



# Relationships and Sex Education

## Parent/Carer Information Evening

Thursday 7 December 2023





# What is Relationships and Sex Education?

Since September 2020, Relationships Education has been compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) for all pupils receiving secondary education. Health Education is now compulsory in all schools too.

- In [primary schools](#), the subjects should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.
- At [secondary school](#), teaching builds on the knowledge acquired at primary and develops pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex and how to have positive and healthy sexual relationships.

The [relationships, sex and health education guidance](#) sets out the legal duties schools must comply with when teaching RSE and RSHE, as well as setting out some more detailed expectations of school, including teaching these subjects in an age appropriate way.





# What is Relationships and Sex Education?

## Why it's important

Children and young people are growing up in an increasingly complex world and they need to know how to be safe and healthy. RSHE helps them embrace the challenges of creating a happy and successful adult life. These subjects support children and young people to develop healthy relationships, and to keep themselves and others safe, both on and offline.

RSHE should be a key pillar in any school's plan for creating an inclusive, safe and respectful school environment where bullying, sexual violence or sexual harassment is not tolerated.

It also provides pupils with the knowledge that will enable them to make informed decisions about their wellbeing.



## Secondary School

At secondary school relationships and sex education covers content on a wider range of key topics including consent, sexual exploitation, online abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.

Pupils should be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way. There should be an equal opportunity to explore the features of stable and healthy same-sex relationships.

Health education focuses on enabling pupils to make well-informed, positive choices for themselves, and includes teaching about the impact of puberty. The curriculum covers mental health and will support young people to recognise and manage any wellbeing issues as well as how they can seek support as early as possible.





# RSE in a Catholic academy



It is our legal and moral duty to educate our students in Relationships and Sex Education. We are asked by Vatican authorities to instil:

**Respect** for our own **identity** and that of others.

**Courage** to **accept differences** in families and relationships.

**Recognition** of others as fellow travellers through this spiritual journey of life.



# What does outstanding RSE in Catholic school look like?



- Be **faithful to the Church's** vision of human wholeness whilst recognising the contemporary context in which we live today;
- **Involve parents** as they are primary educators of their child;
- Provide a **positive view** of human sexuality and dignity of the human person;
- Equip young people with the ability to make **practical judgments** about the right thing to do in particular circumstances;
- Explore and **promote virtues** which are essential to **promoting respect and dignity**;
- Be delivered in an **age appropriate way** which reflects the development of the child;
- Be part of the **cross-curricular** work in both primary and secondary schools;
- Be sensitive to the needs of the **individual pupil** and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- Be delivered by competent professionals who understand the Church's teaching.

**Openness**

**Respect**

**Tolerance**

**Love for our neighbour**

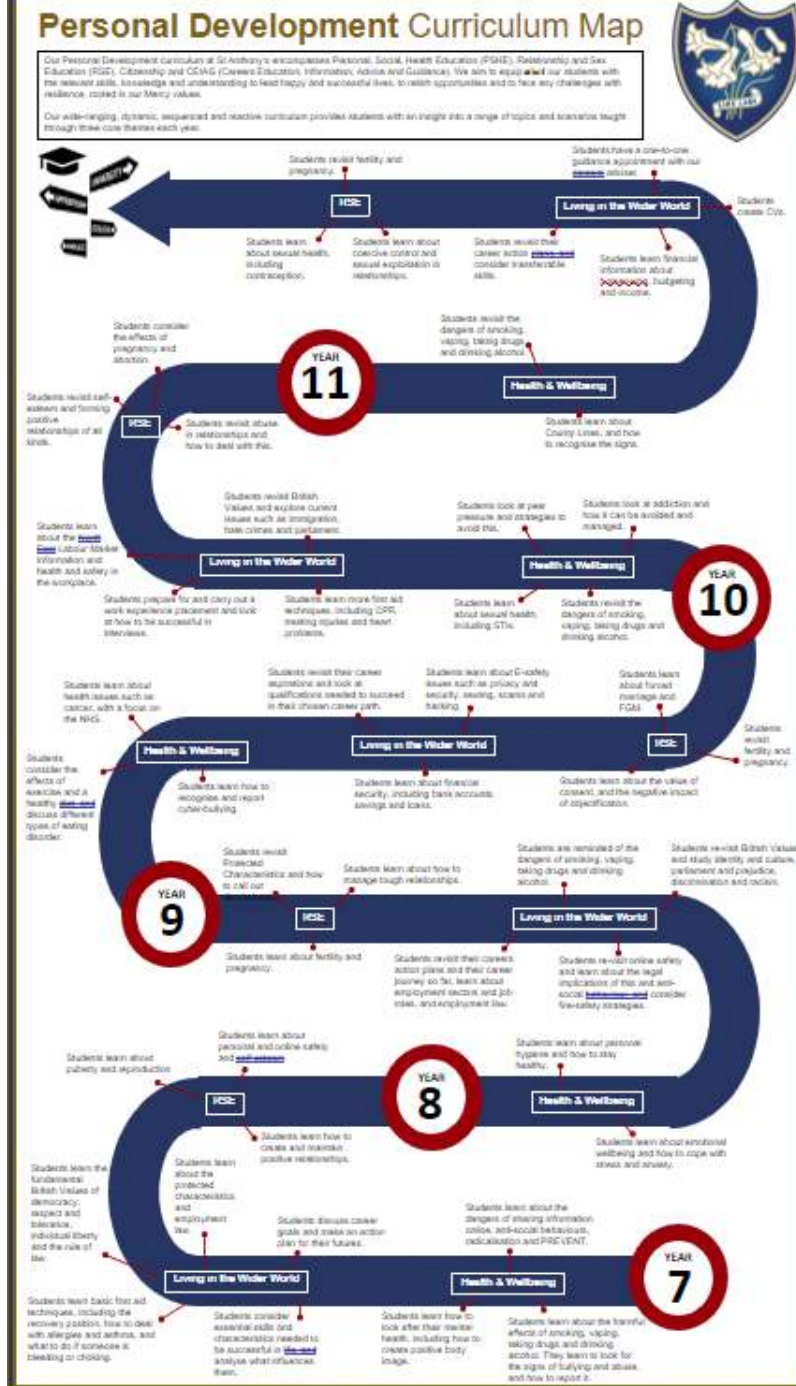
**Rooted in Gospel values**

*‘Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. This approach is compatible with the guidance issued by the DfE’. – Catholic Education Service*





- We look at the DFE guidance for each year group and the advice from the Catholic Education Service (CES).
- We cross-check this against issues arising from our local context and we seek feedback from students.
- All topics are studied objectively and openly and we always explore Catholic perspectives, highlighting the fact that everyone is made in God's image no matter their gender, sexuality, family background or identity.
- We use Ten:Ten resources which are approved by the Bishops Conference of England and Wales and we tailor them around issues relevant to our students.
- Students receive 5 or 6 lessons of RSE each year (part of our PD curriculum taught on Friday p1).





**Life to the Full - Parents**

## **Online Parent Portal**

**The Online Parent Portal is a tool that provides parents with information about the Life to the Full programme content that their children will be following in school. They can also access suggestions for further discussion at home linked to the sessions taught in school.**



**Access the Online Parent Portal**

Your parents will need their online Parent Portal username and password to access the portal. These details are set up by your Account Administrator.

At parents/carers you have access to a dedicated Parent Portal where you can view the content students are covering:

<https://www.tentenresources.co.uk/parent-portal/>

Username: st-anthonys-sr2

Password: song-13-sr2

# Year 7: Scheme of Learning



Religious Understanding	Session 1: Who Am I	Pupils will learn that they are a completely unique person, and that, body and soul, they are created and loved by God.
My Body	Session 2: Changing Bodies	Pupils will learn that puberty involves physical, emotional and sexual development. Whilst this might feel daunting, they will learn that puberty is God's plan for them and He is with them throughout it all.
Emotional Well-Being	Session 3: Healthy Inside and Out	Pupils will learn about self-esteem: what contributes to it, how it can affect their lives and how to increase it.
Life Cycles	Session 4: Where We Come From	Pupils will learn about sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made.
Keeping Safe	Session 6: My Life on Screen	Pupils will learn that they have online 'lives' that they need to take steps to safeguard, just as they do in real life.



# Year 8: Scheme of Learning



Religious Understanding	Session 1: Created and Chosen	Becoming aware of our uniqueness can help us open up to God who is the ground of our being and the One who loves us.
Personal Relationships	Session 3: Feelings	Understanding sexual attraction, which requires self-control, mutual respect and patience to manage well. Pupils will also learn that God has a plan for sex: that our deepest drive to love and be loved is met through sexual union which is total, faithful and open to the precious gift of life.
Life Cycles	Session 4: Before I was Born	Contemplating life in the womb reveals that it is both beautiful and fragile
Personal Relationships	Session 5: Tough Relationships	In the wider world or our close relationships we can always be better at living with tolerance, kindness and forgiveness.
Keeping Safe	Session 6: Think before you share	Pupils will learn about the consequences of sharing images of a sexual nature, how to resist pressure to do this, and the importance of setting rules to keep themselves safe online.

# Year 9: Scheme of Learning



My Body	Session 2: Love People, Use Things	Pupils will learn about objectification, and consider the negative impact of casual sex, pornography and masturbation.
Emotional Well-Being	Session 3: In Control of My Choices	Pupils will learn about love and lust, shame and regret and delaying sexual intimacy: all with a view to making wise, informed and mindful choices.
Life Cycles	Session 4: Fertility and Contraception	Pupils will learn about methods for managing conception and discuss how they uphold or contravene God's plan for sex.
Keeping Safe	Session 6: One Hundred Percent	Pupils will learn that consent is not just gaining permission for something but choosing to honour and respect one another as persons with innate dignity. Pupils will learn about physical consent and sexual exploitation.
Wider World	Session 7: Knowing My Rights and Responsibilities	Identify what to look out for when a victim may have, or may be soon to experience FGM AND forced marriage. Describe how girls are encouraged into the process and reasons why it's often unreported. Explain why girls feel so much pressure, analyse the link between FGM and patriarchal societies and the main factors for why there are so few prosecutions for FGM and forced marriage.

# Year 10: Scheme of Learning



Religious Understanding	Authentic Freedom	Making a loving gift of self is an ideal worth holding out for, one which leads to real freedom.
My Body	Self-Image	Pupils will learn about different experiences of body shame, explore notions of 'dignity' and 'modesty' in relation to the body and consider that our bodies are good, as part of our unique, inseparable combination of body and soul.
Emotional Well-Being (two sessions)	Love and Cherish	<p>Drama relating to the decision to enter into a physical relationship.</p> <p>Pause at regular intervals to discuss different aspects. Detailed discussion/reminders of the dangers of sexting including the legal aspect (this is not covered in the Ten Ten resources)</p>
Life Cycles	Abortion	<p>Pupils will consider the impact of an unwanted pregnancy.</p> <p>Learn about the legality and morality around the issue of abortion.</p>
Keeping Safe	Abuse	Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.

In addition: Talk provided by Together for Children on FGM and Forced marriage – Autumn term



# Year 11: Scheme of Learning



My Body, Life Cycles, Personal Wellbeing and Keeping Safe	Pregnancy and Parenthood (Ten Ten)	To gain knowledge and understanding of the implication pregnancy can have. Consider options in the situation of an unwanted pregnancy.
	Fertility and contraception	To gain knowledge and understanding of fertility and the options available to couples who may struggle with fertility/same sex couples. To develop understating of different forms of contraception and the side effects they can have.
	STIs	Pupils will consider: <ul style="list-style-type: none"> <li>• The health implications of engaging in unprotected sex.</li> <li>• Learn about the dangers STIs can pose.</li> </ul>
	Coercive Control	Pupils will consider: <ul style="list-style-type: none"> <li>• The many forms of coercive control</li> <li>• Why victims might find it hard to leave abusive relationships</li> <li>• Victim-blaming and other societal attitudes towards misogyny and sexual violence (including rape)</li> </ul>

In addition: 'Wear Here 4 You' Bus experience provided by Together for Children on Relationships.



*'This is a happy school, with respectful relationships.'*

-Ofsted, January 2023



*'Pupils, including those in the sixth form, know how to keep themselves safe, including when online. They know the importance of healthy relationships and important concepts'.*

-Ofsted, January 2023



*'The uniqueness of every pupil is celebrated and nurtured.'*

-Ofsted, January 2023



# Thank you

## Helpful links/documents:

<https://educationhub.blog.gov.uk/2023/03/10/what-do-children-and-young-people-learn-in-relationship-sex-and-health-education/>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://www.tentenresources.co.uk/parent-portal/>

[https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE_primary_schools_guide_for_parents.pdf)

[https://st-anthonys-academy.com/wp-content/uploads/2023/11/Draft\\_St-Anthonys-RSE-Policy-1-1\\_watermark-2.pdf](https://st-anthonys-academy.com/wp-content/uploads/2023/11/Draft_St-Anthonys-RSE-Policy-1-1_watermark-2.pdf)

## Any further questions/feedback:

Please email Laura Dudley: [ldudley@staga.co.uk](mailto:ldudley@staga.co.uk)