

Education in Sexuality Policy

St Bede's Catholic Voluntary Academy



**We commit ourselves to love, respect and serve
one another as disciples of Jesus Christ**

January 2016

Education in Sexuality at St Bede's Catholic **Voluntary Academy**

‘I have come that they may have life and may have it to the full.’ (Jn 10:10)

Within St Bede's school the basis of our teaching in sexuality is to uphold the dignity of each person in the light of the values expressed by Christ's teaching. Our policy is to encompass directives from the Church which stress the need for school to give students positive guidance and a true appreciation of all their human gifts.

The fundamental aim of all those involved in the development of young people i.e. parents, parish and school, is to support the personal, moral and social development of all students, ensuring they have the ability to accept their own and others sexuality in positive ways and to enjoy relationships based on mutual respect, dignity and responsibility.

Education in Sexuality is one aspect of Education in Personal Relationships (EPR). EPR deals with matters related to personal dignity and the correct use of the body, mind and spirit. It will also deal with issues such as personal sexuality, anger, drug abuse, failure and success. Much of the EPR is covered within the PSHCE lessons delivered by tutors and assisted by outside agencies when appropriate.

The school recognises that parents are key figures in helping their children to cope with the emotional and physical aspects of growing up and in preparing them for the challenges and responsibilities that sexual maturity brings. This compliments the often repeated emphasis by the Church that parents are the first and most important educators of their children.

The school also respects the rights of parents, if they so wish, to withdraw their children from all or part of the education in sexuality programme (other than those elements contained in the national curriculum).

A Year 9 parents consultation evening is held with the team of deliverers in order to inform parents and address any concerns.

St Bede's school aims to provide a curriculum which promotes the spiritual, moral, cultural and physical development of pupils and prepares them for the opportunities, responsibilities and experiences of adult life.

The school believes that education in sexuality is an integral part of the growth and development of pupils.

The school embraces the sentiments expressed by the Second Vatican Council that positive, person-centred education is at the heart of Catholic Christian education.

This education is basically about the development, growth and journey of the whole person towards becoming fully human, fully alive, as a unique creation made in God's image and likeness.

The Council also describes the rights of students to "...a positive and prudent education in matters relating to sex" so that they may "...be stimulated to make sound moral judgements based on a well-informed conscience and to put them into practice with a senses of personal commitment".

"...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."

AIMS:

- To promote the development, growth and journey of the whole person towards becoming "fully human, fully alive" as a unique creation made in God's image and likeness.
- To provide help and guidance to the young people in our care, in their struggle to live out their lives as members of the Christian family.
- To support the personal, moral and social development of all students, ensuring that they have the ability to accept their and others' sexuality in positive ways and to enjoy relationships based on mutual respect, dignity and responsibility free from abuse.

The aims of Education in Sexuality will be addressed at St Bede's by meeting the following objectives which are presented in the context of Catholic teaching.

OBJECTIVES:

- To explore the meaning and value of life in all its fullness and to nurture an appreciation of the values of family life within the Catholic vision.
- To enable students to have an understanding of themselves, their bodies and their emotional developments as they grow and change.
- To encourage students to be aware of their attitudes and values and to have a responsibility for themselves and others.
- To inform students of the relevance and importance of the Church's in the area of family and personal relationships.

- To engender growth in self-respect and self-worth, recognising that each of us is created in the image of God.
- To provide a forum where students can share their concerns, and a climate of support where they know they will be listened to sensitively.
- To correct mis-information.
- To inform and educate students about sexually transmitted diseases as well as HIV and AIDS.
- To explain the process of human procreation and reproduction.
- To help students with careful consideration of contraception and family planning within the Catholic Church's teaching.

DELIVERY AT ST BEDE'S

The main input for Education in Sexuality takes place in Year 9. The North Lincolnshire EPR team delivers the programme and works closely with the school to ensure that Church teachings are both included and understood. Prior to the input an information evening for parents is held and representatives from the team and school lead this. It is generally quite well attended and the parents are both supportive and appreciative of the work done. Indeed, the format of the evening is cited as good practice by the North Lincolnshire team.

The RE Department do some follow up in their lessons and these are timed to run parallel to the main programme.

In Years 7 and 8 Education in Sexuality takes place during the RE lessons. The topics covered are:

- I am unique
- The importance of families
- Life as a gift from God
- Respect for self and others
- Relationships

Two members of the Department are attending the North Lincolnshire training programme which is developing the programme for Year s7 and 8 and further changes will be made in the near future.

In Years 10 and 11 as part of the GCSE course we cover:

- The Sacrament of Marriage
- Family planning and contraception
- Abortion and related issues
- Sex before marriage
- Homosexuality

A full explanation of Church teaching is given and moral issues are discussed in an open and honest way.

YEAR GROUP : 9	SESSION: Lesson 1 (of 4)	LESSON: P.S.E.	SUBJECT: Relationship and Sex Education
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FOCUS AREA	TIME	CONTENT/METHODOLOGY/NOTES	RESOURCES	RE DEPARTMENT
Introductions	5 mins	Who we are, what we do etc	Name Badges	The uniqueness of each individual. The gift of life. Created in god's image and likeness.
Ground Rules	5 mins	Pre-set but discussed until group agreement; respect, listen, confidentiality.	Flash cards	
Sex and Language. What is appropriate?	15 mins	Using worksheet (in small groups) complete equivalents of sexual terms with their language. Discussed with staff to ensure comprehension.	Sex and language worksheet	Life within the womb
How pregnancy occurs	5 mins	Video: To ensure understanding of how a pregnancy occurs and recap on prior learning (covers menstrual cycle also)	Video	
Know the risks	30 mins	True/False discussion quiz to assess risk taking behaviour and dispel myths.	Worksheets	

YEAR GROUP : 9	SESSION: Lesson 2 (of 4)	LESSON: P.S.E.	SUBJECT: Relationship and Sex Education
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FOCUS AREA	TIME	CONTENT/METHODOLOGY/NOTES	RESOURCES	RE DEPARTMENT
Sexuality	20 mins	True/False Quiz to initiate discussion around sexuality	Sexuality questionnaire	Church teaching Peer pressure
Relationship Scenarios	30 mins	Variety of scenarios addressing many aspects of relationships: peer pressure, body image, responsibility, decision making.	Scenario cards	Conscience and respect for self and others
Ask it Basket	10 mins	An opportunity for young people to ask questions	Paper slips	Homosexuality

YEAR GROUP : 9	SESSION: Lesson 3 (of 4)	LESSON: P.S.E.	SUBJECT: Relationship and Sex Education
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FOCUS AREA	TIME	CONTENT/METHODOLOGY/NOTES	RESOURCES	RE DEPARTMENT
Ask it Basket – Answers	15 mins	All questions to be answered	Questions from last week	
Consequences of unplanned pregnancy	25 mins	Trigger video: I had plans, (10 mins) Follow up discussion using the prompt sheet	‘I had plans’ video	Sex before marriage. Gift of life
Family Planning	20 mins	Church Teaching and discussion on Natural Family Planning and Contraception	Church Teaching	Explanations of Church Teachings

YEAR GROUP : 9	SESSION: Lesson 4 (of 4)	LESSON: P.S.E.	SUBJECT: Relationship and Sex Education
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FOCUS AREA	TIME	CONTENT/METHODOLOGY/NOTES	RESOURCES	RE DEPARTMENT
Sexually transmitted infections (increase knowledge and awareness)	20 – 30 mins	STI Game, promote discussion on signs and symptoms, ease of contraction, local and national picture	STI Game cards STI pictures	Church Teaching Sacrament of Marriage Sexual Love
Evaluation	15 mins	Written and verbal evaluation of the previous 4 lessons by the pupils	Evaluation sheets	