




Relationship & Sex Education (RSE)





Why is this important?

- ▶ At St Alban's school, we feel the primary role of educator are parents and carers
- ▶ We believe you desire what is best for your child, and as such would hope that they will be safe and healthy
- ▶ Alongside this you no doubt hope their future holds a range of positive experiences relating to human growth and development
- ▶ We hope their time at St Alban's will teach them many things and in particular the social skills that will enable them to interact with others respectfully and appropriately. In doing so providing them with the foundations for a long term, intimate relationship



Every person is made in the
image and likeness of God.



Why is healthy relationships Education compulsory

- ▶ The Department for Education (DFE) has made Health and Relationships compulsory topics for maintained schools to deliver
- ▶ Human development and reproduction is covered by the Science curriculum and is compulsory
- ▶ Other areas are delivered as part of Extended registration, Preparing for Your Future (PYF) or RSE (as part of the RE Curriculum). It is the intention that all lessons will be mindful of the age group and understanding of the students



VIRTUES

"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions."

Aristotle

www.Quotez.com





Why is sex education optional?

- ▶ If you do not wish your child to participate in some or all of the topics covered in this area of work, you must make this known in writing to Mr Baker (Head Teacher)
- ▶ The request will be considered and discussed with you to establish the most beneficial way forward
- ▶ Parents will be able to withdraw their child from sex education (other than the sex education which sits in the National Curriculum as part of science in maintained schools). However a child will also have a right to opt into sex education from their 15th birthday (specifically three academic terms before they turn 16)



RSE Policy is based upon these key principles:

- ▶ Important mission of the school to educate the whole person, where each individual is respected, valued and supported in their preparation for adult life;
- ▶ Promotes a positive view of human sexuality and the dignity of the human person;
- ▶ tries to equip young people to make responsible personal choices in particular circumstances;
- ▶ Will be based on Christian values and promote them in a positive light;
- ▶ Teaching will be in an age-appropriate way that reflects the development of each child;
- ▶ Pupils will be encouraged to ask questions in a safe environment without judgement or harassment from others;
- ▶ An discussion would be preceded by ground rules being set which will aim to create a supportive climate for discussions;
- ▶ RSE will be sensitive to the needs, experiences and family background recognising the sensitive and controversial issues in this area;
- ▶ Pupils will be offered a balanced programme where a range of viewpoints will be discussed.



RSE the course

- ▶ All DFE requirements have been met in our RSE delivery
- ▶ Alongside the DFE recommendations we are guided by the RSE curriculum provided for all Catholic schools by the Catholic Education Service (CES) within our Diocese
- ▶ RSE is taught as part of our RE curriculum, PYF, Extended registration and Society and Faith lessons. Specific parts of it are also taught in Y7 in Science



What do we cover?

- ▶ Our course informs our Y7-11 students on the following topics:
 - the physical and psychological changes that accompany puberty
 - the facts about human reproduction
 - how sexual love plays an essential, sacred role in procreation
 - the importance of marriage and family life
 - natural family planning and artificial contraception
 - how to stay safe from sexually transmitted infections
 - how to avoid unintended pregnancy and where to go for advice
 - the rights and laws associated with relationships
 - the importance of virtue in guiding human living and loving



What aspects of Catholic teachings are covered?

- ▶ We are uniquely created and loved by God
- ▶ Valuing and understanding ourselves is the basis for personal relationships
- ▶ We are created to love others
- ▶ We are created out of love and for love
- ▶ The command to love is the basis of all
- ▶ Christian morality
- ▶ We are created to live in community
- ▶ We are relational by nature. Through our exchange with others and mutual respect we learn about ourselves and develop our society.



The Catholic Education Service (CES) has provided an RSE Curriculum to be used with students in Catholic schools. All students will be required to cover the following topics under the specified themes.

Theme 1: *Created and Loved by God*

- Education in Virtue
- Religious understanding of the human person: loving myself
- Me, my body and my health
- Emotional well-being and attitudes
- Life cycles and fertility



Theme 2: *Created to love others*

- Education in virtue
- Religious understanding of the human person loving myself
- Personal Relationships
- Keeping safe and people who can help me.



Theme 3: *Created to live in community (local, national and global)*

- Education in Virtue
- Religious understanding of the importance of human communities
- Living in the wider world



Further reading:

East Anglia Diocese

[Link to document](#)

Westminster Diocese

[FAQs about RSE link](#)

Department for Education (DFE)

[Link to DFE webpage](#)