

Relationships and Sex Education March 2017

Rationale

This policy has been developed with due regard to the values of the Catholic Church, the School Mission Statement and to national and local health targets which include:

1. Reducing teenage pregnancies.
2. Delaying early sexual activity
3. Reducing sexually transmitted infections

What is Relationships and Sex (RSE) Education?

It is lifelong learning about physical, moral and emotional development. It is about the understanding and importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity, this would be inappropriate teaching.

At St. Cuthbert's Catholic High School, all students follow a programme of sex education, which is appropriate to their age and experience and is presented within a moral, family oriented and Christian framework.

We aim to deliver a sex education programme which encompasses the following areas: The teaching of the Roman Catholic Church; the statutory requirement of the DfES and the school mission statement. We aim to develop amongst the students an awareness of self and an understanding of the changes that occur through adolescence into adulthood mentally and physically.

Aims

We aim to:

- Enable all students to develop an awareness of and sensitivity to their own and others sexuality.
- Give opportunities for all students to consider their own knowledge, attitudes and behaviour in the light of Gospel values so that they can make positive and informed choices.
- Enable the students to enjoy relationships based on mutual respect, dignity and responsibility free from any abuse.
- Ensure that St. Cuthbert's Catholic High School meets all statutory requirements.
- Help and support our students through their physical, emotional and moral development.

- Show how human relationship education is taught through Healthy Schools Programme, Religious Education and Science and all aspects of the curriculum as part of moral education.
- Emphasise the importance of working in partnership with the Church, Governors, parents and the wider community.
- Address all sensitive matters in a professional and confidential manner.

Objectives

To meet our objectives we will:

- Meet, at an appropriate level, the needs of the students for knowledge and understanding of sexual matters by:
 - Learning and understanding physical development at appropriate stages.
 - Learning about a range of sexual health advice and support services in line with Catholic teaching.
 - Learning the reasons for delaying sexual activity and the benefits to be gained from such a delay
 - The avoidance of under-age sexual activity.
- Engender growth in self-respect and self-worth.
- Explore the meaning and value of life, and to provide opportunities to appreciate the values of family life by learning the importance of values, individual conscience and moral considerations.
- Enable students to have understanding that love is central and the basis of meaningful relationships.
- Enable students to have some understanding of themselves, their own bodies, their emotional development and have awareness of fertility and the menstrual cycle through Science lessons.
- Encourage students to be aware of their attitudes and values and have a sense of responsibility for themselves by:
 - Learning the value of marriage, family life and stable and loving relationships for the expression of love between individuals and the nurture of children.
 - Learning the value of respect, love and care.
 - Exploring, considering and understanding moral dilemmas
 - Developing critical thinking as part of the decision-making process
- Enable students to reflect on their relationships and recognise the qualities that help relationships grow and develop positively by learning to make choices based on an understanding that there are differences of opinions and to ensure an absence of prejudice.
- Have some understanding of and give sensitive consideration to the beliefs, value and cultures of others by developing self-respect and empathy for others.
- Provide a forum where students can share their concerns and offer a climate of support where they know they will be listened to sensitively.
- Explain the process of human reproduction by understanding human sexuality, reproduction, sexual health, emotions and relationships.
- Enable students to recognise the importance of the choice they make and that they are responsible for the decisions they take by teaching students

about the importance of relationships, love and care, the responsibilities of parenthood and problems associated with risk taking.

- Help with the careful consideration of family planning by:
 - Teaching the importance of self-responsibility and the consequences of one's actions in relation to sexual activity and parenthood.
 - Being taught about different types of contraception and the risks involved and the treatment available. This is taught reflecting the views of the Catholic Church and the importance of appropriate use of material, bearing in mind the views of the Catholic Church and how to deal with individual questions and the role of informed conscience in decision making
- Help students resist peer, social and media pressures when necessary.
- Help with the careful consideration of sexual identity engendering an atmosphere of respect and tolerance.
- Give students the opportunity to recognise the implications of drug, solvent, alcohol and tobacco abuse in relation to sexual behaviour.
- Give information about all forms of sexually transmitted diseases with particular reference to HIV and AIDS and help with careful consideration of attitudes towards those suffering from these diseases.
-