



**St. Peter's Catholic Voluntary Academy**

**RELATIONSHIPS AND SEX EDUCATION POLICY**

**INTRODUCTION**

Our overall aim is to support the personal, moral and social development of all pupils. Ensuring that they have the ability to accept their own and others' sexuality in positive ways and to enjoy relationships based on mutual respect, dignity and responsibility free from any abuse. This must take account of the primary role of parents.

**AIMS AND OBJECTIVES**

**1. To improve Knowledge and Understanding**

Central to positive behaviour is an accurate knowledge of, and a responsible outlook on health issues themselves.

An awareness of the importance of the process of gaining knowledge, as well as the actual substance of what is gained, is essential and children should "learn how to learn" about their own physical, emotional and spiritual health.

**2. To explore Values and Attitudes**

To provide an accurate knowledge of health matters will not automatically ensure that appropriate health behaviour will be adopted.

Christ has given us a clear vision of what it is to be a human being, and children need to explore their own attitudes towards health in this context.

Teachers need to be aware of the varying effects of other people and agencies on these attitudes. Influence from friends, family, advertising and media inspired market forces all affect children's values and their behaviour.

**3. To Promote Competent Decision Making**

Children should be helped to realise the likely outcomes of their actions. Some of these outcomes may be immediate and easy to comprehend, but some are in the distant future and hard to relate to.

Teachers need to enable children to weigh up the pros and cons of specific aspects of behaviour.

**4. To Promote Independence and Autonomy**

Children need to be involved in their own learning and be responsible ultimately for making their own choices.

Children who are involved in the learning processes and who are not simply recipients of information are more likely to become self-reliant and competent members of the community.

**5. To Promote the Christian Vision of Creation**

Teachers need to stress the goodness of all created things – reminding ourselves and our children that the gift of life to the full is God's greatest gift.

We therefore need to take account of the dangers of abuse which results in the destruction of God's gift, with the promise of eternal life. (Drugs, solvent, alcohol and tobacco abuse etc).

**GUIDELINES FOR THE CURRICULUM**

Education in sexuality is not an isolated subject. Education in sexuality cannot, therefore, simply be confined to a taught programme. In our life at school, our Religious Education lessons and our assemblies contribute to the development of the children's awareness of relationships. We follow a Catholic scheme called 'Life to the Full' which teaches children RSHE from EYFS to yr 6.

**In Key Stage 1 and EYFS pupils should be able;**

- To understand the importance of valuing themselves and others.

- To recognise their membership of the family and recognise the roles of individuals in families.
- To extend their grasp of right and wrong.
- To understand growth and know themselves as male and female.
- To be able to name the main external parts of the body.
- Understand that there are boundaries linked to touching private areas of the body
- To recognise that babies have special needs.
- To appreciate relationships, friends, family, working together, sharing and playing together.
- To know about rituals that mark life, especially birth, baptism, marriage and death, that mark our growth in both life and belief.
- To recognise the range of emotions and how we deal with them.
- To know about being safe, staying safe, that certain situations are dangerous and how to find help.
- To appreciate that some diseases are infectious.
- To have an awareness of personal health and safety, personal hygiene.

**Key Stage 2 pupils should be able;**

- To value themselves as children of God, and their bodies as God's gift to them.
- 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 how the Church celebrates moments in life, marking birth, marriage and death.
- To have the opportunity of celebrating in worship special moments in school life.
- To be aware of their changing emotions.
- To learn tolerance and respect for differences, how to deal with difficult situations e.g. teasing, bullying and inappropriate peer pressure.
- To learn the difference between assertiveness and aggression.
- To begin to know and understand the changes that come about through puberty
- To know their own bodies and their need for personal hygiene.
- To know the names of 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.
- To recognise the importance of forgiveness in relationships.

Reviewed on 1<sup>st</sup> November 2023