



## **Relationships and Sex Education Policy**

*School Mission Statement:*

***“Learning and growing in  
the light of the gospel”***

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## **Policy of Sex and Relationship Education at Grace Dieu Manor School**

This document has been drawn up with reference to guidelines issued by the Roman Catholic Diocese of Nottingham and other Catholic institutions. It is in keeping with our Mission Statement to educate the whole child.

### **Why a Sex and Relationship Education Policy at all?**

Apart from any legal requirements laid down by the DfES regarding such a policy, in their Low Week meeting in 1987, the Bishops of England and Wales urged all Catholic schools to “consider their role in Sex and Relationship Education... so that our young people are given positive guidance and a true appreciation of their human gifts”. In 1994, the Bishops again issued a statement which ran: “In a society which so often focuses upon the superficial and trivial, the value and essential goodness of the sexual relationship and, indeed, its sacredness, will be seriously undermined unless young people are helped to form a true understanding of their meaning.”

### **Parents**

Mindful of the amendment to the Education Act 1993 and the amendment 5/94 (Department for Education, 1993/1994) which gives parents the right to withdraw their children from lessons outside the National Curriculum which deal with sexuality, our policy is to consult with parents and communicate with them at each stage, presenting what we intend to deliver at each stage of this aspect of their children’s education. Parents are given the opportunity to preview the programme and encouraged to talk to their children and to listen to their questions and thoughts. It is important that the parents understand the approach of the School, and that the latter seeks to work closely with the parents, wherever this is possible.

### **Governors**

In a Catholic school such as Grace Dieu, it is important that the governing body is aware of the policy of the School in such a key area, and that it has the opportunity for input into the final shaping of it. The policy, once finalised, will be presented to the governors every other year as part of the review process.

### **Teaching Staff**

Staff delivering the programme will need to be especially aware of guidance in the School’s Child Protection Policy relating to Disclosure of Information, in case a child is prompted by material in the Sex and Relationships Course to make a disclosure to a member of staff.

## **Context of our Programme at Grace Dieu**

- **The Teaching of the Church:**

1. "All life is sacred, because all life comes from God"
2. "Pupils have a right to a curriculum which will help them develop spiritually, morally, socially, culturally and physically, and also to prepare them for their adult life. Education in sexuality is integral to the process" (Bishops' Conference of England and Wales, 1987). This is also in keeping with our School Mission Statement – see below.

- **The School Mission Statement:**

"Rosmini believed that real education must develop the whole person, so he focused upon 5 areas of the personality which he believed must be at the heart of any school mission: .....these included: "Physical development to develop a healthy lifestyle..... Moral development to ensure that pupils develop into responsible, caring adults....."

## **Some principles underpinning the Policy and Programme**

- Sexuality is a gift from God
- Mature Christian sexuality is based upon openness and commitment to others
- The truth that we are made to love and be loved
- What we say with our bodies should reflect what we mean in our hearts and our minds
- Genuine love is creative
- Education in sexuality is not just about biology and how the reproductive system works; it is also about love, relationships, feelings, behaviour and choices

## **Aims**

### **Through the programme, the School aims, in age-appropriate way to:**

- Unfold to the children God's plan for our growth and to help them towards an understanding of the relationship we have with God and His creation
- Teach that, through procreation, we become sharers in the wonder and beauty of God's creation
- Encourage self-esteem through an appreciation of our part in God's creation and to promote a growing awareness among the children of the "specialness" of each human person. This has implications, of course, for our teaching and educating in matters of equality of race, different cultures and the 2 sexes
- Encourage within the children a sense of respect for themselves, the family and the community

- Provide knowledge, understanding and support for our young people, appropriate to age and ability
- Commits itself to work with parents in the responsibility of teaching about personal relationships. The School accepts totally the Church's teaching that parents are the "first and foremost educators of their children" ( Bishops' Statement, 1993)
- Promote competent and informed decision-making as well as a sense of personal responsibility
- Always present Sex and Relationship education in the positive framework of Christian values and ideals and as part of the Church's teaching about what it is to be truly human in Christ. "The glory of God is the human being fully alive" (St Irenaeus)
- Ensure that all children develop confidence in talking, listening and thinking about feelings and relationships
- Ensure that all children are able to name parts of the body and describe how their bodies work
- Do all we can to prepare children here for the onset of puberty

### **Some Practicalities**

- The PSHCE coordinator will build the Sex and Relationship Programme into the wider context of PSHCE education at Grace Dieu, so that a sensible, thoughtful and appropriate progression is made as the child moves through the School. Hence the Sex and Relationship programme will be rooted in that of PSHCE
- Liaison between the Subject Co-ordinators of RE and Science will be vital and will be coordinated by the named teacher who is responsible for PSHCE. This person must have a clear understanding of and commitment to the teachings of the Catholic Church, should either be a member of the Senior Management Team or be monitored by a member of the Senior Management Team
- It is naturally and inevitably the case that the RE concerns itself a good deal with discussions relating to relationships. It is equally the case, however, that there will be occasions for the need to provide specific and explicit additional teaching about sexuality
- All staff who are Class Teachers/Form Tutors will be involved in the delivery of PSHCE and will therefore be instrumental in "relationship education" to a greater or lesser extent

### **Specific Issues Statement**

The following issues would not be dealt with in the formal curriculum, but individual questions would be answered openly and honestly if that was felt appropriate by the teacher concerned, clarifying the teaching of the Church:

Contraception; Abortion; HIV/Aids; pre-marital sex; homosexuality; masturbation; gender

## Programme

Year Group	Topics Covered	Covered when in the year?	By Whom
Pre-prep	<ul style="list-style-type: none"> <li>In addition to the C&amp;S RE programme</li> </ul> <p>See Audit of Current Practice</p>	On-going	Class Teacher
1	<ul style="list-style-type: none"> <li>In addition to the C&amp;S RE programme</li> </ul> <p>See Audit of Current Practice</p>	On-going	Class Teacher
2	<ul style="list-style-type: none"> <li>In addition to the C&amp;S RE programme</li> </ul> <p>See Audit of Current Practice</p>	On-going	Class Teacher
3	<ul style="list-style-type: none"> <li>In addition to the C&amp;S RE programme</li> </ul> <p>See Audit of Current Practice</p>	On-going	Class Teacher
4	<ul style="list-style-type: none"> <li>In addition to the C&amp;S RE programme</li> </ul> <p>See Audit of Current Practice</p>	On-going	Class Teacher
5	<ul style="list-style-type: none"> <li>Girls' meeting with School Nurse: "change, health, hygiene and support" (Appendix 1)</li> <li>Boys' meeting with PF : "change, health, hygiene and support" (Appendix 2)</li> </ul> <p><b>'All That I Am'</b> (Birmingham Diocese - see Appendix 3 for contents)</p>	<p>Spring Term (2)</p> <p>5 to 6 sessions beginning after Nurse's talk to the girls; Senior Teacher talk to boys, then all come together for course MK/SN</p>	<p>School Nurse</p> <p>JO/MK/SN tbc this year</p>
6	<ul style="list-style-type: none"> <li><b>'The Road Ahead'</b></li> </ul> <p>(Birmingham Diocese - see Appendix 4 for contents)</p>	Spring Term (2)	JO/MK/SN tbc this year

### **Appendix 1: the broad content of School Nurse's talk to the Year 5 girls**

- Growing up
- What is happening to me? What happens at puberty?
- Hair, breasts/bras, periods
- Respecting my body (opening up discussion as to what it is to be a girl and raising issues of hygiene (tampons, skin, hair, nails, teeth,))
- What is happening to the boys (or not), just so you know...
- Health care: food, exercise, keeping clean, need for sleep, wearing shoes that fit
- Feelings: shyness, friendships with girls and boys, moods, parents, independence
- Who is here to help me? Where do I go?

### **Appendix 2: the broad content of talk to the Year 5 boys**

- Growing up
- What is happening to me? What happens at puberty?
- Hair, voice etc.
- Respecting my body (opening up discussion as to what it is to be a girl and raising issues of hygiene (tampons, skin, hair, nails, teeth,))
- What is happening to the girls (sisters & friends), just so you know... breasts, bras, periods, hair...
- Health care: food, exercise, keeping clean, need for sleep, wearing shoes that fit
- Feelings: shyness, friendships with girls and boys, moods, parents, independence
- Who is here to help me? Where do I go?

### **Appendix 3: "All that I am" – designed for Year 5 boys and girls**

#### **Lesson 1: INDIVIDUAL**

Pupils will learn:

- That they are unique and made in the image of God
- That physical and emotional growth is common to all of us and a normal part of becoming an adult
- To accept and respect themselves

#### **Lesson 2: PHYSICAL**

Pupils will learn:

- That the difference between boys and girls is part of God's creative and loving work
- Vocabulary to describe menstruation
- To celebrate the differences between boys and girls

### Lesson 3: **SOCIAL**

Pupils will learn:

- What the Church teaches in relation to personal responsibility and the dignity of the person
- To take responsibility for their personal hygiene
- How to manage socially awkward situations

### Lesson 4: **EMOTIONAL**

Pupils will learn:

- How the Church recognises the importance of emotions and how they can shape our actions
- To identify a whole range of feelings in themselves and others
- To take responsibility and manage their feelings appropriately
- An awareness of the responsibility we have towards each other

### Lesson 5: **SPIRITUAL**

Pupils will learn:

- That our spiritual relationship with God links together and transforms all aspects of our person
- The basics of authentic friendship with others and with God
- When they do and when they do not feel comfortable with themselves
- When confidentiality is and is not appropriate

## **Appendix 4: All that I am: “The Road Ahead” – designed for Year 6 girls and boys**

### Episode 1: **recap and reprise**

Pupils will learn:

- To recap on the 5 episodes in the Year 5 course
- To revise details of female physical development

## Episode 2: **Your changing bodies: boys**

Pupils will learn:

- To have knowledge and understanding of male physical development

## Episode 3: **Personal behaviour**

Pupils will learn:

- To have self-confidence and skills
- To translate these into personal behaviour in a range of situations such as making new friends

Reviewed August 2017 (MK)

Audit of Current Practice on separate sheet – an on-going working document.