

St. Joseph's RC High School  
Ysgol Uwchradd Gatholig Joseff Sant

**Sex and Relationships Education Policy**

**12. Sex and Relationships  
Education Policy**



# **Sex and Relationships Education Policy**

This policy was updated June 2016 by Mrs K Burke

This policy was presented and accepted by the Governing Body: June 2016

Staff were made aware of this policy and or updates: 1st September 2016

This policy will be reviewed June 2018

# Sex and Relationships Education Policy

***"Physical health is God's gift and man is its steward. The body is for God's work."  
(1Corinthians 6:13)***

## INTRODUCTION & RATIONALE

The staff and governors of St. Joseph's RC High School fully recognise the contribution they make to the Sex and Relationships Education of pupils at St. Joseph's RC High School.



Sex and Relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about learning the importance of Christian values and individual conscience as well as the teaching of sex, sexuality and sexual health. St Joseph's RC High School, in partnership with parents and carers, sets out to be a school for the whole human person, who, in their material and spiritual needs, is at the heart of Christ's teaching. For this reason we are committed to the development of the whole person in the awareness that all human values find their fulfilment in Christ. "Sexuality is a fundamental component of personality, one of its modes of being... It is an integral part of the development of the personality and of the educative process". We emphasise that our sexuality is a special gift of God.

Using a framework that is permeated with enduring Christian values, based on the Gospels, and taught with sensitivity within the Catholic ethos of our school, we will equip our pupils with the necessary skills to build a solid foundation of moral principles so that they are able to acknowledge, recognise and respond to the complexities of personal and sexual relationships in conjunction with the Church's teaching about what it is to be truly human.

***"Do not model yourselves on the behaviour of the world around you"  
(Romans 12:2)***

**"Our society is already failing young people by an impoverished view of sex, too often entirely separated from any context of committed love and readiness for parenthood". The aim of the Sex and Relationships policy therefore, in accordance with Catholic teaching, is not simply to isolate the purely biological sphere of personal relationships, "the impoverished view" that the bishops speak of, as though we can approach relationships of this nature in a theoretical and mechanistic way that denies the reality that personal relationships inevitably have on the whole of our lives, our families and society."**

**(Social and Moral Education in the Catholic schools. Bishops Conference Guidelines 1994)**

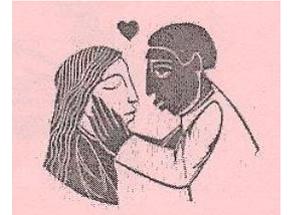
## Aims

At St. Joseph's RC High School these broad aims can be translated into the following objectives:

- \* The Vatican Council stated that parents are the ideal and chief instructors of their children, a role emphasised by Pope John Paul II in his Apostolic Exhortation "Familiaris Consortio". This is the first point we emphasise. This being said, it remains true that parents and the family need all the help and support they can get. The programme throughout the key stages sets out to give this necessary support.
- \* To have an awareness of where young people are in their knowledge and understanding of human sexuality, so that their needs and concerns can be identified and addressed.
- \* To facilitate in the students the development of self-esteem as creatures made in the image and likeness of God.
- \* To develop an understanding of the emotional, moral, spiritual, social and personal aspects of human sexuality and relationships.

# Sex and Relationships Education Policy

- \* To enable students to consider critically the values of the modern world in general and the teenage subculture of Wales in particular with regard to human sexuality.
- \* Sexuality understood as part of the whole, a component of personality, not something apart.
- \* To enable students to discern and make choices in the light of the teaching of the Church.
- \* To enable the pupils to develop an understanding of love as central to human relationships.
- \* To bring about a deeper appreciation of the value of family life and marriage while accepting the varied forms the family can take in the modern world and to be aware of potential difficulties in marriage, such as adultery, divorce and childlessness.
- \* Affirmation that each of us is called to chastity
- \* Affirmation of the proper place of sex within marriage
- \* The sacredness of marriage – exclusive, life-long, life-giving, exclusive and a sacrament.
- \* To know about homosexuality and the teaching of the Church and the law of the land.
- \* To give clear guidance to pupils in respect of the Children's Act 1989 with particular regard to their personal safety and welfare in the matter of physical and sexual abuse.
- \* To provide information about sexually transmitted diseases including HIV/AIDS.



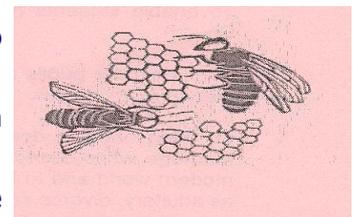
## ROLES AND RESPONSIBILITIES

### Parents/Carers: (Parental Consultation)

- \* Parents/Carers have had, and will continue to have opportunities to comment on the SRE Policy. The policy is available on the school's website and all new parents will be made aware of it.
- \* Parents/Carers have the right to withdraw children from the non-statutory aspects of the SRE programme. This does not include the Science content.
- \* Parents/Carers are encouraged to talk to their children about the content and delivery of SRE. All details of the programme are available on the website.

### Teachers:

- \* Within the RE and Science departments a teacher will be designated to co-ordinate SRE and ensure effective delivery.
- \* Within PSE a team will be identified to support the work of tutors in delivering the SRE programme.
- \* Teachers directly involved in delivering SRE will be made aware of the policy and will have opportunities to comment on it.

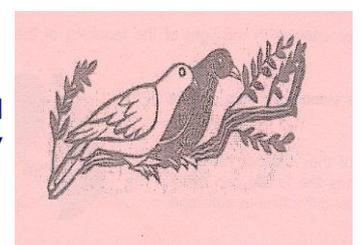


### Governors:

- \* Were involved in formulating the policy and approving its use.
- \* Will monitor delivery.

### Designated Co-ordinator

The PSE co-ordinator will ensure effective delivery of the objectives specified for the PSE programme in KS3, KS4 and KS5. This will be supported by designated teaching staff and additional speakers where necessary.



## Sex and Relationships Education Policy

### AT KEY STAGE 3 THE FOLLOWING OBJECTIVES SHOULD BE ACHIEVED

		RE	SCIENCE	PSE
1.	To have knowledge of the physical and emotional changes involved in puberty, the menstrual cycle, ovulation, fertilisation		√	
2.	To have knowledge and understanding of the physical and emotional development of the young child.		√	
3.	To have some understanding of myself in terms of the kind of person I am, my uniqueness.	√		
4.	To have some knowledge and understanding of basic issues of health care concerning daily and weekly hygiene.		√	√
5.	To have some basic knowledge of the fact that there are such things as sexually transmitted diseases and other diseases such as HIV/AIDS.			√
6.	To have some knowledge and understanding of roles and relationships within the family and outside the family.	√		
7.	To examine the importance of friendships and relationships in terms of promises and agreements.	√		
8.	To have a deeper understanding of love in the Christian tradition and the way in which it binds families and society together.	√		
9.	To consider, explore issues around decisions, moral values, choices and their consequences, freedom, responsibility and the importance of conscience.	√		√
10.	To reflect on the image of myself and others so that I can learn to respect them as made in the image and likeness of God.	√		
11.	To consider the people and things which influence who and what we are.	√		
12.	To reflect on our own experience of growth, change and coming of age and that of others in other cultures.	√	√	
13.	To examine the importance of friendships and relationships in terms of promises and agreements.	√		
14.	To consider basic rules we live by and LOVE as the ultimate rule or guide of life in terms of caring, service and self giving; also in terms of vocation, whether marriage, the single life or becoming a priest/religious.	√		
15.	To examine the physical, emotional and social changes associated with puberty and adolescence. Develop a respect for our own bodies and those of others.		√	
16.	Through the preparation for the sacrament of confirmation to consider issues around maturity, growth, independence and responsibility.	√		
17.	To consider the family in terms and relationships.	√		√
18.	To explore on a deeper level, self-knowledge. Develop an understanding of others by: analysing experiences, reflecting on qualities and considering the kinds of judgements made about others and self.	√		

## Sex and Relationships Education Policy

		RE	SCIENCE	PSE
1.	To have knowledge of the physical and emotional changes involved in puberty, the menstrual cycle, ovulation, fertilisation		✓	
2.	To have knowledge and understanding of the physical and emotional development of the young child.		✓	
3.	To have some understanding of myself in terms of the kind of person I am, my uniqueness.	✓		
4.	To have some knowledge and understanding of basic issues of health care concerning daily and weekly hygiene.		✓	✓
19.	To have a deeper understanding of the kinds of conflict within ourselves and between us and others so that the value of reconciliation can be appreciated.	✓		
20.	To examine in more depth the issue of sexual-abuse in terms of appropriate and inappropriate speech and touch. Awareness of rights under the Children's Act.			✓
21.	To explore the issues around sexism (gender discrimination and prejudice).	✓		✓
22.	Develop attitudes of sensitivity towards homosexuals and AIDS sufferers to combat prejudice and discrimination (e.g. homophobia).	✓		✓
23.	To consider in more detail both friendship and other kinds of relationships within the peer group.	✓		✓
24.	To deepen the awareness of family life, the development of the baby and growth of the young child.			✓

## Sex and Relationships Education Policy

### AT KEY STAGE 4 THE FOLLOWING OBJECTIVES SHOULD BE ACHIEVED

		RE	SCIENCE	PSE
1.	Understanding of the sacrament of marriage as a covenant and sign to the world. Appreciate the factors that contribute towards making a marriage dysfunctional: e.g. poor communication, divorce, adultery or a contraceptive mentality.	✓		
2.	Knowledge and understanding of the issue of abortion, the arguments for and against and to be able to express an opinion.	✓		
3.	To know and understand the issues around birth control – the teaching of the Church.	✓		
4.	To understand the difference between an annulment and a divorce.	✓		
5.	To know and understand what is involved in relationships leading to marriage and to begin to have some understanding that family life can lead to happy and fulfilling relationships.	✓		
6.	To develop further a positive attitude to our own sexuality so that we will be able to make positive decisions and choices in this matter.			✓
7.	To understand the importance of the relationship choices we make and the effect on others.			✓
8.	To understand what is meant by responsible parenthood.	✓		
9.	To accept responsibility for one's action and to be able to justify personal choices and decisions, especially in relation to the choice marrying or remaining single.	✓		
10.	Appreciation of sexuality as a gift from God and to encourage responsible sexual behaviour.	✓		
11.	To consider the issues around responsible sexual behaviour.	✓		✓
12.	To further consider the issues around sexually transmitted diseases and HIV/AIDS.			✓
13.	To consider the variety of sexual attitudes in society and to use Christian values as a critique of these attitudes.	✓		

### KEY STAGE 5

Pupils in Years 12 and 13 will either allow AS/A2 RE which includes a module in "Sexual Ethics", or they will follow the general RE course recommended by the Archdiocese of Cardiff. This includes a 10 week module on Sex and Relationships.

### Suspected Abuse

In the event of disclosure of any sensitive information to any member of staff regarding pupil welfare, or where any abuse (sexual or otherwise) is suspected by any member of staff, the correct

## Sex and Relationships Education Policy

procedures must be followed in line with current Child Protection Guidelines and school policy. Complete confidentiality cannot be guaranteed, dependent on the nature of the suspected abuse and in line with the policies previously mentioned. Matters which must be referred are:

- Pregnancy/suspected pregnancy
- Abuse
- Sexual intercourse
- Homosexual activities
- Rape

Referral in the first instance will normally be to the Head of Year or Deputy Head, except in the case of abuse which must be referred to the designated teacher for Child Protection, Mr Ian Humpage (Assistant Head). Mrs Jane Morgan (Assistant Head) is the deputy member of staff in respect of child protection matters.

### Confidentiality

As outlined above pupils must be informed that a teacher cannot provide complete confidentiality. If a confidence has to be broken the pupil should be informed first and appropriate support provided.

### Pupil Withdrawal

Some parents/carers prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their child from all or part of the sex and relationship education except for those parts included in the statutory National Curriculum (i.e. in Science lessons and Religious Education lessons). We would make alternative arrangements in such cases. Parents/carers are encouraged to discuss their decisions with staff at the earliest opportunity. Parents/carers are welcome to review any SRE resources used by the school.

This policy is an adaptation of **Guidance on Education for Personal Relationships** published by the Archdiocese of Westminster, December 2006. It was compiled by a working party in June 2009 consisting of: Mrs Kath Burke (Head of RE) and Dr Siobhan Quinn (Foundation Governor) This policy has been reviewed since and amended to incorporate 'Theology of Body' (November 2012)

### **STAFF GUIDANCE DOCUMENT ON THE CATHOLIC TEACHING ON ASPECTS OF SEX AND RELATIONSHIP EDUCATION**

This document has been developed to ensure the inclusion of all students with due regard to SEN, more able and talented, gender, ethnicity, disability, looked after children, and those students who are on the register in relation to Child Protection issues. Our School values the worth of every individual and the contribution they make to the school community as a whole.

In a Catholic School it is the responsibility of all the staff to acquaint themselves with Catholic Teaching on moral issues. In the light of such issues becoming more prominent in many areas of the school curriculum, the Head of Religious Education felt that staff would welcome the following guidelines on the Catholic teaching on some aspects of Personal Relationships.

The area of Personal Relationships is a delicate one for both pupil and teacher and staff should feel free to discuss and share approaches to classroom practice, this sharing of approaches will highlight the complex nature of Sex Education. Proper regard should be given to the process of moral development of young people, so that they are not simply informed of the Church's teaching but also helped to develop an appreciation of the values embraced in that teaching. This means taking account of the world in which our children and young people are growing up.

***"God is love, and anyone who lives in love lives in God, and God lives in him."***  
**(John 4:16)**

# Sex and Relationships Education Policy

All the teaching of the Catholic Church on moral questions begins from the understanding that God made everyone. God loves everyone and it is God's will that everyone should 'love' and respect others. Love and selfishness are opposites. Inevitably, there will be repetition in particular parts of the teaching. Schools have a clear policy on Sex and Relationship Education. This document is a guideline on issues which might require clarification.

## Sex outside Marriage

The Catholic Church teaches that sex is a gift from God to enable two people to express their Exclusive love for each other and to help continue God's work of creation. Sex completes a relationship. Thus sexual intercourse should only take place within the firm commitment of marriage.

## Divorce

Based on the Gospel teaching of Jesus 'What God has joined together let no man put separate' the Church does not recognise the breaking of the contract of a valid marriage. The Church will however, examine a 'marriage' and if any of the ingredients of the marriage are missing at the time of the marriage ceremony, the Church may declare that 'no marriage took place' and an annulment can be granted.

## Contraception

Our relationships with other people are expressed by our words and actions. The most intimate of these actions, sexual intercourse, expresses the most intimate relationship, which is the love between husband and wife. The act of sexual intercourse is also the action through which the human race is continued. Therefore, any sexual acts where the creation of new life has been deliberately ruled out –including the use of artificial contraceptives –must be regarded as a wrong use of sex. The fullest statement on the subject is found in the Encyclical Letter 'Humane Vitae', issued by Pope Paul VI in 1968.

## Abortion

The Church's teaching on abortion is quite clear. God created us all in his image and human life is sacred. The question of when this begins has been the cause of debate. The Church states that life begins at conception. The strength of this arrangement lies in the fact that there is no other point in personal development of which we can say 'Human life has now come into being – before this point it did not exist'.

Please note:

This principle of the sacredness of human life from the moment of conception is one which the Church would apply to moral debates concerning embryology in general and genetic research in particular.

## Masturbation

The Church teaches that masturbation is wrong in that it can be seen as a form of self-indulgence. This is not what the act of sex is intended to be. God, the Creator, designed it as the special means by which man and a woman can give themselves to one another. Masturbation encourages us to live in a fantasy world rather than to find fulfilment through working hard at a relationship in the real world. It can teach us to regard others as sex objects, rather than people in their own right.

## Homosexuality

We need, first to distinguish between homosexuality as a condition and homosexuality as a practice. The Catholic Church accepts that, generally speaking, homosexuality as a condition is not a matter of choice. However, while all human beings are called to love, the Church does not believe that

## Sex and Relationships Education Policy

sexual activity is necessary to the expression of this love; witness the value it attaches to celibacy and the vow of virginity. In fact, the church teaches that the full sexual expression of love is reserved for husband and wife in marriage and that this sexual expression of love must be open to the possibility of new life. Hence, the Catholic Church does not accept homosexuality in practice. It does not believe that sexual acts between persons of the same sex are morally right in principle. The Church bases this teaching on Biblical theology and on its Philosophy of Natural Law. However, the Church is aware of the special problems of homosexuals and would stress in this regard the love of Jesus for all. We are all created by God and the possibility of repentance and forgiveness for sexual sins is open to all.

### HIV/Aids

The approach of the Catholic Church towards AIDS can be viewed from the point of view of:-

1. The Victim
  2. The underlying causes.
- 1 (i) once a person suffers, from whatever cause, the victim is to be treated with the fullness of Christian love and care.  
(ii) Great care must be taken to avoid the 'homosexual bashing' mentality.
  - 2 (i) Clearly the Catholic Church supports the view that loyalty to one partner is the best defence against the spread of AIDS  
  
(ii) Since the Catholic view is that the full sexual expression of human love is reserved for husband and wife within marriage, it cannot support any measures, which tacitly accept, even if they do not encourage, sexual activity outside marriage.... 'Nor can we accept  
(iii) that for the unmarried the choices lie between condoms and infection. There is a third course of action: refusal to engage in extra marital sexual activity' – (Cardinal Hume)

### Conscience

The Church teaches that man must obey his conscience it is his most direct connection with moral commandments. There is the serious obligation of informing ones conscience for only a properly instructed conscience can be a reliable guide and can claim ultimate freedom of decision. We must learn to make decisions on Christian wisdom and authority, but decisions which are our own and for which we are prepared.

".... Children and young people should be helped to develop harmoniously their physical, moral and intellectual qualities ... they should receive a positive and prudent education in matters relating to sex ... and young people have the right to be stimulated to make sound moral judgements based on a well-informed conscience and to put them into practice with a sense of personal commitment..."  
Gravissimum Educationis (para. 3) Second Vatican Council.