



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

Reviewed: September 2023

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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 Personal Development and RSHE are an integral part of this education.

### Definition

Personal, Social, Health, Citizenship, Economic Education, including Relationships, Sex and Health Education (RSHE) 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 Personal Development and RSHE curriculums are 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 partnership with pupils and their parents, set out their intentions about Personal Development and RSHE 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, Personal Development and RSHE 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 Personal Development and RSHE 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 Personal Development and RSHE 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 Personal Development 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 RSHE 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 RSHE 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 is introducing compulsory Relationships Education for primary pupils and Relationships including Health and Sex Education (RSHE) for secondary pupils from September 2020. Also, from September 2020 it will be 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 already 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:**

- Health & puberty
- Drugs & alcohol
- Emotional wellbeing
- Peer influence, substance use and gangs.
- Healthy lifestyles
- Mental health
- Exploring Influence
- Building for the Future
- Independence

## **Relationships content:**

### Created and Loved by God

- Me, My Body, My Health
- Emotional Wellbeing
- Life Cycles

### Created to Love Others

- Personal Relationships
- Keeping Safe

### Created to Live in Community

- Living In the Wider World

## **Living World:**

- Careers education (Morrisby Year7-11)
- Financial decisions
- Digital literacy
- Employability skills
- Financial Decision making
- Moving forward

*The St Mary's curriculum also includes a unique and bespoke module for each year group designated especially for St Mary's students, for example, discussing expectations in Year 7, supporting option choices in Year 9 and college application/revision techniques in Year 11. It is our belief that the curriculum to provide students with the "foundations" to let their light shine.*

## **Our Programme: Personal Development and RSHE in Partnership**

### Parents/Carers

Personal Development and RSHE 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 Personal Development programme is embarked upon. Information on the programme is made available to parents and the right to withdraw their children from RSHE 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 Personal Development, RSHE 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.

### Personal Development Co-ordinator

Much of the Personal Development, RSHE programme is delivered within bespoke lessons in years 7-11, and within assemblies. However, Personal Development and RSHE permeate our curriculum and can be undertaken in RE, science and PE lessons. The Assistant Head Teacher responsible for Personal Development 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 Personal Development, RSHE 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 Personal Development and RSHE 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 Personal Development and RSHE in

accordance with the Catholic ethos at St Mary's. They will teach the Personal Development and RSHE curriculum as detailed in their schemes of learning. All departments will be audited biannually, consulted and asked to participate in monitoring and evaluating Personal Development and RSHE.

## **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. Personal Development 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. Any misconceptions identified within these assessments are addressed through feedforward activities.

Staff will receive specific training to enable them to deliver Personal Development and RSHE 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 Personal Development and RSHE. These visits will complement and enhance the current Personal Development, RSHE programme. External visitors will be made clear about their role and responsibility whilst they are in school delivering a session. They will ensure that all teaching is rooted in Catholic principles.

## **Safeguarding and Confidentiality**

Staff are aware that effective Personal Development and RSHE, 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 Personal Development Co-ordinator will monitor the provision of the various dimensions of the Personal Development, RSHE programme by conducting learning walks, examining schemes of work, lesson plans and samples of pupil work. Evaluation of the entire provision for Personal Development, RSHE will take place through online questionnaires and vis 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, Sex and Health Education**

DFE Guidance defines RSHE 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" (Sex and Relationship Education Guidance, DfE, 2000). It is about the development of the pupil's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.