

St. Bernadette Catholic Primary School

Sex and Relationship Education Policy

MISSION STATEMENT

This policy is set in the context of everyone's calling from Christ to live the Gospel, of the positive challenge of the Church's teaching, especially in the culture in which we live, and of the sanctity of marriage and family life.

- *St. Bernadette Catholic Junior School is committed to the widest and fullest education of all pupils in a partnership between home, school, parish and community.*
- *Our school aims to create a happy, ordered environment where all members feel secure, valued and respect each other.*
- *Our school aims to be a positive force within the Catholic church inspired by the life of Christ in the Gospels*

'Among the many difficulties parents encounter today, despite different social contexts, one certainly stands out: giving children an adequate preparation for adult life, particularly with regard to education in the true meaning of sexuality.'

The Truth and Meaning of Human Sexuality
The Pontifical Council for the Family

This policy does not seek to replace the unique role of parents in the education and guidance of these personal matters.

Our policy is to integrate Sex Education into the curriculum in such a way as to meet the particular needs of children as they grow and develop.

The sex education programme aims to:

- Provide information that is relevant and appropriate to the age and developmental stage of the pupils.
- Foster self-esteem, positive self image, confidence and self control.
- Foster respect for others, and a growing appreciation of the dignity of Christian marriage and family life.

The school works in partnership with parents, governors, Good Counsel Network and the Community Health Service, through the school nurse.

Topics are based on the Diocesan sex education programme. It is taught through planned aspects of the National Curriculum Science, PSHME, R.E. programme and Diocesan programme 'The Way, the Truth and the Life' and other age appropriate resources.

Children in Years 5 and 6 are given appropriate facts and information about physical development.

The delivery of the programme is set within the appropriate context of Christian love and does not seek to use explicit or erotic materials or content.

Aims

In our school we believe that education about the development, growth and journey of the whole person towards becoming 'fully human, fully alive,' as a unique creation made in God's image. Education is at the heart of our Catholic school.

Within this context we recognise that the personal, moral and social development of all pupils including sex education is of paramount importance. More than ever do the children in our care need help and guidance to understand their own and others' sexuality in positive

ways and to enjoy relationships based on chastity, mutual respect, dignity and responsibility free from any abuse.

What is education in sexuality?

Within the context of living our Christian/Catholic faith we seek to transmit the beauty of Christ's message in living free from cultural and social oppression. Education about relationships and sexuality begins at birth and continues throughout life. Young children are interested in themselves, their bodies and their relationships. A planned Sex Education programme from Year 3 to Year 6 enables children to understand and value their bodies as well as develop positive attitudes and values towards sexuality.

Sex Education encourages children to develop an awareness of and respect for themselves and others. It encourages the development of positive self-esteem which will help children to respond and cope with the challenges of personal growth. It enables children to be aware of the personal choices which growing up will present to them and seeks to prepare them to make responsible decisions guided by Catholic teaching.

Our Gospel message is not a disdain of sexuality but is instead an understanding of its true place within matrimony.

It is about establishing positive frameworks for sexuality, exploring feelings and emotions and enjoying the confidence in one's own individuality.

It is about relationships, feelings and behaviour.

Sex Education supports children in a growing understanding of their gender in order that they should feel comfortable with their own identity and secure in their relationships.

Education in sexuality recognises that human sexuality is a gift from God. It is concerned with the spiritual and moral as well as the physical and social.

Objectives of education in sexuality?

to enable pupils

- to grow in self respect and self worth, recognising that each of us is created in the image of God;
- to make relationship choices and decisions within the teaching of the Catholic Church, including sexual relationships within the context of marriage;
- to support the child in the development of chastity;
- to explore the meaning and value of life, and give some appreciation of the values of a family life;
- to have some understanding that love is central and the basis of meaningful relationships;
- to guide them in the use of the sacraments (confession and holy communion) and prayer to assist them to have a chaste life;
- to become aware of their own emotions and how to manage them;
- to develop clear understanding of their bodies, including the changes which have taken place since birth and those which will take place in the years ahead;
- to increase their confidence in forming, maintaining and ending relationships;
- to protect themselves from abuse;
- to develop notions of self-esteem and self-worth;
- to assess, understand and resist peer and social pressures;
- to develop in themselves a caring and considerate attitude to each other and to society;

- to understand the reproductive process in humans and animals, using correct vocabulary for body parts alongside their own terminology;
- to provide a forum where they can share their concerns and offer a climate of support where they know they will be listened to sensitively.
- to help them to understand that the purity of hearts and minds ensures freedom;

Elements of our programme

Education in sexuality needs to take account of the complexity of human sexuality itself. The curriculum will bring together all the elements that need to be addressed to help pupils become aware of themselves and what is involved in relationships.

Underlying principles

- sexuality is a gift from God which is physically expressed within the sacrament of marriage;
- 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.

Best practice

- focuses on 'Good News' i.e. the values of the Catholic Church;
- has a whole school approach;
- is part of a developmental programme.
- has a whole person approach;
- recognises and develops partnerships with parents/family;
- takes into account and evaluates current attitudes.

It does not replace the responsibility of the parents in the guidance of their children.

Context:

- Sex education will usually be taught by the class teacher.
- Parents are consulted and informed of the programme.
- It will be taught as part of an integrated cross curricular PSHME programme. It will mainly be taught through science and R.E., on occasion as part of a topic or as a discrete lesson.
- Parents are invited to the Good Counsel Meeting and are encouraged to have the confidence to communicate with their children about these matters.
- The planned programme will meet the needs of pupils.
- Pupils are involved in the planning of the programme.
- Pupils know visitors to the classroom for SRE
- Staff are clear about the full programme and discuss this with the pupils.
- Staff are clear about the purpose of the session. This is displayed and discussed with the pupils.
- Ground rules are established for working better together. These are referred to at the beginning of each lesson and pupils are reminded about them e.g. confidentiality.
- Language for the classroom is established.
- Circle time carefully organised is a good way to deliver SRE.
- The lesson will be closed down giving pupils time for reflection on their learning.
- Parents are invited to view and discuss the materials used.

Roles and Responsibilities

a) 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 of the policy 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.

b) Teachers

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 SRE in accordance with the Catholic ethos of the school. Appropriate training will be made available for all staff teaching SRE.

c) Parents

Recognising that parents are the primary educators of their children, especially in these matters, the school will seek to support them in this task. They will ensure that parents are kept informed of what is happening in SRE, and of our expectations of their children. The approach adopted in this subject places it largely within other topics with the result that difficulty may be experienced if this right was to be exercised. Parents will be invited to view and discuss the materials used to deliver the Year 5 & 6 Programme.

Parents are consulted on an annual basis in the form of a letter and an opportunity to meet. As a school we recognise Parents have the right to withdraw their children from aspects of the Sex Education programme, which does not form part of the National Curriculum. Requests for withdrawal should be put in writing to the Headteacher but parents are strongly encouraged to discuss the matter before taking this step.

A written, up to date annual record of the decisions of parents is kept by the Headteacher.

BY THE END OF KEY STAGE 2

Pupils should be able:

- to value themselves as a child of God, and their body as God's gift to them within the context of chastity and modesty;
- to understand that they grow and change throughout life;
- to understand what is meant by relationships within families, friends and communities;
- to develop an appreciation of what is involved in bringing up children and what responsibilities parents have;
- to become aware of the different patterns of friendship;
- to know the rituals celebrated in Church, marking birth, marriage and death;
- to be aware of their changing emotions and the need to respect other peoples emotions and feelings;
- to begin to know about and understand the changes that come about through puberty;
- to know and understand their own bodies and their need for personal hygiene;

- to know the names for the parts of the body;
- to know the basic biology of human reproduction;
- to appreciate that life is precious and a gift from God;
- to become aware of the choices they make and that there are good choices and wrong choices, and that these wrong choices offend God;
- to recognise the importance of forgiveness in relationships.

Signed _____ PPC Committee

Signed _____ Headteacher

Signed _____ Chair of Governors

Dated: October 2015

Review date: October 2016