



Policy for Personal, Social, Health, Citizenship and Economic Education, including Relationship and Sex Education

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Mission Statement

Our Mission is to educate the young people entrusted to our care in the Catholic, Christian way that ensures that each one is valued and cared for and achieves the best of which he or she is capable.

Our Mission Statement commits us to the education and growth of the whole person (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that PSHCEE and RSE are an integral part of this education.

Definition

Personal, Social, Health, Citizenship, Economic Education, including Relationship and Sex Education (RSE) at St Mary's both informs and draws upon the existing knowledge provided by parents, carers and where appropriate, other schools that our pupils have previously attended. Our PSHCEE and RSE curriculum is a response to the challenge of our school Mission Statement. It involves growth, support, collaboration and is based upon our belief in the demands and joys of the Gospel.

In this policy the Governors and teachers, in consultation with pupils and their parents, set out their intentions about PSHCEE and RSE at St Mary's.

Introduction

As a Catholic school, St Mary's believes that all its pupils are created by God and in the image of God. As such, PSHCEE and RSE are undertaken in accordance with the teaching of the Catholic Church, aiming to educate the whole child.

We acknowledge that pupils will have different maturation rates, and different levels of social and sexual awareness. We recognise the importance that PSHCEE and RSE can play in contributing to the development of healthy young people, enabling them to make prudent life choices and judgements about sexual health and relationships. Therefore we seek to develop in our pupils the understanding, sensitivity, skills and attitudes which will allow them to manage their growth, development, maturation and relationships in a responsible and healthy way.

All staff at St Mary's are regularly trained to recognise and respond to safeguarding issues. Should the PSHCEE, RSE programme identify any concerns regarding pupil welfare, then procedures as highlighted in the school's Safeguarding policy will be followed.

Aims

The key aim of the PSHCEE programme at St Mary's is to prepare pupils for life in modern Britain by:

- equipping them to be responsible, respectful, active citizens who contribute positively to society
- developing their understanding of fundamental British values
- developing their understanding and appreciation of diversity
- celebrating what we have in common and promoting respect for the different protected characteristics as defined in law

The 'protected characteristics' are:

- *age*
- *gender reassignment*
- *being married or in a civil partnership*
- *being pregnant or on maternity leave*
- *disability*
- *race including colour, nationality, ethnic or national origin*
- *religion or belief*
- *sex*
- *sexual orientation*

The chief objective of our RSE provision is to provide a teaching based on the Roman Catholic understanding of the human person and an appreciation that authentic human love is more than sexual expression. Furthermore, we aim to:

- Support parents in their role as ‘the first and best educators of their children’ (Gravissimum Educationis, para 7)
- Enable young people to understand and feel confident about the physical and emotional changes which take place during the course of their lives
- Offer a programme of RSE which will be positive and highlight the moral values of the Catholic Church, enabling pupils to articulate Catholic values in the challenges of the modern world
- Explore the meaning and value of life and appreciate the preciousness of God’s gift of life
- Promote appreciation of the values of family life
- Enable pupils to reflect on their relationships and recognise the qualities that help relationships grow and develop positively
- Provide a forum where pupils can share their concerns and offer a climate of support where they know they will be listened to sensitively
- Disseminate the correct information in a manner relevant to the age and stage of development of the pupils
- Encourage pupils to make informed choices and responsible decisions by encouraging them to explore their own attitudes, values and emotions, and those of others

Objectives

The Department for Education introduced compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary pupils from September 2020. Also, from September 2020 it is compulsory for all schools to teach Health Education. At St Mary’s we employ the DfE recommended PSHE Association Programme of Study for personal, social, health and economic (PSHE) education, to ensure we are meeting our statutory obligations. There are three strands within the programme of study;

1. Health and wellbeing,
2. Relationships
3. Living in the wider world

Health and Wellbeing content:

- Mental well-being

- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Relationships content:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

Living in the wider world:

- Human Rights (Amnesty International)
- Religion and Belief – Christ at the Centre
- Crime and the Law
- Bullying
- Careers and Money Management

Our Programme: PSHCEE and RSE in Partnership

Parents/Carers

PSHCEE and RSE at St Mary's recognise that parents are the first and best educators of their children and that the school works in partnership with them. They have the right to be consulted before a PSHCEE programme is embarked upon. Information on the programme is made available to parents and the right to withdraw their children from RSE is respected, excepting those elements which are required by the National Curriculum for Science. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher.

Governing Body

Governors have a responsibility for ensuring that there is a PSHCEE, RSE policy which is in keeping with Catholic teaching. They will ensure that the policy is available to parents and that parents know of their right to withdraw their children. Governors will ensure that the programme and teaching materials are monitored and evaluated.

Headteacher

The Headteacher has overall responsibility for the implementation of this policy and for

liaison with the Governing Body, Parents, Liverpool Archdiocese and Lancashire County Council.

PSHCEE Co-ordinator

Much of the PSHCEE, RSE programme is delivered within bespoke lessons in years 7-11 and within assemblies. However, PSHCEE and RSE permeate our curriculum and can be undertaken in RE, science and PE lessons. The Assistant Headteacher responsible for PSHCEE has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to PSHCEE, RSE and the provision of in-service training. Regular meetings with the RE Curriculum leader also take place to ensure that the content covered is in line with Catholic teaching. They will also be supported by the Deputy Headteacher and the Assistant Headteacher with responsibility for Child Protection.

A cross-curricular approach

At St Mary's PSHCEE and RSE is a whole school issue. All staff have a responsibility of care and should contribute to the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach PSHCEE and RSE in accordance with the Catholic ethos at St Mary's. They will teach the PSHCE and RSE curriculum as detailed in their schemes of learning. All departments will be audited biannually, consulted and asked to participate in monitoring and evaluating PSHCEE and RSE.

Teaching Strategies

Teachers will establish clear ground rules to create a safe environment and all pupils will sign a 'group agreement'. For example, no one will have to answer a personal question or no one will be forced to take part in a discussion etc. Teachers will use distancing techniques such as depersonalising discussions to avoid embarrassment and protect privacy. Teachers will establish clear parameters for dealing with questions. If a question is too personal, the teacher should remind the pupil of the ground rules. If a question is too explicit or inappropriate for the age range of the class, the teacher should acknowledge it and attend to it later on an individual basis.

Reflection points are crucial for learning as they encourage pupils to consolidate what they have learned and to form new understanding, skills and attitudes. PSHCEE units of work end with a lesson of reflection and an opportunity to establish how much progress and learning has taken place for each pupil. Pupils will also be sign posted to further avenues of information and support.

Staff will receive specific training to enable them to deliver PSHCEE and RSE with expertise and confidence, whilst in keeping with the teachings of the Catholic church.

External Visitors/Agencies

On occasion, help and guidance from specialist outside agencies and health professionals will be invited to deliver aspects of PSHCEE and RSE. These visits will complement and enhance the current PSHCEE, RSE programme. External visitors will be made clear about their role and responsibility whilst they are in school delivering a session. The AHT lead for PSHCEE will ensure that all teaching is rooted in Catholic principles.

Safeguarding and Confidentiality

Staff are aware that effective PSHCEE and RSE, which amongst other sensitive issues, brings an understanding of what is and is not acceptable in a relationship, can lead to disclosure of a Safeguarding issue. If a teacher is concerned that a pupil is at risk of any form of abuse, they should immediately follow the school's Safeguarding procedures.

In the event of a disclosure pupils will be reassured that their best interests will be maintained. Pupils will be reminded that teachers cannot offer unconditional confidentiality. If confidentiality has to be broken, pupils will be informed first and then supported as appropriate.

Monitoring and Evaluation

The PSHCEE Co-ordinator will monitor the provision of the various dimensions of the PSHCEE, RSE programme by conducting learning walks, examining schemes of work, lesson plans and samples of pupil work. Evaluation of the entire provision for PSHCEE, RSE will take place through online questionnaires and via discussion with pupils, staff and parents. The results of the evaluation will be reported to the SLT and Governors. Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Defining Relationship and Sex Education

DFE Guidance defines RSE as “The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships.” *(statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education September 2021)*