

# Notre Dame Catholic College

180 Great Homer St,  
Liverpool L5 5AF



## Relationships & Sex Education (RSE) Policy

*Opening Hearts, Minds and Doors*

Policy Owner	Approved by	Approval date	Review frequency	Issue No.	Page 1 of 4
M Campbell	Full Governing Body	3.2.2022	Annual	6	

# Relationships & Sex Education (RSE) Policy

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## Why do we have this Policy?

Notre Dame Catholic College aims to provide an education which meets the needs of its pupils and equips them with the skills they need to make the right choices to achieve happy, healthy and successful lifestyles long after they have left the school.

Relationship and Sex Education (RSE) is a form of sex education taught in the UK schools. It focuses on exploring the emotional, social and physical aspects of growing up, having relationships, engaging in sex and learning about human sexuality and sexual health.

Relationships and sex education forms part of a wider programme of health education, which is taught within the Personal, Social, Health and Computing Development (PSHCE) curriculum. Aspects of sexual development and behaviour are taught in the context of a moral framework and with regard to the values of family life. The need for self-restraint, dignity and respect for themselves and others is emphasised to both sexes and are taught the emotional, moral and physical risks of promiscuous behaviour. The benefits of planned parenthood within a stable married relationship are also discussed as an integral part of the course.

The 1996 Education Act, s403 and the Relationships and Sex Education Guidance document, July 2000 contain requirements for all schools regarding sex education provision.

As a Catholic School which strives to follow the teachings of Christ to "love God" and to "love one another", we believe that the issue of relationships is at the very core of our life. It is this belief which engenders the distinctive Catholic ethos of our school.

## Purposes

- ✚ To follow the Church's teachings on education for personal relationships
- ✚ To enable pupils to make informed decisions about personal values
- ✚ To enable our pupils to live confidently and safely in the world by making them aware of possibilities, challenges and its dangers and to equip them properly to deal with these
- ✚ To support the work of parents and to provide appropriate complementary education
- ✚ To provide a planned and structured education programme which imparts knowledge and understanding of the moral conscience according to the Church's teaching and guidance.
- ✚ To provide all pupils with an 'understanding of how to keep themselves safe from relevant risks, such as abuse, sexual exploitation and extremism, including when using the internet and social media'. (Ofsted requirement)

## Content of the Relationships and Sex Programme

Relationships and Sex Education will be taught as a part of the PSHCE programme. All learning is delivered in accordance with the Catholic ethos of our school. In KS3 pupils will be taught about human relationships, puberty, menstruation, attitudes to growing up, delaying sexual activity and sexually transmitted diseases. This is supported by a workshop hosted by LIFE Charity.

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In KS4 the topics covered include the sexual behaviour aspects of human relationships, contraception and sexually transmitted diseases, including HIV and AIDS and the dangers of using media, eg. Sexting. This is supported by workshop hosted by LIFE Charity. In KS5 pupils take part in a PSHCE enrichment day. This is provided by an appropriate outside organisation, covering many of the above topics. A senior member of staff is always present during sessions with outside agencies. The programme also seeks to encourage an exploration of personal, social and moral considerations and will seek to equip pupils with the skills of resisting unwanted pressure. LIFE Charity also host a workshop for KS5.

The attention of members of staff involved is drawn to the whole school policy regarding confidentiality when speaking with pupils.

Any students identified to be 'at risk' as part of the SRE programme will be referred to a member of the safeguarding team.

Teaching resources are available for parents to view on request and opportunities will be provided for parents to see these materials.

Parents have the right to withdraw their children from the teaching of sex and relationships education, with the exception of those parts which are included in the National Curriculum Science programme. Requests to remove a child from Relationships and Sex education policy must be made in writing to the Headteacher. Pupils who are withdrawn from the sex education programme will be provided with alternative work by their PSHCE teachers.

## How does the School Respond?

Assistant Headteacher, Pastoral Leaders, Head of Department for PSHCE and PSHCE teachers are responsible for:

- 1) Planning, developing and implementing the programmes of study for Relationships and Sex education
- 2) Ensuring that appropriate staff training is provided to enable PSHCE teachers to deliver the programme effectively
- 3) Ensuring that appropriate, updated resources are provided to facilitate the delivery of the programme
- 4) Ensuring that a programme of education for personal relationships is an integral part of the Relationships and Sex education for all year groups
- 5) Ensuring that parents/carers and governors are kept fully informed and invited to contribute to the programme, and made aware of their rights and responsibilities.

## Monitoring and Evaluation

Evaluation and monitoring will take place on a regular basis by the Senior Leadership Team and the Head of Department for PSHCE. Pastoral Leaders will monitor the programme through their consultation with all subject teachers and INSET will be provided for all new teaching staff. Methods used for monitoring and evaluation purposes will include: checking materials, pupils' work and observation of sessions.

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