

# Relationships, Sex and Health Education at St Marys.

## Objectives

To develop the following **attitudes and virtues**:

- 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 a 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.

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 and 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 influence and 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.

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 which is compatible with their stage of life, their own values and commitments, including an understanding of the difference 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.

### ***How this is taught through our curriculum approach:***

**A Journey in Love:** A Journey in Love is the recommended programme of study for Catholic schools for Relationships and Sex Education, and has been written as a progressive scheme of work that supports Religious Education, PSHE and Science taught within school. The school teaches this in each class in the Summer term.

**Internet Safety:** Target internet safety. Purple Mash internet safety sessions. PCSO talk on internet safety. *Children have an internalised in-depth understanding of the risks and benefits of an online presence.*

**Science Curriculum:** the National Curriculum states that pupils must be taught about how bodies change as people grow and age. Healthy diets, dental care and safety around water and electricity.

**Maths:** Money workshops.

**PE Curriculum:** Physical development. Maintaining good health.

### **Come and See:**

Teaches other faiths It promotes respect for self and others, contribute to an understanding of history and culture, enhance our understanding of global affairs, develop personal well-being and happiness, safeguard ethical standards in public life, generate social and community cohesion, tackle extremism and religious discrimination.

### **Charity work and fundraising:**

Supporting CAFOD, Educaid, Trussell Trust, Galanos House, Helen and Douglas House, and Mission Together.

**Police Visits-** Knife crime, Gangs, Drugs, Internet Safety.

**Firefighter Visits:** Safety at home.

### **Visits:**

#### **Year 6 Residential-**

Independence/ resilience/ personal care/ safety.

**Hazard Alley-**show children how they can stay safe, understand risks and avoid accidents through

**Assemblies:** Gospel assemblies teaching moral understanding.

**Leadership roles:** Boost their self-esteem. Improve public speaking and communication skills later in life e.g. Head Boy and Girl, Prefects, Buddies etc.

### **Mental health and Wellbeing:**

Interventions- Art Therapy, Happy Heads, Ace, Anger Gremlins, Anxiety Gremlins, Social Stories , Arc and Relax kids.

**Care for animals:** The school has Fish and Guinea Pigs that the children all share the care and responsibility of. It is about learning how different animals have different needs it teaches them to be responsible and respect life. It is also part of the EYFS curriculum to understand that pets are living animals that have needs and feelings.

**First Aid:** Children in Year 6 complete a unit on First Aid.

### **TWINKL curriculum subjects**

**Design Technology:** Design and Technology has the potential to transform people's lives. By inspiring children at an early age with a range of engaging activities covering areas such as food, textiles, and machines, you could be sowing the seeds for the next generation of engineers and designers. Doing these sorts of activities also provides children with creative thinking, problem-solving, and decision-making skills, that are vital for success in other areas of the curriculum. Design and Technology lessons often take the form of group projects, so develop children's collaborative working skills, too.

**History: Black History/Women's Rights** -History is vital to a rich and broad primary education. It helps pupils to make sense of the present as well as the past, and to appreciate the complexity and diversity of human societies and development.

**Geography:** Learning about the culture of different countries. Care for the local community/ litter picking etc.

**Safe Guarding:** National anti- bullying assembly. Blue butterfly assembly. Target internet safety workshop. Knife crime/ drug awareness talks, worry boxes/ safe adults.