develop the ability to manage their feelings within relationships, with integrity, respect and responsibility, respecting differences between people.
- To be able to understand and assess risks and manage behaviours, in order to minimise risk to health and personal integrity, and know how to ask for help and support when needed.
- To help children to develop the personal and social skills to love and be loved, and the ability to form friendships and loving, stable relationships, free from exploitation, abuse and bullying (including online), creating a positive culture around issues of sexuality and relationships.
- To root sex education within Catholic teaching and the wider context of relationships and marriage.
- To understand and ensure that children are prepared for the physical and psychological changes within puberty, give them an understanding of sexual development and the importance of health and hygiene.
- To teach pupils the correct vocabulary to describe themselves and their bodies.
- To provide a framework within which sensitive discussions can take place.
- To enable pupils to make choices that create a healthier, safer lifestyle for themselves and others.

Statutory Requirements

At Holy Family Catholic Primary School, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act (2017). In teaching Relationship and Sex Education, we must have regard for the Catholic Education Service's guidance issued by the Bishops Conference of England and Wales (2017), the statutory guidance from the Department for Education issued under section 80A of the Education Act (2002), the Education Act (1996) Appendix A and the statutory guidance from the Department for Education Equality Act (2010).

Policy Development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review:

RSHE Leads: Mrs Young, Mrs J. Clein, Miss S. McClelland

Training: Catholic Education Service/ TenTen RSE Online Modules (May 2020),

Archdiocese of Liverpool RSHE in our Catholic Schools Meeting (June 2020 and March 2021), RE Coordinators' Briefing (March 2021)

National Guidance: Department for Education Relationships and Sex Education and Health

Education (2020), Parental Engagement on Relationships Education (2019), Understanding Relationships, Sex and Health Education at your Child's School (2019)

Catholic Education Service Guidance: Learning to Love (2017), Model Curriculum for Primary Schools (2019),

Archdiocese of Liverpool Guidance: Model RSHE Policy (2020), Model Curriculum Map (2017), RSE Standards Document (2017), Model Website Statement (2017), RSHE Checklist (2021). RSHE through a Catholic Lens (2020), Model Parent Questionnaire (2020)

2. Staff consultation: Virtual Questionnaire (April 2021)
3. Parent consultation: Virtual Questionnaire (April 2021, June 2022)
4. Governors consultation: Virtual Questionnaire (April 2021)
5. Pupil consultation: Virtual Questionnaire on the Get Set for Life curriculum (April 2021, June 2022)
6. Ratification: RSHE Policy (April 2021), Journey in Love updated curriculum (2020 adopted April 2021)

Parents and Carers

We recognise that parents and carers are the primary educators of their children. It is the privilege and the responsibility of parents 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. The Church also recognises that many parents require help and support in this task from both schools and parishes. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children, complementing their role in nurturing their children's human wholeness. The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that parents are supported in their task and parents are consulted and kept informed of the RSHE programme, contents, evaluation and review of any subsequent documents. Therefore the school will support parents and carers by holding workshops to help parents/carers to find out more. 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/carers will receive half-termly letters containing information on what their child/ren will be learning in RSHE, which will also be available on the school website.

Holy Family pledges to:

- Maintain the emotional health and wellbeing of our children as a valued and high-profile whole school objective
- Provide a clear policy and procedures to minimise bullying and reduce the risk of children developing any associated mental health problems

- Teach RSHE weekly through Get Set for Life, in every year group from Nursery to Year 6, with additional Journey in Love lessons in the Summer term
- Promote a positive attitude to relationships and conflict resolution, including through Restorative Practice, circle time, playground buddy system, peer mentors, prefects, always available adults and onsite counselling
- Provide curriculum enrichment activities which enable the children to explore the issues of relationships, bullying, conflict resolution and emotional wellbeing
- Prominently display children's work from Get Set for Life, developing pride and self-worth
- Work with parents to identify and respond to concerns
- Work with external agencies, including Children's Services, Seedlings, Mental Health Support Teams and CAMHS to identify and respond to concerns, and offer an onsite mental health first aider and onsite counselling service provided by a qualified Person-Centred Counsellor (MBACP)
- Provide support for children experiencing loss, low self-esteem, low confidence, etc, through counselling, Think Yourself Great programme and Lego Therapy
- Identify and resource relevant continued professional development

Curriculum and Delivery of RSHE

RSHE is taught through the subjects of Get Set for Life, Come and See, Science and by way of a cross-curricular, integrated approach as a fundamental part of the Catholic Life of the school. We acknowledge that every area of school life can potentially contribute to Relationship, Sex and Health Education, as the school, of its very nature, operates through positive human relationships. We recognise, value and greatly appreciate the contribution made by all members of staff in deepening the quality of our Christian community. After consultation with parents, RSE will be covered discretely using the Archdiocesan recommended resource 'Journey in Love' (2020). This includes the teaching of sexual intercourse at Year 6 (see Right to Withdrawal).

Responsibility for the specific relationships and sex education programme lies with the class teacher and with Mrs Clein (Pastoral Lead). Where possible, links are made across the curriculum and are specified on the whole school RSE curriculum map. Teachers will be expected to teach RSHE in accordance with the Catholic Ethos of the school. Teachers will use their professional judgement when addressing issues in RSHE. 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 RSHE programme that offers a range of viewpoints on issues. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care. If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so that they are fully informed and do not seek answers online.

We have developed our curriculum with recommendations from the Archdiocesan Education Department to ensure that they meet with Catholic Church teaching. Our RSHE will ensure that content is relevant to the age, experience and maturity of pupils. We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure that we are offering a quality curriculum which is adequately catered to meet their needs.

The new statutory guidance for Relationships and Health Education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of ‘family life’ and could include married or single parent families, same sex parents, being looked after by grandparents, adoptive parents, foster carers, amongst other structures. As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

Significant aspects of Relationship and Sex Education remain part of the National Curriculum for Science and these will be taught to all pupils (parents are unable to withdraw pupils from such lessons.)

Key Stage 1 (5-7)

- That humans move, feed, grow, use their senses and reproduce;
- To name the main external parts of the body;
- That humans grow from babies into children and then into adults, and that adults can produce babies;
- To recognise similarities and differences between themselves and other pupils

Key Stage 2 (7 – 11)

- That the life processes common to humans and all animals include nutrition, growth and reproduction
- The main stages of the human life cycle.

Get Set for Life

Through the personalised Get Set for Life programme, teaching staff will utilise the Relationships, Sex and Health Education programmes of study. It has been developed in consultation with staff, governors, parents and pupils and has utilised local Public Health Intelligence Team information. The curriculum therefore also includes non-statutory elements, such as Dementia awareness, neurodiversity, loss and bereavement, Black History Month and inspirational people. The curriculum overview for each year group is available on the school website. This will be enriched by the expertise of outside agencies, to support but not at the expense of the school's delivery. These visitors will always compliment the current programme and the Catholic principles and practice of our school. All visitors must adhere to the school's policies and procedures. The school is particularly thankful for the help available from BullyBusters, NSPCC Pantosaurus, NSPCC Speak Out Stay Safe, Alzheimer's Society, Asylum Links, Merseyside Police, Nugent Care, Safer Internet UK, Internet Legends, CEOP, School of Sanctuary, Restorative Practice, etc.

A Journey in Love (RSE)

We will be following the *A Journey in Love* scheme, taught over one week in the first Summer term each year. A Journey in Love looks at the physical, social, emotional, intellectual and spiritual aspects of love in each topic. Sample slides are available on the school website.

Early Years: The wonder of being special and unique

Year 1: We meet God's love in the family

Year 2: We meet God's love in the community

Year 3: How we live in love

Year 4: God loves us in our differences

Year 5: God loves me in my changing and developing

Year 6: The wonder of God's love in creating new life

Pupils in Year 5 will learn about the emotional and the physical changes of puberty. For this particular part of the curriculum, children will be taught together. A similar approach will operate in Year 6, when pupils will cover the life cycle and sexual intercourse.

Right of Withdrawal

It is our hope that parents would wish their children to be involved in the schools positive and prudent programme of Relationship and Sex Education, following annual consultation regarding the school's approach. Parents have the right to withdraw their children from the non-statutory component of Sex Education in Year 6. This is where sexual intercourse is taught discretely as part of the Physical

aspect within Journey in Love, the Archdiocesan recommended resource. Requests for withdrawal should be made in writing and addressed to the headteacher, Mrs R. Davidson. The headteacher will discuss the request with parents and take appropriate action. Alternative work will be given to pupils who are withdrawn from RSE.

Parents do not have the right to withdraw their children from statutory Relationships and Health Education, as set out in the Department for Education guidance (2020) or National Curriculum Science.

Equal Opportunities and Inclusion

All pupils have access to the RSHE curriculum. 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 and is 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 and how to respond and ask for help. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

Supporting children who are at risk

Children will 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 or 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 Safeguarding Lead.

Roles and Responsibilities

The Governing Body: The governing body will approve the RSHE policy and hold the head teacher to account for its implementation. The Governing body and Foundation Governors in particular recognise their responsibility to ensure the RSHE programme follows Archdiocesan principles and reflects the Church's teaching as outlined in 'Learning to Love', and includes statutory coverage of the National Curriculum for Science and Relationships and Health Education. The Governing Body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, religion or sexual orientation, or whether they are looked-after children.

Headteacher: The headteacher is responsible for ensuring that RSHE is taught consistently across the school and for managing requests to withdraw pupils from the non-statutory element of RSE in Year 6 (see parents' rights of withdrawal).

RSHE Leads: The RSHE leads are responsible for developing a curriculum that meets the statutory requirements for RSHE across the school, complying with Church teaching, as well as developing a curriculum to meet the bespoke needs of the children, school and local and national community. They are responsible for monitoring the provision of the various dimensions of the programme by undertaking learning walks, staff and pupil consultations, examining schemes of work and samples of pupils work at regular intervals.

Staff: Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher. Appropriate training will be made available for all staff teaching RSHE. However, all staff will be involved in developing the attitudes and values aspect of the RSHE programme. Staff are responsible for:

- Delivering RSHE in a sensitive way which complies with Church teaching
- Modelling positive attitudes to RSHE and healthy relationships between staff, other adults and pupils
- Monitoring progress as part of our internal informal assessment systems
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE
- Reporting is made in individual pupil's reports under 'Teacher's Comments' about the child's holistic development

Pupils: Pupils are expected to fully engage in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect and sensitivity.

Relationship with Other Policies

This RSHE policy relates to the Mission Statement and RE, Collective Worship, Restorative Practice and SMSCD policies. It includes guidelines about pupil safety and is compatible with other policy documents, eg. Safeguarding Policy, Behaviour Policy, Anti-bullying Policy, Equality and Diversity Policy.

Review

This policy will be agreed annually by the Governing Body and will be reviewed every three years by the Governing Body. Parents will be consulted before any proposed changes.