

	Name of Policy	Relationships, Sex and Health Education Policy (RSHE)
	Name of School	St. Joseph's Catholic Primary
	Policy review Date	Spring 2021
	Date of next Review	Spring 2022
	Who reviewed this policy?	Curriculum Committee

'RSHE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education which seeks to form as well as inform young people in preparation for adult life'. (Catholic Education Service)

RSHE contributes to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life.

Since RSHE incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum but through all aspects of school life including the playground.

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (Jn.10.10)

At St Joseph's, 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 RSHE 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 Spirit in communion, united in 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.

RSHE, therefore, will be placed firmly within the context of relationship 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, RSHE 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.

All RSHE 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

The aims of RSHE are to

- enhance the personal development, self-esteem and well-being of the child;
- help the child recognize, understand and develop healthy and respectful friendships and relationships, including commitment, tolerance, boundaries and consent;
- foster an understanding of, and a healthy attitude to, human sexuality and relationships in a moral, social and spiritual framework;
- promote responsible behaviour and the ability to make informed decisions;
- help the child come to value family life and marriage;
- appreciate the responsibilities of parenthood;
- promote an appreciation and factual knowledge of the value of human life and the wonder of birth.
- promote awareness of the risks of online use and ways children can be safe and responsible online.

The RSHE curriculum should enable pupils to:

- acquire and develop knowledge and understanding of self;
- develop a positive sense of self-awareness, self-esteem and self-worth;
- develop an appreciation of the dignity and uniqueness of others;
- understand the nature, growth and development of relationships within families, in friendships and in wider contexts;
- develop an awareness of differing family patterns;
- develop strategies to make decisions, solve problems, and implement actions in various personal, social and health contexts;
- develop personal skills which will help to establish and sustain healthy personal relationships;
- develop some coping strategies to protect self and others from various forms of abuse;
- acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development;
- develop a critical understanding of external influences on lifestyles and decision making.

AT ST JOSEPH'S, WE SHALL

- be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- involve parents as they are primary educators of their child;
- provide a positive view of human sexuality and dignity of the human person;
- equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- explore and promote virtues which are essential to promoting respect and dignity;
- ensure that RSHE is delivered in an age-appropriate way which reflects the development of the child and is part of the cross-curricular work in both primary and secondary schools;

- be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- ensure that RSHE is taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- ensure that RSHE is delivered by competent professionals who understand the Church's teaching

SKILLS

The RSHE curriculum should enable pupils to develop the skills necessary to form and maintain relationships and to make informed choices and decisions regarding health and well-being.

They need opportunities to develop:

- **practical skills** for everyday living; for supporting others; for future parenting;
- **communication skills** learning to listen, listening to other's points of view; putting one's own view forward clearly; handling and resolving conflict peacefully; being assertive;
- **decision-making and problem-solving skills** making sensible choices in the light of relevant information; making moral judgements about what to do in actual situations; acting responsibly as an individual or as a member of a group;
- **inter-personal skills** for managing relationships confidently and effectively; for becoming an effective group member or leader.

MORALS AND VALUES

RSHE should enable pupils to clarify what they believe and why they believe it and develop a respect for the beliefs of others. Pupils need opportunities to explore values and attitudes and to consider how they, and others, are affected by them.

Children should be taught RSHE within a framework which encourages the following values:

- a respect for self;
- a respect for others;
- commitment and trust within relationships;
- equality in relationships;
- honesty with self and others;
- compassion and forgiveness when people do not conform to their way of life;
- self-discipline

RELATIONSHIPS BETWEEN HOME, SCHOOL AND COMMUNITY

The effectiveness of an RSHE policy and programme is dependent on a collaborative process involving teachers, parents, governors and other health professionals. Each has distinctive contributions to make. Opportunities should be provided for teachers, governors and parents to raise any issues and concerns they might have about the RSHE policy and programme.

THE ROLE OF GOVERNORS

The governors should foster and support the development of an RSHE policy and programme by collaborating with teachers and parents. They should also facilitate the consultative process whereby the school community can respond and contribute. The

governors should seek to accommodate and be sensitive to the religious and cultural beliefs of both teachers and parents whilst fulfilling their responsibility to ensure the availability of adequate RSHE for all children.

THE ROLE OF STAFF

The classroom teacher and teaching assistant have a significant and diverse role to play in the planning and implementation of RSHE in the school. At all times, the role must be considered to be complementary to that of parents, considering the individual needs, age, maturity, stage of development and family background of the child. Ongoing professional development will support staff in their teaching.

INVOLVING PARENTS

The home exerts a major influence on all aspects of a child's life, and especially so in the area of relationships and sexuality. We firmly believe that parents are the first teachers of their children in RSHE. The school will provide information about the health-related topics covered during each key stage and itemise what is covered with each year group. TenTen provides a parent portal for parents to access the curriculum across the school.

At St Joseph's, we ensure that proper consultation with parents is undertaken and try to take account of any parental concerns expressed to us Prior to delivering sex education, meetings will be held with parents/carers to fully discuss the programme's content for Years 5 and 6. This will give parents/carers the opportunity to ask any questions and address any concerns which they may have.

RIGHT OF WITHDRAWAL

From September 2020, relationships education became statutory in all primary schools; sex education remains non-statutory. Parents have the right to withdraw their children from all or part of sex education lessons but cannot withdraw their children from relationships education. Any parent wishing to discuss this aspect of the curriculum in more detail should contact their child's class teacher or the Headteacher for more information.

Following discussion with parents, the school will make alternative arrangements for any pupil whose parent wishes him/her to be excused from particular, or all, sex education classes.

BALANCED CURRICULUM

The content of the Sex and Relationships Education Programme, including learning outcomes, will be taught using *Life to the Full* (by TenTen) RSHE resources as well as *Journey in Love* which will explore the 3 themes of Created and Loved by God, Created to Love Others and Created to Live in Community. Please see the link to the Catholic Education Service:

<https://www.catholiceducation.org.uk/schools/relationship-sex-education>

Topics will include:

- Feelings and relationships
- My healthy body including physical health and fitness, healthy eating and drugs, alcohol and tobacco
- Lifestyles and culture
- Growing up including the changing adolescent body
- Being Safe including health and prevention, basic first aid
- Online relationships including internet safety and harms
- Mental wellbeing

Delivery will be as topics:

- Through active learning including discussions, investigations and problem solving activities
- Through planned aspects of science
- Addressed occasionally in assembly time
- Through small group work
- Through story time
- Through sessions delivered by the school nurse in liaison with other school staff
- Through sessions delivered by external speakers

CROSS-CURRICULAR TEACHING

We recognise the importance of a broad and balanced curriculum and to this end, there is a close working relationship between the lead teachers from RSHE, RE, PSHE, Science, Computing and PE to ensure that curriculum delivery is complementary.

EQUAL ACCESS AND OPPORTUNITIES

We ensure that all pupils across the Foundation Stage and Key Stages 1 and 2 are able to access the full range of the curriculum as outlined in the National Curriculum 2014, Early Years and Foundation Stage 2014 and guidance for Sex and Relationship Education. We ensure that teachers identify and provide for children's special needs and also for children's cultural differences. If appropriate, we will endeavor to use external agencies and advisors to work with, and advise staff e.g. the school nurse.

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, gender identity, religion or sexual orientation.

CHILD PROTECTION

All adults have a responsibility to ensure the safety and welfare of pupils. Staff must be aware that effective Relationship, Sex and Health Education, which brings an understanding of what is and is not acceptable in a relationship, can lead to disclosure of a child protection issue. If a child makes a disclosure then all adults will adhere to the Child Protection Policy and follow safeguarding procedures.