

St. Augustine's Catholic Primary School



Sex and Relationships (Family Life Policy) Policy

“We live, love and learn together in the light of the life of Christ”

‘Sex Education is more than giving the biological facts, nor is it simply health education. It is a gradual process concerned with the development of the whole personality leading to an understanding of God’s Gift of Life and how we share in his creation’ (*Gods’ Gift of Life – Maryvale 1992)*

Policy Statement and Aims

The Church has always recognised that it is the privilege and responsibility of the family to inform and educate their children in all matters relating to human growth and development, particularly in the sensitive area of sexual development. (Gaudium et Spes, n 52 Familiaris Consortium n37, Educational Guidance in Human Love, n48) Education in sexuality is but part of education in relationships. Each individual child is entitled to experience within our school a climate where quality of relationships; staff/pupil, staff/parent, should be marked by respect, honesty, warmth, trust and tolerance

However, the Church has also recognised that due to the difficulty which such education encounters, parents need a major commitment from the parish and school so that our children are given positive guidance and true appreciation of all their human gifts.

The Governors and staff recognise the importance of parents as educators and of our duty to inform and consult with them at all times, particularly before our Sex Education Programme begins. We can give help and advice to parents and work with them to lead our children to a greater awareness of themselves and our God’s plan for them.

The role of our parish priest is also acknowledged as crucial in the support he can give to parents, staff and pupils through his pastoral role.

We will aim to help all children to have a properly formed conscience, to enable them to make right judgements and to take the right actions in the many and varied situations in which they might find themselves.

Aims

1. To accompany children on the journey to adulthood, modelling for them and enabling them to become capable of whole and wholesome relationships, and discerning their calling. Above all the school will help children to understand that they are loved by God and capable of loving.
2. To help our children to understand and accept God's plan for them through his love and concern for them
3. To lead them to a greater knowledge of themselves
4. To promote an informed, responsible and Christian attitude towards sexuality, sexual relationships and human relationships in general
5. To foster in both boys and girls a proper respect for members of the opposite sex
6. To help them with the development of self-control and self-discipline and modesty
7. To present the ideal of the Christian family and in this context answer simply and truthfully any questions that may arise
8. To remove undue anxieties connected with the process of sexual maturation
9. To foster a spirit of fellowship that they have a duty to set a good example to others, and a sense of responsibility for their own actions and those of others and to provide the children with a properly formed conscience to enable them to make judgments and take right actions in many and varied situations.

The information is given in the context of the Christian community and with Christian values, and is based on sound moral principles. Attitudes are formed through pupils' experience of life in school through the 'whole' curriculum. These attitudes and values develop as a result of relationships between pupils and staff. Consequently, it is the responsibility shared by all the staff, with the whole range of the curriculum contributing to the formation of right attitudes in our children.

Our programme will be developmental starting in Reception and continuing through to Year 6.

Sex Education – some questions answered

1. Why do we need a Sex Education Policy?

It has been a compulsory part of our curriculum as laid down by the Education Acts 1980 and 1986 which require Governing Bodies to have a policy, and stating that parents have a right to consultation. In partnership with parents we share the responsibility of guiding our children through a Catholic way to adulthood and to teach them respect for one another as well as educating them for adult Christian family life.

2. Must all children attend Sex Education?

No. Parents have the right to withdraw their children from this part of the curriculum if they feel that this is inappropriate. However, in doing so, they accept full responsibility for providing this part of the curriculum themselves

3. Will very young children learn about Sex Education?

In its broadest sense 'Sex Education' is happening progressively throughout the Primary years. However, the formal and detailed aspects of this knowledge are reserved for the final terms of Year 5 and Year 6. The Headteacher is responsible for ensuring the delivery and review of this programme and will work in close co-operation with the class teachers.

4. **Do we have to tell them these things at such a young age?**

We all recognise that children are maturing earlier these days and that they are exposed through the media to unsuitable topics and conversations. We believe that it is better for their understanding of their own morality, and concern and respect for others are established in a warm, caring environment rather than learning about these issues on the street corner or in the park. With their access to so many strands of technology which often are inappropriate, it is vital that clear messages and information are shared with the children by people with knowledge and experience.

Key Issues

The following important do's and don'ts underpin our delivery of this sensitive subject.

1. **Moral Guidance**

The moral development of children is a key issue. We hopefully give them a framework to base future decisions on.

2. **The Integrated Approach**

The programme is developmental through the school in terms of PSHE, RE and Science.

3. **Reassurance**

We are sensitive to children's anxieties. We are here to reassure them, not frighten them

4. **Parents are vital**

We will consult with you before and after the programme and advise children to discuss any concerns with their parents as "first educators."

5. **Marriage**

We uphold the sanctity of marriage and teach that sex is intended for within a loving marriage.

6. **Abuse**

We teach the right of every individual not to feel threatened or bullied, or be physically interfered with.

7. **Issues not discussed in detail as part of the programme**

Homosexuality
Masturbation
Oral sex
Contraception
Abortion
Rape

8. **Individuality**

We are all unique in God's likeness – we all develop at different rates and that is perfectly normal

9. **Boys/Girls**

So that we can develop our understanding and respect for each other, boys and girls will be together for the teaching sessions but split into gender groups for discussion with 2 members of staff present at all times, within the context of Safeguarding guidelines

10. **Tolerance**

While we teach that the moral guidance we hold dear is right for us, we do not sit in judgement over others, but we show tolerance and understanding

The Whole School Programme

Preparation for the delivery of the Programme

We recognise the concerns some parents have regarding the teaching of sex education and respect their need for full co-operation. Information will be available to them on request. Prior to the Year 5 and Year 6 programme they will receive copies of all our literature and have the opportunity to view the video programmes that will be shown to the children.

We plan to draw together aspects of the curriculum into a structure, which will emphasise living and growing, new life and personal care, God's love and teaching and the way we love God and our neighbour.

This will be done by :

1. Use of the RE scheme based on the Curriculum Strategy devised by the Archdiocese of Birmingham.
2. The Science National Curriculum (Animals including Humans) at KS1 and KS2
3. PSHE including personal safety; personal development- physical, emotional, intellectual and spiritual and respect of others through our behaviour policy.
4. Taking Care project to help children understand how to keep themselves safe

The Year 5 Programme (All that I am)

Self-esteem and personal dignity provide the context for this programme. It aims to
 Augment pupil's understanding of physical and emotional development
 Provide ways to examine the stereotype of male/female behaviour
 Encourage children to assume responsibility for their actions

The programme is delivered in 5 episodes . We share 4 programmes with pupils in Year 5 and leave the 5th programme (Physical) until year 6. The programme details are as follows:-

1. Individual

The pupil will learn:

- that they are unique and made in the image of God
- that physical and emotional growth is common to all of us and a normal part of becoming an adult
- to accept and respect themselves

2. Physical

The pupil will learn:

- that the difference between boys and girls is part of God's creative and loving work
- the vocabulary to describe menstruation
- to celebrate the differences between boys and girls

This will be built on in Year 6 when male maturation will be treated in more depth

3. Social

The pupil will learn:

- what the church teaches in relation to personal responsibility and the dignity of the person
- to take responsibility for their own personal hygiene
- how to manage socially awkward situations

4. **Emotional**

The pupil will learn:

- how the church recognises the importance of our emotions and how they can shape our actions.
- to identify a range of feelings in themselves and others
- to take responsibility and manage their feelings appropriately

5. **Spiritual**

The pupil will learn :

- that our spiritual relationship with God links together and transforms all aspects of our person
- the basics of authentic friendship with others and God
- when they do and do not feel comfortable with themselves
- to identify when confidentiality is and is not appropriate

The Year 6 Programme (Growing Up)

The programme is delivered through 3 perspectives which are interlinked

Spiritual/Moral Context (RE)

Puberty/Physical (Science)

Person/Social and Emotional (PSHE)

Programme 1 – Relationships

- Making decisions
- Aspirations
- Celebrating differences
- Starting a family

Programme 2 – Body Changes

- What is puberty and why does it happen?
- Female reproduction system
- Menstrual cycle
- Sanitary protection
- Mood changes

Programme 3 – More Body Changes

- Growth from birth to old age
- Body hair
- Changes in body shape
- Male reproductive system
- Function of the male reproductive system
- Voice changes

Programme 4 – How Babies Are Made

- Sexual intercourse and fertilisation
- Development of the baby
- Care in pregnancy
- Preparing for the baby, birth and taking the baby home.

Questions

Any questions that are within the scope of our programme will be answered as fully as possible. Children will be encouraged to ask questions either verbally or through the 'question box' which is anonymous. Any controversial issues will be referred back to discuss with parents.

PSHE

- How have I changed?
- How will I change in the future?
- What sort of a person do you want to be?
- What do you want to do in the future?
- Independence – taking responsibility
- Looking after yourself – rest, sleep, diet, hygiene
- Drugs – don't do it! – 'awareness of danger'
- Relationships – getting on with others
- Parenthood – responsibilities!
- Issues for the future

Bibliography

Appendix 1

Selected quotes from the Catechism of the Catholic Church

Conscience

P395 His conscience is man's most secret core and his sanctuary. There he is alone with God who voice echoes in his depths.

P397 Conscience must be informed and moral judgement enlightened. The education of the conscience is a lifelong task..... It guarantees freedom and engenders peace of heart. In the formation of conscience the Word of God is the light of our path.

Equality of men/women

P500 In creating male and female, God gives man and woman an equal personal dignity, as both were created in the image and likeness of God.

Marriage

P505 In marriage the physical intimacy of the spouses becomes a sign and a pledge of spiritual communion.

P506 What God has joined together let no man put asunder

Respect/Dignity

P421 We have been entrusted by the Creator to defend and promote the dignity of the human person

All adults have a responsibility to ensure the safety and welfare of pupils. Staff must be aware that effective Relationship and Sex Education, which brings an understanding of what is and is not acceptable in a relationship, can lead to disclosure of a child protection issue.

If a child makes a disclosure then all adults will adhere to the Child Protection Policy.

Dear Parents

Family life and Relationships Education Years 5 & 6

As part of Science, RE and PSHE (Personal, social and Health Education) for Y5 and Y6 we will be covering a programme which will last for several weeks.

The focus of study will be the changes that all boys and girls go through as they grow up. Year 6 go on to explore puberty, body changes, and how babies are made. However, this will not be taught in isolation. The spiritual context will be considered alongside the physical aspect mainly through guidance from scripture and the teaching of the Catholic Church. Also the healthy living aspect will be covered through personal feelings and emotions, hygiene, healthy eating and drugs awareness. We hope this balanced approach will guide the children in the exciting and challenging years ahead.

Please note :

You have the right to withdraw your child from this part of the curriculum. However, in doing so, you accept full responsibility for providing this yourself.

If you have any concerns, please call in and I will be happy to discuss them

There will be an opportunity for parents to view the DVD before it is shared with the children there will be an opportunity for parents to raise any questions they may have.

Enclosed is our policy document for Sex and Relationships Education which outlines the programme

I look forward to your comments

Please sign the attached slip and return to the school as soon as possible.

Yours sincerely

Lesley Ritchie

Headteacher

Sex and Relationships Education Policy

Child's Name.....Class.....

I have received the Sex and Relationships Education Policy

I request that my child is withdrawn from the Programme

I would like to view the material

I am unable to view the material and would like further discussion with the school

I feel the document explains the delivery of Sex Education very clearly and do not feel it necessary to view the material

Signed..... Date.....