



Relationships and Sex Education (RSE) POLICY

OUR MISSION

Together in God's loving family,
we believe, we learn, we grow.

This revision completed during:	Jan 2024
Date of next revision:	Jan 2026

St. Pius X Catholic Primary School Relationships and Sex Education Policy

INTRODUCTION

Relationship and Sex Education provides a basis for children within which they can grow in confidence as people and become informed, thoughtful, responsible, healthy and safe members of society.

It encompasses PSHE and citizenship as well as relationship and sex education, drugs education, bullying awareness, safety, civic rights, duties and responsibilities, online safety, knowledge and understanding of scientific concepts and developing thinking skills.

It seeks to educate the whole person: spiritually, intellectually, morally, emotionally, socially, psychologically, and physically towards Christian maturity.

Children learn about relationships in the context of the Catholic faith. Every area of school life contributes to the education in personal relationships and helps young people learn to respect themselves and others, making safe, healthy and informed choices as they grow up and move with confidence from childhood through adolescence into adulthood.

Individual persons are consciously aware of their separate personal identity; the Church would add, that being created by a loving God is the source of this individuality and dignity. It is from this that human rights spring. The Church upholds the dignity of every individual and utterly condemns any unjust discrimination or abuse directed against people due to their identity or sexuality; on the contrary they must be accepted with respect, compassion and sensitivity.

We aim to:

- encourage children's growth in self-respect, acknowledging we are all created in the likeness of God – no matter what colour, creed, gender or sexuality;
- help children develop an understanding that love is the central basis of relationships;
- provide relationship and sex education in the wider context of all healthy human relationships;
- help children to develop a healthier, safer, informed lifestyle, acknowledging and reflecting the range of human relationships, promoting inclusion;
- prepare children to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom of God;
- enable children to develop a personal, moral compass and code rooted in Gospel values.

Relationship and Sex Education

Children are given opportunities to take part in activities which:

- encourage them to reflect on their own relationships in order to develop an understanding of themselves, their sexuality and that of others;
- help them acquire the skills necessary to develop and sustain relationships;
- develop self-confidence and self-esteem;
- help them to consider personal attitudes and make responsible decisions;
- present facts in an objective and balanced manner and use appropriate terminology;
- enable them to discuss issues without embarrassment or fear of ridicule;
- encourage them to discuss and challenge the message given out by their peers and the media;
- enable them to make informed decisions to help them to assess, avoid and manage risk;
- develop effective ways of resisting pressures including knowing when and where to get help;
- use assertiveness techniques to resist unhelpful pressure;
- help them to understand rules, rights and responsibilities;
- enable them to consider different points of view;
- explore moral, social and cultural issues.

Children learn about personal relationships through every-day life and formally through all curriculum areas by way of a cross curricular, integrated approach.

All children have equal access to education in personal relationships, including Sex Education, within the curriculum.

The RSE Programme

The teaching about love and sexual relationships in our Catholic school is rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationships with others and be presented within a positive framework of Christian values.

The RSE programme enshrines core pedagogical values. It is taught through a whole school approach and by the class teachers:

- **Progressive & Developmental**

It also needs to be continuous and developmental. It should be a process which is planned from beginning to end with one phase of education informing the work of the next so that children and young people can be led to a deeper and fuller understanding by degrees at a rate which corresponds to their maturing.

- **Differentiated**

The RSE programme is sensitive to the different needs of individual pupils and is taught in a way that allows access to those pupils at different stages of cognitive and emotional development. Learning and teaching methods are adapted and specialist resources and training is provided for those with particular needs. Children, especially those with special educational needs and disabilities, are not at any point withdrawn from RSE because of lack of resources, training or to catch up in other subjects.

- **Cross-curricular**

Since a Catholic school is committed to the education of the whole person, teaching on relationships and sexuality is in each relevant part of the curriculum. The breadth of the curriculum provision speaks with consistency about the meaning of human love and the values that are enshrined in the Church's teaching on human love.

- **Balanced**

Whilst promoting Catholic values, the school ensures that children and young people are offered a broad and balanced RSE programme.

The curriculum is based on three core aims within which there is a broad overlap. The three themes are:

- **Created and loved by God** (this explores the individual)

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- **Created to love others** (this explores an individual's relationships with others)

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.

- **Created to live in community – local, national & global** (this explores the individual's relationships with the wider world)

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

At St Pius X Catholic Primary School we understand and recognise that every child is unique and we deliver our PSHE programme to support the growth and development of all children. By Using Ten Ten's 'Life to the Full' scheme, we are delivering a Relationship programme which is underpinned by Catholic beliefs. As part of our RSE scheme we ensure that children have the opportunity to embed skills and knowledge, thus revisiting the programme over a 2-year period to allow children to develop their social, moral, cultural and spiritual awareness and understanding. We use Ten Ten's 'Life to the full' programme which we have adapted to ensure that it meets the needs of the children within our community at the correct times within the academic year. Through their time at St Pius X Catholic Primary school all children will have the opportunities to embed their understanding as they build upon what they have previously learned within a spiral curriculum.

Please find the PSHE/RSE scheme of work and the progression of skills in the appendices.

Parents are informed when the RSE programme will be delivered and provided with a dedicated area on Ten Ten's website to access resources.

The RSE curriculum is taught through a range of teaching strategies, including appropriate images, pictures, diagrams, video clips, books, discussion, role-play and drama. Differentiation occurs according to the needs of the children including teacher/TA support, questioning, resources, paired/groupings, time given, tasks and outcome. See SEND policy.

The teaching of RSE is conducted in a supportive, welcoming environment where respect, trust, appropriateness and confidentiality is discussed before and after each session and adapted to the needs, age and suitability of the children. Questions are invited and according to the context of the learning, may be posed anonymously to preserve confidentiality and anonymity.

Safeguarding

When teaching any part of the RSE programme or any sensitive issues, children and young people who may give cause for concern or who are believed to be at risk are reported immediately to the school's Designated Safeguarding Leads and safeguarding procedures are closely followed. See Safeguarding Policy.

CPD

The RE Leader ensures that training and resources are accessed as and when necessary in order to ensure staff are confident and skilled to teach the RSE curriculum effectively. The school seeks guidance, CPD and resources from Brentwood Diocese.

Confidentiality

Relationship and sex education requires sensitive teaching which is matched in particular by the specific needs and concerns of children. Teachers maintain professional dialogues with the Headteacher when addressing issues in relationship and sex education and careful consideration is given to the inevitable wide and varied experience and backgrounds of the children in the class. All teachers involved in relationship and sex education are required to be sensitive, credible and consistent. The school will ensure that all staff are familiar with their legal and professional responsibilities.

The Governing Body

The Governing body and Foundation Governors recognise their responsibility to ensure the relationship and sex education curriculum reflects the Church's teaching.

The Role of Parents

Recognising that parents are the primary educators of their children, the school will seek to support them in this task. The Governing body fully subscribes to the views of the Catholic Church. The Governors will always strive to ensure that parents are supported in their task. Parents are consulted and kept informed when any changes and developments are made to the RSE curriculum and policy.

Parents have the right to withdraw their children from the schools relationship and sex education programme but not from those areas which are expected to be covered in the Science National Curriculum. They are invited to discuss any concerns with the class teacher or Headteacher. They must notify the Governors in writing if they decide to withdraw their child from the relationship and sex education programme. When a child is withdrawn from the programme, school will provide the necessary information and resources for parents to support the RSE education at home.