



Relationship and Sex Education
Policy

Responsible committee: Pupil Learning
Ratified by Governing Body: March 2025
Review Date: Annual or on Diocesan
Advice

Mission Statement

Our mission is to be a happy, caring and compassionate Catholic community where each child's gifts are developed to the full and the foundations for lifelong learning are laid down.

Everyone will be supported, nurtured and inspired to be the very best they can be and to persevere to overcome life's challenges.

With God's help, we will educate our children to live safely and responsibly, to care for His wonderful creation and to live their lives through the example of Jesus and the values of the Gospel.

This policy has been written in full consultation with parents, teachers and governors

- Parents: the policy and a presentation of RSE has been shared with a follow up questionnaire to gather parental ideas and questions
- Staff: the RSE curriculum content and RSE policy was reviewed with staff and staff have received training for the confident teaching of the RSE content
- Governors: The RSE curriculum and policy has been shared with school governors.

Introduction

The Governing Body of St. Dunstan's Catholic Primary School, believes that Relationship, Sex and Health Education (RSHE) is an essential part of a holistic education. They believe that its focus is the individual, unique creation of each individual by God, made in His own image and likeness. Through RSHE, children come to understand more about themselves, others and the beauty of Creation.

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

John 10:10

For clarity:

RSE refers to the specific curriculum for the teaching of Relationships and Sex Education. RSE is part of a wider curriculum: RHE. **RHE** refers to the teaching of Relationships and Health Education. Therefore, **RSHE refers to Relationship, Sex and Health Education.**

Working with parents/ carers

As set out in the Baptism Rite, schools recognise that parents are first and foremost the educators of their children. Parents have the right to withdraw their children from elements of sex education that are not in line with the National Curriculum for Science. Parents may not remove their children from any elements of Relationships Education and Health Education that we teach through RSHE.

All puberty lessons are taught at St. Dunstan's through the Science National Curriculum and Health Education Curriculum. When the children reach Year 5 and 6, the community nurse supports the teaching staff to deliver some of the puberty and sex education content. Parents are informed of this before it happens and will have access to all materials that will be used.

We have not made any changes to our Science curriculum.

We also recognise that good communication and consultation with parents is vital. Parents are invited to review the school's policy and view all materials used to deliver RSE. Where necessary, support may be offered to parents to talk to their children about RSE.

Aims of Relationship, Sex and Health Education (RSHE)

- To encourage pupils' growth in self-respect, sense of self-worth and uniqueness, 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 similarities and differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships.
- To offer sex education supported by the school's wider curriculum for personal, social and health education.
- To be able to know their body, learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) and say which part of their body is associated with each sense. Include the introduction of genitals (such as, penis and vagina) and describe the changes as humans develop to old age.
- To ensure that pupils are prepared for puberty and the opportunities, responsibilities and experiences that adult life will bring.
- To ensure that pupils know how to keep themselves safe, can protect themselves and ask for help and support when needed.
- 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 (Relationship and Sex Education)

The delivery of RSE shall take an integrated approach. This means that we intend to make cross curricular links and embed the teaching of RSE into the wider context of the school's, Relationship and Health Education (RHE) and our Religious Education programme.

All pupils will be taught the significant aspects of RSHE that remain as statutory elements of the National Curriculum for Science and the statutory elements of Health Education Curriculum. Parents are unable to withdraw pupils from these statutory sessions.

Teaching of RSHE will be inclusive and we will ensure differentiation due to the sensitivity and different needs of individual pupils. The teaching of RSHE will respect all pupils' different abilities, their levels of maturity and their personal circumstances e.g. sexual orientation, family structure, faith and culture. We will ensure that RSE is sensitive to the different needs of individual pupils and is taught in such a way as to not subject pupils to

discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours, use of prejudiced based language and how to respond and ask for help.

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, in particular those protected characteristics listed under the Equalities Act 2010.

Science National Curriculum

KEY STAGE 1 (5-7) STATUTORY

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- Notice that animals, including humans, have offspring which grow into adults
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Notes and Guidance (non-statutory)

- The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.

The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. Growing into adults can include reference to baby, toddler, child, teenager and adult.

- Pupils might work scientifically by: observing, through video or firsthand observation and measurement, how different animals, including humans, grow; asking questions about what things animals need for survival and what humans need to stay healthy; and suggesting ways to find answers to their questions.

KEY STAGE 2 (7 – 11) STATUTORY

- Describe the changes as humans develop to old age. (Yr 5)
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents (Yr 6)

Notes and Guidance (non-statutory)

- Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.
- Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.
- They should be introduced to the idea that characteristics are passed from parents to their offspring, for instance by considering different breeds of dogs, and what happens when, for example, Labradors are crossed with Poodles.

Health Education

BY THE END OF PRIMARY (Statutory)

- Pupils should know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. (Yr 5)
- Pupils should know about menstrual wellbeing including the key facts about the menstrual cycle (Yr 5)

Assessment and recording

The programme will be assessed, monitored and evaluated by the RSHE Lead. In accordance with the school's procedures, pupils are given the opportunity for self-evaluation at an age appropriate level.

Dealing with sensitive issues and responding to questions

Teachers will use their professional judgement when addressing sensitive issues and will answer questions honestly but with due regard given to the nature of the question and the age and maturity of the questioner. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care.

In some cases, it may be inappropriate for the teacher to respond to a specific question therefore, as appropriate, the pupil will be referred to their parents/carers.

Teachers should never feel pressured to discuss their personal views or experiences and must always respect the sensitivity of their position as a teacher in a Catholic school.

Roles and Responsibilities

Safeguarding Procedures

The school has procedures and policies in place to deal with any sensitive issues or pupils thought to be vulnerable. All staff will pass on any concerns of this nature to the designated safeguarding lead in school.

Parents

The school recognises that parents/carers are the primary educators of their children therefore, we seek to support them in their important role. The school will ensure that parents are consulted with and kept fully informed of the content and delivery of RSE. (For example, Year 5 parents in advance of teaching and learning related to puberty; Year 6 parents in advance of the diocesan teaching and learning related to the conception of a child.)

Governors

In accordance with the Education Act of 1993 the Governing Body has the responsibility to regularly update the school's policy for RSE, in consultation with parents and will make copies available to them.

They will make known to parents their right to withdraw their children from the sex education part provided at school, except for those parts included in the statutory National Curriculum for Science. There will be a named Foundation Governor to aid the implementation and development of the RSHE programme.

Teachers

All teachers have a responsibility of care; as well as fostering academic progress they will actively contribute to the guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSHE in accordance with the Catholic ethos of the school. Appropriate training will be provided to all staff teaching RSHE.

RSE Programme

St. Dunstan's Catholic Primary School has agreed to follow the programme 'A Journey in Love' as recommended by the Diocese of Arundel & Brighton alongside a trained RSHE Leader and Foundation Governor.

Teaching will be whole class, mixed gender learning, with the opportunities for a separate boys and girls' forum to facilitate the needs of the individual child if necessary or requested. Children with Special Educational Needs and Disabilities (SEND) will have support in varying ways depending upon their individual needs and in consultation with their parents.

Monitoring and evaluation

This policy will be monitored annually by the RSHE Leader and reviewed annually by the Governing Body. Parents will be consulted with, if any changes or adaptations are proposed.

Diocese of Arundel & Brighton recommended resources

- A Journey in Love - Sr Jude Groden RSM and contributors
- Mc Crimmons A Journey in Love supporting DVD Mc Crimmons
www.mccrimmons.com/shop/books/a-journey-in-love--volume-1--book
- DVDs, CDs and any other programme(s) not listed here are not in accordance with diocesan policy and should not be used.