

Intent

Our Relationships and Sex Education (RSE) and Personal, Social and Health Education (PSHE) curriculums aim to equip children with essential skills for life; to provide opportunities for children to acquire the knowledge, skills and attributes they need for their own safety and well-being and prepare children to become active citizens in the community in which they will live and work. The specific statements related to Relationships, Sex and Health Education are in blue.

Children will:

- Recognise that human sexuality is a gift from God
- Be helped to grow in emotional maturity, learning to go beyond themselves towards other people and to have responsibility for their actions.
- Learn to have compassion and tenderness in accepting difference.
- Be encouraged to grow in self-respect and self-worth, recognising that each of us is created in the image of God.
- Explore the meaning and value of life and gain an appreciation of the values of family life.
- Gain an understanding that love is central and a necessary for meaningful friendships.
- Gain an understanding of themselves, their own bodies, their emotional and mental health and well-being, as they grow and change.
- Be aware of their attitudes and values and have a sense of responsibility for themselves and others.
- Reflect on their relationships and recognise the qualities that help relationships to grow and develop positively.
- Gain an understanding of and give sensitive consideration to the beliefs, values and cultures of others.
- Know they will be listened to sensitively.
- Provided with age appropriate and correct factual information.
- Recognise the importance of the choices they make and to take responsibility for the decisions they take.
- Develop their critical facilities and be aware of the messages conveyed by the media in relation to self-image and sexuality.
- Learn how to stay safe and be healthy
- Develop self-confidence and self-esteem
- Be helped to develop resilience and know how to face difficulties
- Discover how they can be active citizens
- Recognise difference and each individual's right to be treated equally

- Solve conflict through negotiation and compromise

Implementation

The scheme that we have decided to use to deliver Relationships, Sex and Health Education is 'Life to the Full'. It meets all the requirements of the new Relationships Curriculum issued by the DfE and is based on the model curriculum produced by the Catholic Education Service.

We will continue to use the PHSE Association's guidance to plan for the delivery of aspects of the PHSE curriculum not covered in 'Life to the Full'. Wherever possible teachers will make cross curricular links with appropriate subjects such as Science, Religion or PE.

Lessons will use a variety of learning opportunities and styles to suit all learners, including: discussion, debate, drama, art, games and written responses.

Impact

Through the delivery of the Relationships, Sex and Health and the PSHE curriculum the following is the expected impact.

To help children to develop attitudes of:

- reverence for the gift of human sexuality and fertility;
- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognition of the importance of marriage and family life and the importance of fidelity in relationships.

To establish a culture within the school which:

- prioritises physical and mental health and wellbeing
- enables children to have the confidence to express their thoughts and feelings

- provides children with the appropriate vocabulary they need to clearly articulate their views
- enables children to learn about rights and responsibilities and appreciate what it means to be part of a diverse society
- ensures that children are aware of when and how they can seek help if necessary
- provides children with the skills to evaluate their own wellbeing needs and knowledge of how they can contribute to the wellbeing of others
- empowers children, particularly those who are more vulnerable, with the skills they need to overcome difficulties
- empowers children to be aspirational, self-motivated and resilient individuals with the skills and attributes they need to succeed at school and in life
- enables children's contribution to decision making and leadership roles within the school community
- promotes respectful and considerate behaviour towards each other
- enables children to make the most of their opportunities, enabling them to reach their academic potential