

# **A Framework For Sex & Relationships Education**

**2008-2009**

St James' Catholic High School  
St James' Way  
Cheadle Hulme  
Stockport  
Cheshire

# St James' Mission Statement

St James' is a Christian community in which we aim to create a happy, hard-working and successful atmosphere in which all members are supported in developing their abilities to the fullest possible extent.

# Framework for Sex & Relationships Education at St James' Catholic High School

The Catholic Church, both through its Vatican documents and the statements of the Bishop's Conference of England and Wales emphasise that the school has a duty to support parents in their endeavours to give sound sex education to their children. According to DCSF guidance, Sex and Relationship Education (SRE) is: 'lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable, loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.'

We recognise that parents/carers are the key figures in helping their children cope with the physical and emotional processes of growing to adulthood and also in preparing them for the responsibilities that sexual maturity brings. However, there is evidence that some parents/carers do not feel able to discuss sexual matters freely with their children. We have a responsibility to ensure that all our pupils are adequately prepared to adult life. We hope that this framework will complement and support our parents in their task.

We are also aware that a variety of influences have encouraged some people to become sexually aware and active at a relatively early age and in situations distanced from the Gospel and the Church's teaching. Further, the values of 'society' and the prevailing culture portrayed by the media are often at odds with the gospel message of growth through genuine love. It is therefore imperative that we should lay solid foundations and to anticipate young people's questions. In this way we want to encourage them to be open and to meet their questions in a sensitive way.

We must protect our young people from ignorance (and especially the ignorance of knowing half the story). They should be given all the necessary information suitable to their age, and development so that they come to 'own' their morality, as people educated in the light of the gospel message.

At the heart of Christian faith is relationship. God becomes human in the person of Jesus in order to raise our relationship with God and each other to a new dimension. Jesus, as God-human makes all creation sacred and reveals what it means to love God above all and to love our neighbours as ourselves, in response to God's love for us and his longing relationship with us.

It follows that sex education needs to be deeply grounded in education concerning relationships. Sexuality is the root of our spiritual, moral, emotional, psychological, social and physical well being in the world and of our communion with other people and with God. We also need to be aware of, to understand and to respect our female and male nature.

Gospel values demand that schools provide an integrated and systematic course in personal relationships and, within this, an examination of the place of sex and sexuality in our lives. The topics which have been identified are taught by the main subject areas of RE, Science and PSHE, though other subjects also make important contributions. The whole school ethos, based upon our mission statement is the foundation of the delivery of Sex Education at St James'.

This policy for sex education within St James' is a working document which must, by the nature and content within a changing curriculum, be reviewed, evaluated and updated regularly.

Revised: June 2008-06-06

*Parents have legal rights in connection with Sex Education including withdrawal of their child, and the school respects this.*

## Objectives of Sex Education at St James'

The students will: -

- Learn the importance of values and individual conscience and moral considerations.
- Learn the value of family life, marriage and stable loving relationships for the nurture of children.
- Learn the value of respect, love and care.
- Explore, consider and understand moral dilemmas.
- Know the place that sexuality has in each human person's life.
- Develop a greater understanding of the nature of relationships, including the responsibilities of parenthood.
- Understand the physical, emotional and psychological aspects of sex in relationships.
- Realise the power that sex can have in supporting a committed permanent relationship.
- Receive some help and support in building self-esteem and developing skills in relationships.
- Know the Christian understanding of sex as a loving and creative activity within the committed relationship of marriage.
- Understand some of the relevant physical, emotional and psychological dangers arising from casual or uncommitted sex.
- Know the teaching of the Church concerning family planning, be aware of ways parents can plan their families and know the advantages and the disadvantages of different means of contraception.
- Know the physical facts of sex and fertility.
- Have a clear understanding of the arguments for delaying sexual activity and resisting pressure.
- Understand that sex and relationship education is linked with issues of peer pressure and other risk-taking behaviour such as drugs, smoking and alcohol.
- Learn to make choices based on an understanding of difference and with absence of prejudice.
- Develop an appreciation of the consequences of choices made.
- Practise the art of asking for and giving help.
- Have knowledge of the external agencies who can offer help, advice and support.

## The Rationale of Sex Education at St James'

The nature of sex education is such that all areas of school life impact upon it and are part of it. Schools are not just places of academic training, they are very much part of the process of educating young people in the rigours of life as an adult and as part of society. Within St James' dedicated sex education is delivered mainly by subject areas of RE, PSHEE and Science but all areas of the curriculum contribute in an important way using the principles of good practice outlined below.

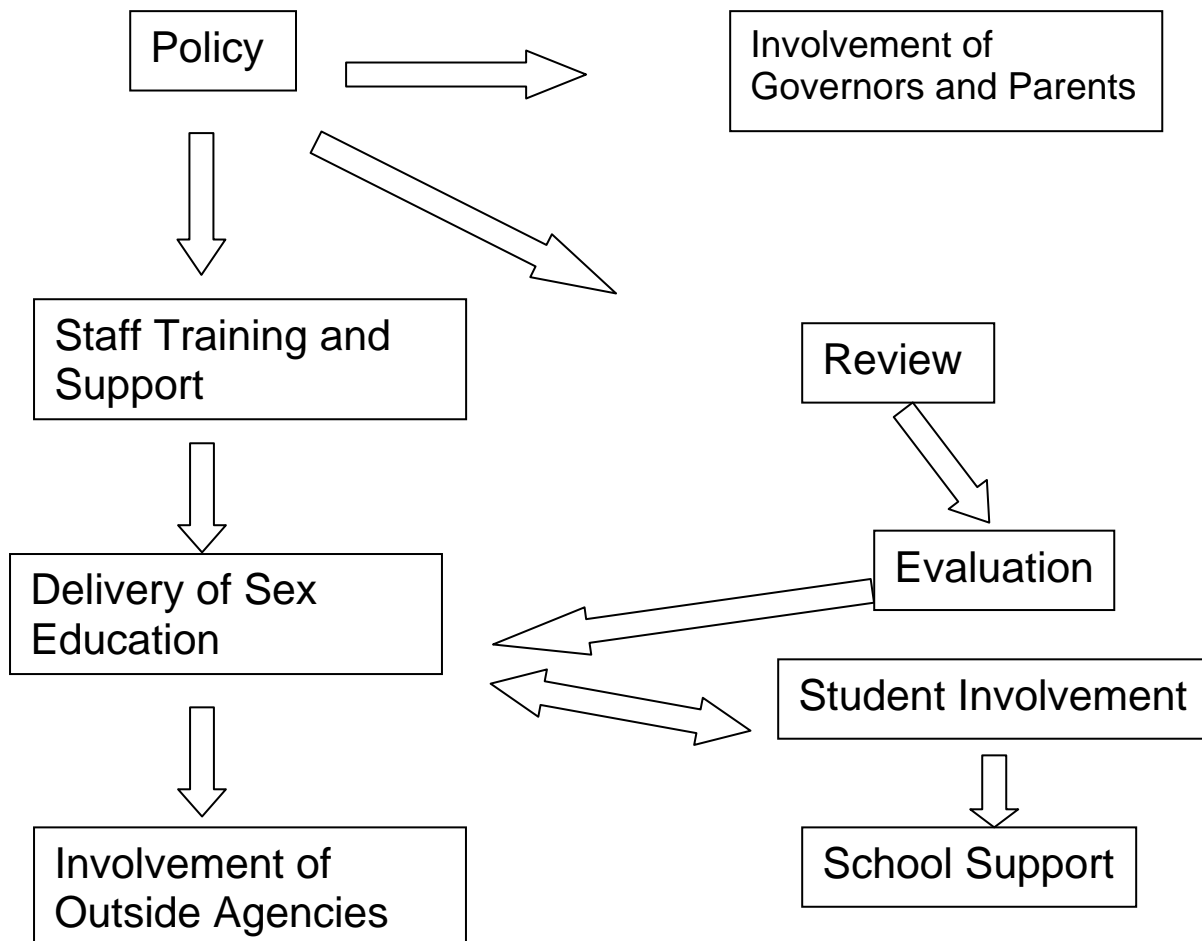
- Content based on pupils' current and future needs.
- A balanced and sensitive approach.
- Attitude exploration and skill development.
- A challenge to stereotypes and prejudice.
- To develop pupil's esteem and the caring for others.
- To enable pupils to make their own informed decisions.
- An awareness of the needs of boys as well as of girls.

## Delivery of Sex Education

The main areas of delivery of Sex Education are RE, PSHE and Science although some other subjects areas make very important contributions, especially those of English, Drama, PE and Geography.

# Monitoring and Evaluation

This diagram shows the various agencies and processes involved in the delivery of Sex Education at St James'.



Monitoring and evaluation by teaching staff takes place regularly as part of the PSHEE course evaluations and training, also through RE and Science departmental meetings. It takes the form of questioning staff and eliciting verbal responses about lessons already taught, this in turns informs the content of the lessons and the schemes of work the following year. Where staff feel uncomfortable about delivering a particular topic support is given by another member of staff is possible. Written and verbal feedback is sought from pupils, which is in conjunction with the teacher feedback drives the changes made to our policy.

This system of monitoring, evaluation and review works well and leads to quality modules which are constantly updated.

## Sex and Relationships in Religious Education

Year 7      Own Identity  
              Family Identity  
              Church Identity

### Relationships

Year 8      Choices, influences, values and our lives linked with other people

Prejudice and discrimination.

Year 9      *Beginning at the end of year 9 to link with Science lessons On Sex and Relationships*

Family life – homosexuality  
                  Marriage  
                  Family life and the Sacrament of marriage

Year 10     Recap of the above  
              Social Harmony – Role of men and women in general  
                                  Role of men and women in Ministry  
                                  Promoting relationships  
                                  Racial harmony and religions

Year 10     Religion & media    Media reporting of moral and relationship issues  
              Marriage & relationships ‘Angela’s Ashes’  
              Contraception

Year 11     Creation Story      Our role on earth  
  
              Justice in the world – how we treat others  
              Love of God and Love of others  
              Vocation – Christian ministry  
              Sermon on the Mount – how we treat others  
              Service for others – helping those in need.

## Sex and Relationships Education in Science

Year 7	Puberty and emotional changes – ‘Always’ video Male and female structures Menstruation Mechanics of fertilisation Pregnancy and development of the foetus Birth and labour
Year 9	Talking about sex – setting the ground rules What is sex? What do we mean by.....? Studying the terminology Linking scientific terminology to student language Body parts – correct terminology – preventing misconceptions Developing relationships – strategies for delaying intercourse Looking at contraception including the Church’s teaching Coping with change / emphasis on boy’s problems Open questions
Year 11	Menstruation Controlling fertility using hormones

## Sex and Relationships in PSHEE

Year 7	Growing up Puberty changes in both boys and girls How a women becomes pregnant Open questions.
Year 8	Review puberty What is love? Making love / importance of relationships Having a baby Raising awareness – STI's and HIV
Year 9	Setting ground rules / sensible mature behaviour What is sex? Body parts/ How a baby is conceived Foetal development  Responsibilities of parenthood Abortion debate Abstinence (Life speaker) Tenten production 'Chased'  STI's – Symptoms and consequences  Awareness of the consequences of a sexual relationship Problems of an unplanned pregnancy Sexual pressures on young people. Saying No
Year 10	Tenten production 'Babies' Abortion talk
Year 11	Discussion – pregnancy choices Families and parenting Effects of having a baby incl. budges STI's Sexual assault