

# Relationships & Sex Education Policy

## St. Adrian's Catholic Primary School



**‘To Learn, To Love, To Live as a Community of God with Christ as our Teacher’**

**[www.stadrians.herts.sch.uk](http://www.stadrians.herts.sch.uk)**

**Approved by:** Governing Body

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**Last reviewed on:** Not applicable

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#### Aims and objectives

'Children and young people should be helped to develop harmoniously their physical, moral and intellectual qualities...they should be given a positive and prudent education in matters relating to sex...children and young people have the right to be encouraged to make sound moral judgements with an informed conscience and to put them into practice by personal choice, and to know and love God better.'

(Declaration on Christian Education, Second Vatican Council)

#### Statement of values

At St Adrian's Primary School we recognise each of our pupils as unique persons, created in the image of God and intended to have life to the full. Relationships and Sex Education (RSE) reflects the Christian values of our Personal, Social, Health and Citizenship Education programme, and is taught in the context of relationships. RSE promotes children's self-esteem and emotional wellbeing. It helps them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school and in the community.

The school shares with the parents the responsibility to provide positive and prudent relationships and sex education. The school aims to keep pupils safe and protect them from exploitation.

#### What is Relationships and Sex Education?

Relationships and Sex Education is lifelong learning about physical, moral and emotional development. It is the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care.

#### Aims:

- To engender growth in self-respect and self-worth recognising that each of us is created in the image of God.
- To enable pupils to have an understanding that love is central to relationships.
- To promote an appreciation of the nature, purposes and value of marriage the family.
- To enable pupils to have an understanding of themselves, their bodies and their emotional development.
- To enable pupils to reflect and recognise the qualities that helps them to grow and develop positive relationships.



## Delivery of Relationships and Sex Education

Relationships and Sex Education is delivered through four broad themes within the context of the National Healthy School Standard:

- Developing confidence and responsibility for making the most of pupils' abilities
- Preparing to play an active role as citizens
- Developing healthier and safer lifestyles
- Developing good relationships and respecting differences between people.

Delivery of Relationships and Sex Education is the responsibility of the Class teacher. However outside agencies, for example the school nurse, may also have an input, although always in line with our school ethos and the Church's teaching. Parents are asked to support the teaching at home.

## Relationships and Sex Programme Content

Relationships and Sex Education at the primary phase builds on the personal and social development work carried out to meet the Early Learning Goals at the Foundation Stage. It builds a foundation of emotional and social skills which is central to all later RSE work.

At Key Stage 1, the RSE programme continues the work from the Foundation Stage. It helps to build the following skills:

- Developing confidence in talking
- Listening to others
- Thinking about feelings
- Naming emotions
- Developing self-esteem
- Developing assertiveness skills and friendship skills

At Key Stage 2, the above skills work continues and pupils look specifically at:

- The changes that will take place at puberty
- How babies are conceived, develop and are born.

## Legal Requirements of Relationships and Sex Education:

These areas are compulsory in the National Curriculum Science programmes of study at Key Stages 1 and 2.

A Key Stage 1, pupils are taught:

- That animals including humans move, feed, grow, use their senses and reproduce.
- To recognise and compare the main external parts of the body of humans.
- That humans can produce babies and that these grow into adults.
- To recognise similarities and differences between themselves and others, and treat others with sensitivity.



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At Key Stage 2, pupils are taught:

- That the life processes common to humans and other animals include nutrition, growth and reproduction.
- About the main stages of the human life cycle.

### Teaching and Learning Approaches.

RSE is generally delivered using participatory methods of learning and these include:

- Whole class discussion
- Use of circle time
- In small groups
- On a one-to-one basis