



Sex and Relationship Education Policy 2017-2018

St Monica's is a Catholic community working in partnership with families, schools and parishes to teach the Catholic faith as a way of life. We provide a caring, supportive environment where everyone is of equal worth. Jesus Christ is central to our school and our main aim is that everyone can develop their God given talents and gifts to the full, while growing in faith through prayer and service.

Supporting documents:

- **Salford Diocese - A Rationale for Personal Relationships and Sex Education in Catholic Schools**
- **19 April 2016 House of Commons Briefing Paper - Sex and Relationships Education in Schools (England)**
- **DFE Sex and Relationship Education Guidance July 2000**

What is SRE?

SRE stands for Sex and Relationship Education. It is recognised that pupils need to be educated not just on the mechanics of sex and reproduction, but also on the qualities of a loving and safe relationship. Our pupils will go on to develop many relationships in their lifetimes before they embark on a sexual relationship:

- Parents
- Siblings
- Extended family
- Friends
- Neighbours
- Teachers
- Peers
- God

The first aim of our work is for pupils to develop the skills to nurture these relationships. Many of the qualities pupils learn about here will help them in their future relationships with a husband or wife

Parliamentary Briefing paper states that:

Young people, when asked about their experiences of sex education at school, often complain about the focus on the physical aspects of reproduction and the lack of any meaningful discussion about feelings, relationships and values. Sex and relationship education set within the framework for PSHE across the four key stages will significantly redress that balance. It will help young people to respect themselves and others, and understand difference. Within the context of talking about relationships, children should be taught about the nature of marriage and its importance for family life and for bringing up children. The Government recognises that there are strong and mutually supportive relationships outside marriage. Therefore, children should learn the significance of marriage and stable relationships as key building blocks of community and society. Teaching in this area needs to be sensitive so as not to stigmatise children on the basis of their home circumstances.

Sex and relationship education – Statutory Guidance

Sex and relationship education (SRE) is compulsory from age 11 onwards. It involves teaching children about reproduction, sexuality and sexual health. It doesn't promote early sexual activity or any particular sexual orientation.

Some parts of sex and relationship education are compulsory - these are part of the national curriculum for science.

Parents are free to withdraw their children from SRE if they wish to do so. The only exceptions to this are the biological aspects of human growth and reproduction that are essential elements of National Curriculum Science.

What does outstanding SRE in Catholic schools look like?

In order for Catholic SRE to be fully effective it needs to:

- be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- involve parents as they are primary educators of their child;
- provide a positive view of human sexuality and dignity of the human person;
- equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- explore and promote virtues which are essential to promoting respect and dignity;
- be delivered in an age appropriate way which reflects the development of the child;
- be part of the cross-curricular work in both primary and secondary schools;
- be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;

- be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- be delivered by competent professionals who understand the Church's teaching.

The Sex and Relationships Programme at St Monica's focuses on three main elements.

Attitudes and Values
Personal and Social Skills
Knowledge and Understanding

This policy outlines how we will:

- Teach about relationships, love and care and the responsibilities of parenthood as well as sex
- Ensure young people understand how the law applies to sexual relationships
- Link SRE with issues of peer pressure and other risk-taking behaviour, such as drugs, smoking and alcohol

Who teaches SRE at St Monica's?

There is a cross curricular approach to teaching SRE as it should not just be an isolated stand-alone lesson.

As a Catholic school, we work in partnership with parents and our parish. The work we do aims to build on what parents have already taught their children about relationships.

The ethos of St Monica's embraces the qualities that make successful relationships: tolerance, respect and good communication. These qualities pervade though everything we do.

SRE needs to be taught in a comprehensive and developed way, not just compartmentalised into a one off session. That is why the SRE programme of study involves different departments and schemes of work throughout the year groups, including:

- Science lessons
- RE lessons
- Citizenship lessons
- ICT lessons
- Special SRE lessons in the school chapel twice a year
- Sessions with the school nurse
- Be Safe Be Cool days in Year 9
- Drama sessions with the Ten Ten theatre company and Bury Theatre group
- Assemblies

The SRE programme is led by St Monica's staff, coordinated by Mrs Walker, the deputy head teacher in charge of safeguarding and pastoral care. Where other people are involved, such as the school nurse or the theatre company — St Monica's staff liaise, co-plan and supervise activities to ensure that our Catholic values are upheld at all times.

Working with parents

We recognise that parents are the prime educators of their children with regard to relationships. We are happy to liaise with parents to advise on particular topics through the Parent Carer Council. In addition we are happy to have individual meetings with families to discuss specific requirements for pupils, for example pupils with Special Educational Needs (SEN). We can provide support and teaching materials for parents to use at home, such as parental guidance from the National Autism Association. Parents are welcome to request a copy of this policy, and can access it through the website.

Parents are made aware through the school journals that they are free to withdraw their children from SRE if they wish to do so. The only exceptions to this are the biological aspects of human growth and reproduction that are essential elements of National Curriculum Science.

Topics covered

At St Monica's we aim for the SRE sessions to be progressive from Year 7 through to Year 11

In Years 7 and 8, pupils have one session in the chapel in the autumn term, and another in the summer term. These lessons are accompanied by a preparation lesson and follow up lessons in their Citizenship classes. Pupils also have the opportunity to ask questions in single sex groups following on from the lessons.

Year 7

All About me
Family Friendship
Puberty
Reproduction
Fertilisation

We begin by asking pupils to consider how they think about themselves and where they are in their life journey. Year 7 is a special time, with the transition from primary to secondary school. Many of the pupils need help and support about establishing new friendships. We conduct ice breaking activities such as human bingo.

Also a main focus for Year 7 is Puberty. In conjunction with the school nurse and the Science department, the pupils learn about the changes that happen to them during puberty, and how to cope with this journey into adolescence. In Science lessons pupils learn about reproduction and fertilisation.

In addition the pupils see a drama production on bullying by the Ten Ten theatre company.

Year 8

Relationships—how we treat others
Friendships
What is love?
Self esteem
Peer pressure

In the autumn term, pupils look at examples of bullying and discuss how to get help when someone is being bullied. Pupils work on real life scenarios and have the opportunity to work through solutions. Pupils learn about how to put things right if they have upset someone. Internet safety is addressed.

In the summer term we look at abusive relationships, both friendships and relationships with boyfriends and girlfriends. Pupils learn how to identify safe relationships, and further explore what makes a loving relationship. Pupils look at video clips which leads to discussions about peer pressure and self-respect. The focus is very much on being safe and supported. Pupils are encouraged to make decisions in their own time, rather than be pressured by peers. Pupils are also taught about the dangers of grooming and how to stay safe.

The pupils also get to see a presentation by the Ten Ten theatre company on friendships and bullying.

Year 9

Communication with Family

Marriage and family

Who/what influences my views about love, sex and relationships?

Trust, Freedom choices and rights in love, sex and relationships

Sexual health facts

In Year 9 pupils reflect where they are personally on their life journey, in terms of relationships. They think about how relationships have changed as they have got older. We also look at the legal ages of responsibility, to identify what the law is about issues such as: smoking, drinking, voting and sexual relationships.

We also educate pupils on the risk of Child Sexual Exploitation (CSE), looking at the risks for both boys and girls.

This follows with more work on responsibilities. Pupils explore what responsibilities they already have and what they are capable of coping with. We look at how pregnancy would affect their lifestyle.

The topic of alcohol is studied. Pupils watch video clips and discuss how alcohol affects safety and decision making. This is followed up by a drama presentation by the Ten Ten theatre company about being ready for physical relationship. They look at the issues of pornography sexting and their impact on pupils' expectations and understanding of a healthy and loving relationship.

The school nurse also meets with pupils to discuss facts on STI's.

Years 10 and 11

Marriage and the media

Love and Life: Beginning of Life/End of Life

Teenage mums and dads

Legal facts—the age of consent

Homosexuality

Contraception

Pupils cover most of these topics through the RE syllabus in upper school. In year 10 pupils watch a drama performance from the Ten Ten theatre company which explores the topic of teenage sexual relationships and the consequences of teenage pregnancy. This is followed up with discussion work in RE lessons.

All of the topics covered are taught according to the beliefs of our Catholic faith. The units of work are evaluated each year by staff and pupils, and activities are amended

accordingly to keep the lessons relevant and up to date in terms of scenarios and information.

How is the learning evaluated?

This is done through a variety of ways. In classes this will be done through marking and feedback from the teacher.

After sessions in the chapel pupils are asked to fill in evaluations so we can gauge the children's understanding of the topics covered and arrange any follow up sessions as necessary.

Following the theatre productions, question and answer sessions are led by the theatre company to ensure pupils have understood the themes and the message of the play.