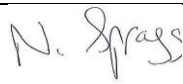


# St Anthony of Padua Catholic Primary School

## Relationships, Sex and Health Education Policy



This policy was adopted by the governing body of St Anthony of Padua Catholic Primary School	<b>Date: September 2024</b> <b>Review Date: September 2026</b>
<b>By Name:</b>	<b>Nicola Spragg</b>
<b>Position:</b>	 <b>Chair of Governors</b>

***'Following Jesus, we love, learn and  
serve'***

## **Rationale**

‘I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL’

(Jn.10.10)

We are involved in Relationship, Sex and Education (RSE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ’s vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationship, Sex and Health Education RSHE will be in accordance with the Church’s moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

## **Aim**

St Anthony of Padua Catholic Primary School aims to provide a suitable programme that follows the statutory need to include RSHE into their curriculum from September 2020 which meets the ethos of its Catholic identity and mission.

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the school’s provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today’s world.

Our School’s mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationship and Sex Education (RSE) using the Archdiocesan recommended resource ‘Journey In Love 2020’ we believe that we can promote the development of the whole child, so that children can grow in *virtue, wisdom and stature*, understanding both the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

The other aspects of the Statutory RHSE curriculum will be met through Come and See, the Jigsaw PHSE Scheme of work, statutory Science, PE and My Personal Best, computing and online safety. (See appendices at end of document).

## **The Purpose**

The aims of Relationship, Sex and Health Education (RSHE) at St Anthony of Padua Catholic Primary School are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

### **Statutory Requirements**

At St Anthony of Padua Catholic Primary School , we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching Relationship and Sex Education, we must have regard to Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.

The statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A

The statutory guidance from the Department for Education Equality Act 2010.

### **Policy Development**

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – Archdiocese Education Advisors, Head Teacher, Deputy Head Teacher, RE lead, PHSE lead, RSE lead and RSE Governor.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation –Policy shared with parents and any interested parties
4. Pupil consultation
5. Ratification – once amendments were made, the policy was shared with governors and ratified.
- 6.

### **Definition**

Relationship, Sex and Health Education involves a combination of sharing information, and exploring issues underpinned by our Catholic values.

Relationship Sex and Health Education is about the emotional, social and cultural development of pupils, and involves learning about personal relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

### **Curriculum**

We have developed our curriculum with recommendations from the Archdiocesan Education Department to ensure that they meet with Catholic Church teaching.

After consultation with parents Relationship Sex Education will be covered using the Archdiocesan recommended resource 'Journey In Love' 2020 this includes \*sexual intercourse at Year 6. (See right of withdrawal)

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online.

## **Delivery of Relationship, Sex and Health Education (RSHE)**

Relationship and Sex Education (RSE) is taught both discretely and within the Personal, Social and Health Education (PSHE) curriculum lessons. Some aspects of the RSHE curriculum may be touched upon in other lessons as it shares links with Religious Education, Science, Computing and Physical Education.

Our RSHE will ensure that content is relevant to the age, experience and maturity of pupils.

The new statutory guidance for Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

## **Equal Opportunities**

All pupils have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

## **Roles and Responsibility**

### **The Governing Body**

The governing body will approve the RSHE policy and hold the headteacher to account for its implementation.

### **The Headteacher**

The headteacher is responsible for ensuring that RSHE is taught consistently across the school and for managing requests to withdraw pupils from the non-statutory element of Relationship and Sex Education in Year 6\* (see right of withdrawal)

### **Staff**

Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

Staff are responsible for:

- Delivering RSHE in a sensitive way which complies with Church teaching.
- Modelling positive attitudes to RSHE.
- Monitoring progress.
- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE.

## **Pupils**

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect and sensitivity.

### **Parents' right to withdraw**

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the Physical aspect within Journey In Love the Archdiocesan recommended resource.

Requests for withdrawal should be made in writing and addressed to the headteacher. The headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

### **Monitoring arrangements**

The delivery of RSHE is monitored by RSE/PHSE lead by undertaking learning walks, staff and pupil consultations, planning and work scrutiny and questionnaires. Pupils' development in RSE is monitored by class teachers as part of our internal informal assessment systems. This policy will be agreed annually by the governors and reviewed every three years.

## **Resources**

### **Early Years Foundation Stage**

Journey in Love 2020  
PSHE Association

### **Key Stage One and Key Stage Two**

Journey in Love 2020  
PSHE Association

**Coverage of DFE Primary Relationships Education statutory learning opportunities across Come and See RE and the wider curriculum is mapped in the appendices below.**

- Appendix 1** Primary Relationships Education Statutory Learning Opportunities
- Appendix 2** Coverage of DFE Links in Journey In Love
- Appendix 3** Come and See/ RED To Know You More Clearly and Relationship and Sex Education
- Appendix 4** Cross Curricular RHSE St Anthony of Padua Catholic Primary School  
Tracking RSHE Across the Wider Curriculum
- Appendix 5** Statutory Science Curriculum

## **Appendix 1**

### **Primary Relationships Education Statutory Learning Opportunities**

#### **Families and people who care for me**

#### **Coverage**

That families are important for children growing up because they can give love, security and stability	Journey In Love Come and See PSHE Association
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Journey In Love Come and See PSHE Association

That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	Journey In Love Come and See PSHE Association
That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	Journey In Love Come and See PSHE Association
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Journey In Love Come and See PSHE Association
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Journey In Love Come and See PSHE Association

### **Caring friendships**

How important friendships are in making us feel happy and secure, and how people choose and make friends	Journey In Love Come and See PSHE Association
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Journey In Love Come and See PSHE Association
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	Journey In Love Come and See PSHE Association
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Journey In Love Come and See PSHE Association
How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	Journey In Love Come and See PSHE Association

### **Respectful relationships**

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Journey In Love Come and See PSHE Association
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Journey In Love Come and See PSHE Association
The conventions of courtesy and manners	Journey In Love Come and See PSHE Association
The importance of self-respect and how this links to their own happiness	Journey In Love Come and See Jigsaw
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Journey In Love Come and See PSHE Association
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Journey In Love Come and See PSHE Association
What a stereotype is, and how stereotypes can be unfair, negative or destructive	Journey In Love Come and See PSHE Association
The importance of permission-seeking and giving in relationships with friends, peers and adults	Journey In Love Come and See PSHE Association

## **Online relationships**

That people sometimes behave differently online, including by pretending to be someone they are not	Journey In Love PSHE Association Knowsley CLC Computing
That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous	Journey In Love Come and See PSHE Association Knowsley CLC Computing
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	Journey In Love PSHE Association Knowsley CLC Computing
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Journey In Love PSHE Association Knowsley CLC Computing
How information and data is shared and used online	Journey In Love PSHE Association Knowsley CLC Computing

## **Being safe**

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Journey In Love Come and See PSHE Association Knowsley CLC Computing
About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	Journey In Love PSHE Association Knowsley CLC Computing
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Journey In Love PSHE Association Knowsley CLC Computing
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Journey In Love PSHE Association Knowsley CLC Computing
How to recognise and report feelings of being unsafe or feeling bad about any adult	Journey In Love PSHE Association Knowsley CLC Computing
How to ask for advice or help for themselves or others, and to keep trying until they are heard	Journey In Love PSHE Association Knowsley CLC Computing
How to report concerns or abuse, and the vocabulary and confidence needed to do so	Journey In Love PSHE Association Knowsley CLC Computing
Where to get advice from e.g. family, school and/or other sources	Journey In Love Come and See PSHE Association Knowsley CLC Computing

## **Mental wellbeing**

That mental wellbeing is a normal part of daily life, in the same way as physical health	Jigsaw Come and See PSHE Association
That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	PSHE Association Come and See

How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	PSHE Association Come and See
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	PSHE Association Come and See
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	PSHE Association Come and See PE
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	PSHE Association Come and See
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	PSHE Association Come and See
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	PSHE Association Come and See
Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	PSHE Association Come and See
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough	PSHE Association Come and See

### **Internet safety and harms**

That for most people the internet is an integral part of life and has many benefits	PSHE Association Knowsley CLC Computing
About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	PSHE Association Knowsley CLC Computing
How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	PSHE Association Knowsley CLC Computing
Why social media, some computer games and online gaming, for example, are age restricted	PSHE Association Knowsley CLC Computing
That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	PSHE Association Knowsley CLC Computing
How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted	PSHE Association Knowsley CLC Computing
Where and how to report concerns and get support with issues online	PSHE Association Knowsley CLC Computing

### **Physical health and fitness**

The characteristics and mental and physical benefits of an active lifestyle	PSHE Association PE, Science
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	PSHE Association PE, Science



The risks associated with an inactive lifestyle (including obesity)	PSHE Association PE, Science
How and when to seek support including which adults to speak to in school if they are worried about their health	PSHE Association PE, Science

### **Healthy eating**

What constitutes a healthy diet (including understanding calories and other nutritional content)	PSHE Association DT Science
The principles of planning and preparing a range of healthy meals	PSHE Association DT Science
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)	PSHE Association DT Science

### **Drugs, alcohol and tobacco**

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	PSHE Association
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### **Health and prevention**

How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	PSHE Association
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	PSHE Association
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	PSHE Association
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	PSHE Association
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	PSHE Association
The facts and science relating to allergies, immunisation and vaccination	PSHE Association

### **Basic first aid**

How to make a clear and efficient call to emergency services if necessary	PSHE Association St John's Ambulance
Concepts of basic first-aid, for example dealing with common injuries, including head injuries	PSHE Association St John's Ambulance

### **Changing adolescent body**

Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	Journey In Love PSHE Association Science
About menstrual wellbeing including the key facts about the menstrual cycle	Journey In Love PSHE Association Science