

# St Ursula's Convent School



## Relationships, Sex Education Policy (RSE)

September 2020

### **School mission statement**

Our Mission is to ensure that every individual achieves their potential through the pursuit of academic excellence and the nurturing of their gifts and talents.

To create a caring Catholic community; allowing everyone to develop and share in the love of Christ; serving the world of today and tomorrow through the relationships we make and the service we provide to others.

### **Implementation and review of policy**

This policy takes note of and is consistent with the Archdiocese of Southwark's *Education in Human Love: Diocesan Policy on Relationships and Sex Education*.

Implementation of the policy will take place after consultation with the Governors in the Autumn term 2020. 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 2022.

### **Dissemination**

St Ursula's RSE policy has been shared and agreed by our Governors. All teaching and non-teaching staff will have access to the policy and will be saved on the staff shared area. A copy of the policy will also be made available to all parents/carers online on our school website. Details of our school RSE curriculum and PSHE audit will be published on the school website for parents/carers.

### **Defining Relationships and Sex Education**

The Department for Education (DFE) defines RSE as 'lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health'. The RSE curriculum aims to ensure all students can develop attitudes and values, personal and social skills and also knowledge and understanding with content that will be age-appropriate and relevant.

### **Introduction to RSE in St Ursula's**

At St Ursula's our mission is to contribute to the development of independent young women who are able to make a difference within society. We believe that our RSE curriculum will enable our students to not only grow in knowledge and understanding of themes relevant to their lives and society but also that they grow in compassion and love, living out the Gospel values in their daily lives. The teachings of the Catholic Church are as essential thread within our whole school RSE curriculum. The resources we have chosen to use are excellent at now only delivering wholesome lessons and knowledge but also is rooted in scripture and Church teaching.

## Statutory Curriculum

### **'I have come that you might have life and have it to the full' (John 10:10)**

As a Catholic school we are involved in relationships and sex education precisely because of our Christian beliefs about God and about the dignity of every human person. The belief that each person is made in the 'image and likeness of God' underpins the approach to all education in Catholic education. This belief is centred around the idea that gender and sexuality are seen as a gift from God, reflect God's beauty and that sex is a gift to be shared within marriage as a way of uniting male and female. Ursula's approach to RSE is therefore rooted in the Catholic Church's teaching of the dignity of the human person and is presented in a positive way.

Following on from the guidance of the Bishops Conference of England and Wales and as advocated by the DFE, RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and is integral to the physical, spiritual, emotional, moral, social and intellectual development of all our students. It is centred on Christ's vision of being human as 'good news' will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved be understood and appreciated. All RSE content delivered in St Ursula's will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be given to all pupils to deal with different sets of values and opinions that may be shared in discussion time.

The legal requirements relating to the teaching of RSE is as follows:

- RSE is now a compulsory aspect of the national curriculum in England however it will not be formally assessed
- Our guiding principles is that all of the compulsory subject content must be age appropriate
- It will be taught sensitively and inclusively, with respect to backgrounds and beliefs of pupils and parents
- Provides students with the knowledge that they need of the law

## Aims and objectives

At St Ursula's we are committed to the education of the whole child and we believe that RSE is an integral part of this education. Furthermore, we are committed to raising our pupils' self-esteem, helping them to grow in knowledge and understanding. We want our students to respect and recognise the value of all people they meet and develop empathy towards others.

St Ursula's are committed to:

- Work in partnership with parents/carers to provide our students with 'positive and prudent sexual education' (**Gravissimum Educationis 1- 2<sup>nd</sup> Vatican Council**)
- Ensuring that content covered is compatible with students physical, cognitive, psychological and spiritual maturity
- Delivering content and providing resources that are rooted in the Catholic vision of education and showcasing the dignity of the human person.

## Objectives of RSE in St Ursula's

We want to develop the following attitudes and virtues for students:

- 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 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
- Recognising the importance of marriage and family life
- Fidelity in relationships

We want to develop the following personal and social skills:

- Making sound judgements and good choices which have integrity and which are respectful of the individual's commitments
- Loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying
- Managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity
- Managing conflict positively, recognising the value of difference
- Cultivating humility, mercy, compassion, learning to forgive and be forgiven
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others
- Building resilience and the ability to resist unwanted pressures, recognising the impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately
- Being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships and how to love chastely
- Assessing risks and managing behaviours in order to minimise the risk to health and personal integrity

We want our students to know and understand:

- The Church's teaching on relationships and the nature and meaning of sexual love
- The Church's teaching on marriage and the importance of marriage and family life
- The centrality and importance of virtue in guiding human living and loving
- The physical and psychological changes that accompany puberty
- The facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation
- How to manage fertility in a way that is compatible with their stage of life, their own values and commitments, including and understanding between natural family planning and artificial contraception
- How to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy including where to go for advice

## **Outcomes**

### **Inclusion and differentiated learning**

We will ensure that RSE is sensitive to the different needs of our students in respect to pupils' different abilities, levels of maturity and personal circumstances. All our RSE lessons will help students to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyber-bullying) use of prejudice based language and how respond/ask for help. Please read in conjunction to our school inclusion policy.

### **Equal obligations**

The governing body of St Ursula's have wider responsibilities under the Equalities Act 2000 and will ensure that our school community strives to meet the needs of all its pupils. Irrespective of disability, educational need, race, nationality, sex, gender identity, religion or home situation.

'We have to remember. that everyone, none excluded, no matter what the situation a person is living in, we can feel accepted by God, participate actively in the life of the community and be a part of the 'People of God' which journeys tirelessly towards the fullness of his kingdom of justice, love, forgiveness and mercy' **(Pope Francis, Misericordia et Misera)**

### **Broad content of RSE in St Ursula's**

The three aspects of RSE – attitudes and values, knowledge and understanding and personal and social skills will be provided throughout our whole school PSHE and RSE policy.

St Ursula's will be following the RSE resources provided by the company 'Ten Ten'. As a Catholic education service they endeavour to provide outstanding resources that comply fully with the teachings of the Catholic Church. Ten Ten have developed their programme of study in line with the DFE curriculum for PSHE and RSE and the Bishops Conference have approved the use of Ten Ten resources in their conference meeting on 1<sup>st</sup> October 2020.

RSE at present will not be formally assessed, however we will be embedding the use of quizzes class debating and low-stakes testing e.g.: retrieval practice to assess learning. All students will receive an exercise book for RSE and this will be useful for whole school monitoring.

Overview of content taught for each year group. Lesson 1 for each year group will be taught in an RE lesson with their RE teacher and the other 7 will be delivered by the form tutor.

### One-Page Overview - LTTF Secondary

	RE, PSHE or Tutor Time							Whole Year
Sessions per programme	Session 1 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 2 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 3 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 4 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 5 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 6 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Session 7 50 minutes or 2 x 25-minutes or 2 x 50-minutes	Cinema Whole or half-year groups
Main Themes	All	Created and Loved by God			Created to Love Others		Created to Live in Community	All
Sub-themes	Religious Understanding	Me, My Body, My Health	Emotional Well-Being	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World	Cinema-in-Education
Year 7	Who Am I?	Changing Bodies	Healthy Inside and Out	Where We Come From	Family & Friends	My Life on Screen	Living in the Wider World	Facts of Life
Year 8	Created and Chosen	Appreciating Differences	Feelings	Before I Was Born	Tough Relationships	Think Before You Share	Wider World	The Trouble With Max
Year 9	The Search for Love	Love People, Use Things	In Control of My Choices	Fertility & Contraception	Marriage	One Hundred Percent	Knowing My Rights and Responsibilities	Love, Honour, Cherish
Year 10 & 11*	Authentic Freedom	Self-Image	Values, Attitudes & Beliefs	Parenthood (Personal Relationships)	Pregnancy & Abortion (Life Cycles)	Abuse	Solidarity	Babies Y10 Truth & Lies Y11

\*Due to Covid-19, filming of the resources for Year 10 and Year 11 have been merged. Therefore, all Year 10 and 11 should undertake the same programme in 2020/21. This is a brand new set of resources launching in September 2020, so no students will be repeating any of the content provided. A separate programme for Year 11 will be available from September 2021.

#### Balanced curriculum

Whilst promoting Catholic values and virtues we will ensure our students receive clear scientific information as well as covering the law pertaining to RSE in topics such as forced-marriage, female genital mutilation, abortion, the age of consent and the legislation relating to equality. We understand and value that knowing about the facts and enabling young people to explore different viewpoints is not the same as promoting behaviour that is not compatible with our school's promotion of Catholic teaching.

#### Parents and Carers

We recognise that parents and carers are the primary educators of their children. As a Catholic school, we will provide the principal means by which the Church assists parents and carers in educating their children. We want to work in partnership with our parents and carers by providing access to the material that your children will be studying as part of the RSE curriculum. Parents and carers will receive a letter about Ten Ten resources and details about the parent log in tool and how to access resources relevant to their daughter. Parents and carers are advised to complete the short-course providing an overview of the Ten Ten programme. St Ursula's will also give parents and carers the opportunity to consult and give feedback on the content that will be delivered to students via google form.

Parents and carers are encouraged to respond to the google consultation form and will also be involved in the monitoring, review and evaluation of the programme. Our review is that at the end of the consultation process, every parent and carer will have full confidence in our school's RSE programme in meeting their daughter's needs.

Parents have the ***right to withdraw*** their daughter from RSE except in those elements which are required by the national curriculum. Students can be withdrawn up to three terms before their 16<sup>th</sup> birthday. If students are over 16 years old, the student themselves can opt back into the programme. Should parents or carers wish to withdraw their daughter they are asked to notify the school directly.

### **Responsibility for teaching the programme**

The responsibility for the delivery of the RSE programme lays with the whole school community in St Ursula's. The first RSE lesson will be taught within the student's RE lesson as this will lay the Biblical and Catholic foundations. The remaining lessons will be delivered by the form tutor and all resources will be provided by Ten Ten. All staff have a responsibility to be positive role models for pupils of good, healthy, wholesome relationships. They will also be contributing to the development of pupils' personal and social skills.

### **External visitors**

Our school will often allow outside agencies and health specialists to deliver aspects of RSE. In particular, we will be using Ten Ten staff to deliver workshops to our students each year. Such visits, will always complement the programme and will never substitute or replace teacher led sessions. Any visitor must adhere to our code of practice developed in line with the Catholic Education Service guidance 'Protocol for visitors for Catholic Schools'.

### **Other roles and responsibilities regarding RSE**

#### **Governing body in St Ursula's will:**

- Review our RSE policy in consultation with SLT, parents/carers and teachers
- Ensure our policy is available to parents
- Ensure our policy is in accordance with other whole school policies
- Ensure that parents know their right to withdraw
- Establish a link governor to share in the monitoring and evaluation of the programme, including resources provided
- Ensure that our policy provides proper and adequate coverage of relevant National Curriculum science policy and the setting of RSE within PSHE

#### **Head teacher**

In St Ursula's, Mrs Hamilton takes the overall delegated responsibility for the implementation of this policy and for liaison with the governing body, parents/carers/ Diocesan Schools' Service, the Local Education Authority and external agencies.

#### **RSE Co-ordinator**

The RSE co-ordinator at St Ursula's is Miss Cushnahan. The co-ordinator will work alongside Mrs Hamilton and has the general responsibility to support all members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSE. The co-ordinator will work in conjunction with the lead PSHE co-ordinator and the key stage leaders.

#### **All staff**

RSE is a whole school issue. All teachers have a responsibility of care. All teachers will be trained through the Ten Ten training and the RE department have all received the full RSE training set out by

the DFE. All staff have been included in the developments of the RSE policy and will be expected to teach RSE in accordance with the Catholic Ethos of the school.

### **Confidentiality and advice**

All governors, all teachers, all support staff, all parents/carers and all pupils must be made aware of the policy, particularly as it relates to the issues of advice and confidentiality. All lessons, especially those in the RSE programme will have the best interests of students at heart. Pupils will always be encouraged to talk to their parents/carers about the issues which are discussed in the Ten Ten programme.

Teachers will always:

- Help pupils facing personal difficulties, in line with our school's pastoral care policy
- Be made aware of the needs of their pupils and ensure no fears and worries of students go un-noticed
- Explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive
- Inform the schools safeguarding team, parents/carers and outside agencies whenever information needs to be shared
- Support students and other staff if a young person discloses sensitive information in class

Students must always:

- Join in mutual agreement with teacher to be respectful and supportive towards others
- Ensure everyone feels safe and secure in the learning environment
- Contribute to class discussions and complete all resources provided in lessons

### **Monitoring and evaluation**

The RSE co-ordinator will monitor the provision of the programme, by examining plans, schemes of learning and samples of pupils work at regular intervals. The programme will be evaluated biannually by means of questionnaires / response sheets / pupil and parent/carer feedback / staff feedback. The results of the evaluation should be reported to governors, parents/carers and staff and their suggestions sought for improvements. Governors will consider such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

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This policy was reviewed and agreed by the Governing body on: 22<sup>nd</sup> October 2020

Signed: Mrs M. Wheeler (Chair of Governors/member of Governing body)

Signed: Mrs C. Hamilton (Head teacher)