

St Edward's Catholic Junior School

"I can do all things through Christ who strengthens me".
Philippians 4: 13



Relationships and Sex Education Policy

Introduction

Effective relationships and sex education is essential if young people are to make responsible and well informed decisions about their lives. It should not be delivered in isolation. It should be firmly rooted within the framework for PSHE. The objective of relationships and sex education is to help and support young people through their physical, emotional and moral development. A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Philosophy

In line with the virtues we imbue, we believe that human sexuality is a gift from God and as such is concerned with the spiritual and moral, as well as the physical and social.

Education in sexuality is about education in relationships. We believe that every child is entitled to experience a school where the quality of relationships is marked by honesty, warmth, trust and security.

We will endeavour, therefore, in our education for the emotional life, to help pupils have a sense of each other, to listen, love and to have compassion and tenderness.

Aims

We aim to help each child:

- to value themselves as a child of God and their body as God's gift to them
- to know that life is precious and a gift from God
- to understand that they grow and change throughout life
- to understand what is meant by relationships within families, friends and communities and to recognise the importance of forgiveness in relationships
- to be aware of their changing emotions and the need to respect other peoples' emotions and feelings
- to begin to know about and understand the changes that come about through puberty.
- to be aware of their attitudes and values and have a sense of responsibility for themselves
- to be aware of the choices they make and that there are right choices and wrong choices.

Objectives

Through our Religious Education, Science and PSHE programmes, we hope that pupils will come to understand, at an age appropriate level:-

- self respect and self worth, recognising that each of us is created in the image of God
- the meaning and value of life and some appreciation of the values and merits of family life
- love as being central to and the basis of meaningful relationships
- their own bodies and their emotional development as they grow and change.

Programme of Study/Content

Education in Sexuality cannot be confined to a ‘taught’ programme. Pupils learn above all from the personal relationships and the attitudes they experience in their whole life in school.

The curriculum as a whole helps in the moral growth of the children. Education in sexuality is a cross-curricular subject and links with RE, Science, PSHE, Health Education, Literature and the Arts.

However the school has recently introduced the programme Ten Ten Life to the Full RHE and PSHE programmes. This is inspired by John 10:10 “I have come that they may have life, and have it to the full.”

The programme consists of lesson plans for each year group accompanied by PowerPoint presentations and video clips.

Year 3: How we live in Love (*based on friendship*)

Year 4: God loves us in our differences (*body parts, growth of baby in the womb*)

Year 5: God loves me in my changing and in my development (*body changes in puberty*)

Year 6: The wonder of God’s love in creating new life. (*Conception & birth*)

Within each unit, there are 5 strands that connect every aspect of growth with love:

- Physical
- Emotional
- Social
- Intellectual
- Spiritual

Parents

We recognise that parents are the key figures in helping their children cope with the emotional and physical aspects of growing up and in preparing them for the challenges and responsibilities that this brings.

We must therefore try to foster a true partnership between the home and school and we should each try to be as supportive as possible

Parents have the right to withdraw their child only from the sex education component of RSE. Relationships education however, is statutory. We must ensure that the arrangements for such requests are straightforward and easily understood. Information is available for parents who may want to consider withdrawing their child from the sex education component.

Parents will be informed when elements of the programme of study are being taught and they have full access to view what the children are learning and the materials being used, through the Parent Portal.

References

Catholic Education Service: Education in Sexuality.
 DFE: Circular 0116/ 2000: Sex Education in Schools.

Ofsted Report HMI1433: Relationships and sex s.

Name of Head Teacher: Mrs Joanna Heritage

Joanna Heritage

Signature:|.....

Date: September 2025

Name of Chair of Governors: Mrs A Morris

Signature:

Date: September 2025

Review date: September 2026

REVIEW OF POLICY

This policy will be reviewed annually.