

**HOLY FAMILY CATHOLIC PRIMARY SCHOOL  
SERVING THE COMMUNITY**

**Relationship and Sex Education  
and PSHCE  
Policy**

With Christ at the centre, we live, love and learn together,  
reaching out to all.

**Together, with Jesus, we can do it!**



# RELATIONSHIP AND SEX EDUCATION and PSHCE POLICY

## Mission Statement:

With Christ at the Centre, we live, love and learn together, reaching out to  
all

## Rationale

*'I have come that you might have life and have it to the full'*

*(Jn. 10.10)*

- We acknowledge that Personal, Social and Health Education (PSHE) and Citizenship, as well as Relationship and Sex Education (RSE), are all underpinned by a theology of relationship and are all encompassed in the title 'Relationships and Sex Education' (RSE).
- Our belief in the unique dignity of the human person as made in the image and likeness of God underpins the approach to all education in our school. Our approach to relationship and sex education therefore is rooted in the Catholic Church's teaching of the human person and is presented positively and prudently.
- Stemming from this vision of what it means to be human, we seek to educate the whole child: spiritually, intellectually, morally, emotionally, psychologically, and physically towards our understanding of Christian maturity.
- Following guidance from our own Bishop and Diocese, the Conference of Bishops of England and Wales and as advocated by the DfE, all relationship and sex education in our school will be firmly embedded in the PSHE framework as it is concerned primarily with nurturing the human wholeness of our pupils.
- All relationship and sex education 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 and support will be provided to help pupils deal with different sets of values.

## Aims of Relationship and Sex Education (RSE)

- To encourage pupils' growth in self respect, acknowledging we are all created in the image and likeness of God
- To help pupils develop an understanding that love is the central basis of relationships

- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
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- To help pupils acquire the skills necessary to develop and sustain relationships.
- To offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.

### Purpose of Relationships and Sex Education

- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare 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.

### Delivery of RSE

- RSE is taught through our life-style in school and through the subjects of Religious Education, Science and by way of a cross-curricular, integrated approach.
- All elements of PSHE and Citizenship, whilst non-statutory at Key Stage 1 and 2, are covered. Significant aspects of sex and relationship education remain part of the National Curriculum for Science. 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.*

We acknowledge that every area of school life can potentially contribute to RSE 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.

Teachers will use their professional judgement when addressing issues in RSE. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care.

- While we operate a whole school approach to Sex and Relationship Education through our RSE Programme. Upper Key Stage 2 children who explore more sensitive issues will be taught by both as mixed gender groups and separate gender groups as appropriate.

### **Resources**

In addition to our PSHCE lessons and RE lessons, RSE is taught through discrete lessons using the scheme : *Journey in Love* . The scheme runs from Reception to Year 6, providing age appropriate lessons. However , as a school we will make the decision about appropriate content for our children (particularly in year 5 and 6).

### **Assessment Recording and Reporting**

A record is kept in teacher's planning of the delivery of RSE. The programme is assessed, monitored and evaluated by the co-ordinator in accordance with the school's monitoring and evaluation policy. Pupils are given the opportunity for self evaluation at an appropriate level for each year group. Reporting is made in individual pupil's reports under 'General Development'.

### **Outside Agencies**

The expertise of outside agencies will be used appropriately to support the school's delivery. The school is particularly thankful of the help available from local diocesan agencies and charities such as Life.

### **Safeguarding Procedures**

The school has procedures to deal with any sensitive issues or children thought to be vulnerable. Staff will pass on any concerns of this nature to the designated child protection officer in school.

### **The Governing Body**

The Governing body and Foundation Governors in particular recognise their responsibility to ensure the RSE programme follows Diocesan principles and reflects the Church's teaching .

### **The role of Parents**

We acknowledge that parents and carers are the key persons for children learning about sex and relationships; the foremost educators. Our role and our programme simply complement their role in nurturing their children's human wholeness.

The Church has always recognised that 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.

The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that:

- Parents are supported in their task.
- Parents are consulted and kept informed of the RSE Programme; its contents, evaluation and review and any subsequent developments.

### **Right of Withdrawal**

It is our hope that parents would wish their children to be involved in the schools positive and prudent programme of sex and relationship education, following annual consultation regarding the school's approach. However, we recognise parents have the right to withdraw their children from such lessons (not included in National Curriculum Science) after discussion with the headteacher.

### **Monitoring and Review**

This policy will be monitored bi-annually by the RSE Co-ordinator and will be reviewed bi-annually by the Governing Body. Parents will be consulted before any proposed changes.

This policy has been formally adopted by the Governing Body of Holy Family Catholic Primary School. It will be reviewed by the Governors and headteacher in conjunction with all the staff two years from the date below.