



CHRIST THE KING CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

Relationships and Sex Education Policy

School Mission Statement

Grow, learn, serve and pray in a Catholic community inspired by the Gospel message, enabling all to realise their unique hopes and potential.

Defining Relationships and Sex Education

The DfE guidance defines RSE as “lifelong learning about physical moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.” 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. The DfE identifies three main elements: “Attitudes and values; personal and social skills; knowledge and understanding”. (Sex and Relationship Education Guidance, DfEE, 2000)

Statutory Curriculum Requirements

We are legally required to teach those aspects of RSE which are statutory parts of the Science and Religious Education curriculum. There is also a separate requirement for maintained secondary schools to teach about HIV, Aids and sexually transmitted infections.

However, the reasons for our inclusion of RSE go further.

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 Holy Spirit in communion, united in a 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 relationships 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.



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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. Support will be provided to help pupils deal with different sets of values.

Values and 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, chastity, integrity, prudence, mercy and compassion.

Aim of RSE and the Mission Statement

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves to provide children and young people, in partnership with parents, with a "positive and prudent sexual education" (*Gravissimum Educationis* 1) which is compatible with their physical, cognitive, psychological and spiritual maturity, and 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 which have integrity and which are respectful of the individual's comments;
- ✓ 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, 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;



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- ✓ 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 behaviour 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;
- ✓ 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 and 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, 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.

Equalities Obligations

The governing body have 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 programme.

Parents and Carers

On entry to Christ the King parents agree to their child taking part fully in every aspect of the religious life of the school, including Religious Education lessons and liturgies, however, parents have the right to withdraw their children from RSE except in those elements which are required by the National Curriculum science orders. We believe that the controlled environment of the classroom is the safest place for this programme to be followed. It is up to any individual considering such a withdrawal to reconcile their own conscience in this matter. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher.



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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 including forced-marriage, female genital mutilation, child sexual exploitation, abortion, the age of consent and legislation relating to equality. Knowing about facts and enabling young people to explore different 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 the Programme

At Christ the King, RSE is taught through relevant sections of the RE, Science and PSHE (Guidance) curriculums and is supported by special assemblies on specific topics plus additional focus days. Responsibility for the specific relationships and sex education programme lies with Heads of Religious Education, Science and Guidance (including PSHE). 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. It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. It is an expectation that any presentations or handouts are provided in advance for quality assurance.

Health professionals must 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 all teaching is rooted in Catholic principles and practice.

OTHER ROLES AND RESPONSIBILITIES REGARDING RSE

Governors

- Ensure that the policy is available to parents
- Ensure that the policy is in accordance with other whole school policies
- Ensure that parents know of their right to withdraw children
- 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.



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Headteacher

The Headteacher 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.

RSE Co-ordinator

The Deputy Headteacher, along with the Head of RE, have 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.

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 should be aware of this 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 Safeguarding Policy, Anti-Bullying 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.

Pupils' 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.

There will always be sensitive or controversial issues in the field of RSE. These may be a 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 pupils, 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 eg where a child or young person's questions hints at abuse, is deliberately tendentious or is of a personal nature.



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Supporting Children and Young People who are at risk

Pupils 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 a disclosure of safeguarding issues. 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 or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the Designated Safeguarding Lead or one of the Deputy Designated Safeguarding Leads.

Confidentiality and 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 school procedures. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are legal or abusive for instance. Teachers will explain that in such circumstances they would have to inform others – eg. Parents, the Designated Safeguarding Lead or one of the Deputy Designated Safeguarding Leads – but that the pupil would always be informed first that such action was going to be taken.

Monitoring and Evaluation

The programme will be evaluated by various means including audits, questionnaires, or by discussions with relevant parties. Governors will consider all such evaluations and suggestions before amending the policy. The policy will be reviewed annually by the Ethos, Behaviour and Safety group. Governors remain ultimately responsible for this policy.