

## Notre Dame Catholic College

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# Relationships & Sex Education (RSE) Policy

*Opening Hearts, Minds and Doors*

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# Relationships & Sex Education (RSE) Policy

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## Mission and Vision

Our Catholic College is a compassionate Catholic community, inspired by the love of God, the teachings of Jesus Christ and our Foundress, St Julie Billiart. Our Relationships and Sex Education reflects our mission to 'opening hearts, minds and doors' and embraces our core values of Charity, Courage, Courtesy and Confidence.

### Opening Hearts, Minds and Doors

- We **open hearts** to God's love through a passionate and relevant Catholic experience.
- We **open minds** to new knowledge, ideas, theories, cultures and experiences, breaking cultural barriers through an imaginative curriculum and precise teaching.
- We **open doors** to ambitious, happy and fulfilled futures for every member of our Notre Dame family, accelerating social mobility through high expectations and academic standards.

### Charity

RSE allows all pupils, including SEND, LAC and other vulnerable members of our community, to develop charity by encouraging pupils to be charitable in their thoughts, words and actions, carefully considering the feelings of others in all that we do, in school, in the community and in their future lives. Living out St Julie's message to "do small things with great love."

### Courtesy

RSE allows all pupils, including SEND, LAC and other vulnerable members of our community to develop courtesy by encouraging students to show politeness in their attitude and behaviour towards others. It encourages pupils to respect and appreciate the differences that make all humans unique reflections of the image of God. St. Julie lived out the value of courtesy in her daily life and she also encouraged her Sisters to do the same. St. Julie said: "a simple soul is affectionate and attentive to the needs of others."

### Confidence

RSE allows all pupils, including SEND, LAC and other vulnerable members of our community, to develop confidence in their outward presentation of themselves and their belief in their own abilities, beliefs and values in all aspects of their lives including making and maintaining positive relationships, confidently managing their own emotions and feelings and confidently identifying where and when to get help when things go wrong in their life. St Julie believed that "when the good God asks something

of us, he gives us the means of doing it."

### Courage

RSE allows all pupils, including SEND, LAC and other vulnerable members of our community, to develop courage to persevere through life's challenges and have courage of our convictions. RSE allows pupils to explore the challenges and difficulties they might face in their lives now and in the future and equip them with the courage and confidence to deal with those challenges. We are always inspired by the example of St Julie who showed great courage in dealing with the many challenges she faced in her life and her refusal to give up. We are inspired by her words "in moments of darkness we can only wait for the sun to appear."

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## Why do we have this Policy?

Relationship and Sex Education is part of the national curriculum taught in all UK schools including faith 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. However, the reasons for our inclusion of RSE go further.

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

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”. In Secondary schools the intention is that RSE should “give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.

Relationships and sex education forms part of a wider programme of health education, which is taught within the Personal, Social, Health Education (PSHE) curriculum. Aspects of sexual development and behaviour are taught in the context of a Catholic 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 all students and are taught the emotional, moral and physical risks of promiscuous behaviour.

The 1996 Education Act, s403 and the Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019, 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 making and maintaining positive, healthy 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 all pupils, including SEND, LAC and other vulnerable members of our community, to make informed decisions about personal values.
- ✚ To enable all our pupils, including SEND, LAC and other vulnerable members of our community, 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 enable all pupils, including SEND, LAC and other vulnerable members of our community, to recognise and celebrate that we are all made in the image of God and therefore should be respected.
- ✚ To To enable all pupils, including SEND, LAC and other vulnerable members of our community, to understand the law around Relationships and Sex Education, including the Equality act 2010, with a specific focus on Protected Characteristics.
- ✚ 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.

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- ✚ 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 PSHE programme utilising specially created resources tailored to our individual pupils and Ten: Ten resources endorsed by the Catholic Education service. All learning is delivered in accordance with the Catholic ethos of our school. In KS3 pupils will be taught about the diversity of human relationships, puberty, reproduction, fertility, different types of family, friendship, marriage, reproduction, peer pressure, consent, emotions and feelings (including attraction), love, online safety.

In KS4 the topics covered include self-image, embracing differences, gender, types of relationships including LGBTQIA+, sexual relationships, pregnancy (including teenage pregnancy), family planning, sexually transmitted diseases and infections including HIV and Aids, parenthood, abortion, pornography, consent, abuse.

In KS5 the topics covered include personal responsibility, peer pressure, parenthood, birth control, Sexually transmitted diseases, coercive control, abusive relationships, objectification, pornography, exploitation.

All teaches have received CPD in delivery of PSHE and RSE, this included training on the use of distancing techniques keep staff and pupils safe. They have also received safeguarding CPD and are updated weekly on safeguarding concerns. Where possible, PSHE (including RSE) is delivered by form tutors who know the students well and can adapt their teaching to best suit the needs of their class. 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. Ten: Ten parent resources are available to all parents via the school website. Journey maps outlining what is taught in all years are also available on the school website.

Parents have the right to withdraw their children from the teaching of Sex Education, with the exception of those parts which are included in the National Curriculum Science programme. Requests to remove a child from 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 PSHE teachers. Pupils have the right to make the choice to opt back into Sex Education lessons independently of parental wishes, 3 terms prior to their 16<sup>th</sup> birthday.

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## Roles and responsibilities in RSE

- 1) The Head of department for PSHE and PSHE teachers are responsible for planning, developing and implementing the programmes of study for Relationships and Sex education
- 2) The Head of department for PSHE is responsible for ensuring that appropriate staff training is provided to enable PSHE teachers to deliver the programme effectively
- 3) The Head of department for PSHE is responsible for ensuring that appropriate, updated resources are provided to facilitate the delivery of the programme
- 4) Head teacher, Assistant Headteacher, Pastoral Leaders, Head of Department for PSHE and PSHE teachers are responsible for ensuring that a programme of education for personal relationships is an integral part of the Relationships and Sex education for all year groups.
- 5) Head teacher, Senior Leadership team, Pastoral Leaders and Head of Department for PSHE are responsible for monitoring and evaluation of RSE through PSHE departmental review, learning walks and book looks.
- 6) The head of department for PSHE is responsible for ensuring that parents/carers are kept fully informed and invited to contribute to the programme, and made aware of their rights and responsibilities.
- 7) The head of department for PSHE is responsible for ensuring that governors are kept fully informed and invited to contribute to the programme through termly 'Life of the school' reports and meetings.

## Monitoring and Evaluation

Evaluation and monitoring will take place on a regular basis by the Senior Leadership Team and the Head of Department for PHCE. Pastoral Leaders will monitor the programme through their consultation with all subject teachers and CPD will be provided for new teaching staff. Methods used for monitoring and evaluation purposes will include: review of materials, pupil and staff voice, student council, departmental reviews, learning walks and book looks.

## Implementation and Review of Policy

Implementation of the policy will take place after consultation with the Governors in the term Autumn term 2023. This policy will be reviewed every 2 years by the Head teacher, RSE Co-ordinator, the Governing Body and Staff. The next review date is September 2025.

The draft policy will be given to all members of the Governing Body, and all teaching and non-teaching members of staff via the staff Admin drive. Copies of the document will be available to all parents through the school's prospectus and a copy is available in the school office and on the school website. Details of the content of the RSE curriculum will also be published on the school's web site.

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Governors, Head teacher, Senior Leadership team, Pastoral Leaders, Head of Department for PSHE and PSHE teachers are responsible for:

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