**St Malachy’s Primary School**

**Drummullan**

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**Relationships**

**and Sexuality Education**

**Policy**



**Relationships and Sexuality Education (RSE) Policy**

St Malachy’s P.S Drummullan is a Catholic Primary School and in RSE all pupils will be taught in an atmosphere of mutual respect within our Catholic ethos. The value of a stable family life, marriage and the responsibilities of parenthood will be presented. As they mature, pupils will be encouraged to appreciate the importance of self-discipline, dignity, respect for themselves and others. We look at how pupils interact with each other, focussing on the need to make pupils feel safe and confident. Through PDMU and World Around Us children will learn about changes in their bodies as they grow older.

Teaching at all times will be appropriate to the maturity and level of understanding of the pupils concerned. Teachers will be aware of, and take in to account, the variety of existing pupil knowledge, the different attitudes and beliefs and the pupil’s capacity to understand the issues. An improving awareness will be developed amongst staff of the vulnerability factors and current indicators of child exploitation. Effective RSE provision will help pupils recognise potentially exploitative and dangerous situations and how to take preventative action.

Sexuality includes all aspects of the human person that relate to being male or female and is subject to change and development throughout life. Sexuality is an integral part of the human personality and has biological, cultural, psychological, social and spiritual dimensions. It especially concerns affectively, the capacity to give and receive love; procreation and, in a more general way, the aptitude for forming relationships with others. It is a complex dimension of human life and relationships. We, as a school will be seeking to communicate the Christian vision of human life and human relationships – RSE is underpinned by a theology of relationship. Pupils will come to understand more about themselves, others and the beauty of creation.

Teaching RSE lessons should provide opportunities which enable pupils:

* To form values and establish behaviour within a moral, spiritual and social framework
* To appreciate the sanctity of human life
* To make positive, responsible choices about themselves and others and the way they live their lives
* To understand the importance of personal safety and the dangers of abuse
* To understand that love is the central basis of all relationships
* To develop a respect for difference, gender and race

**Aims**

In St Malachy’s PS the aims of RSE are to:

* Enhance the personal development, self-esteem and well-being of the child
* Help the child develop healthy and respectful friendships and relationships
* Promote responsible behaviour and the ability to make informed decisions
* Help the child come to value family life and marriage
* Promote an appreciation of the value of human life and the wonder of birth
* To develop a respect for difference, gender and race

**Learning Outcomes**

The RSE curriculum will enable pupils to:

* Develop a positive sense of self awareness, self-esteem and self-worth
* Develop an appreciation of the dignity, uniqueness and well-being of others
* Develop personal skills which help to establish and sustain healthy personal relationships
* Acquire and improve skills of communication and social interaction
* Acquire and use an appropriate vocabulary to discuss feelings, sexuality, growth and development
* Become aware of the variety of ways in which individuals grow and change
* Develop a critical understanding of external influences on lifestyles and decision making

**SKILLS**

The RSE curriculum should enable pupils to develop the skills necessary to form and maintain relationships and to make informed choices and decisions regarding health and well-being.

Pupils should also be helped to develop skills to critically evaluate the wide range of information, opinions, attitudes and values.

They need opportunities to develop:

* **Practical skills** - for everyday living; for supporting others; for future parenting
* **Communication skills -** learning to listen, listening to others’ points of view; putting one’s own view forward clearly and appropriately; giving and receiving feedback; handling and resolving conflict peacefully; being assertive
* **Decision-making and Problem solving** – For sensible choices; making moral judgement about what to do in actual situations
* **Inter-personal skills** – For managingrelationships confidently and effectively; for developing as an effective group member or leader

Confidentiality and Child Protection/safeguarding Children (in keeping with school policy and legal obligation) is paramount.

Links to other policies - Religious Education, Pastoral Care, Anti-Bullying.

Links to relevant Department of Education legislation/guidelines/circulars etc. will be made.

**MORALS AND VALUES:**

The RSE curriculum promotes the moral values of our Catholic faith and enables the children to begin to develop:

* A respect for self
* A respect for others
* Honesty with self and others
* Self-discipline
* The difference between right and wrong
* The responsibility for ones’ own actions
* The recognition of the moral dimension to situations
* An understanding of the long term and short-term consequences of their actions

**Special Needs**

It is particularly important for teaching staff to be aware of the fact that physical development may outstrip emotional maturity in the case of pupils with Special Needs and to accommodate this disparity in class lessons and experiences.

**DELIVERING THE RSE PROGRAMME**

**Foundation Stage**

**Self-Awareness:**

* Exploring who they are
* What they can do
* Identifying favourite things
* What makes them special

**Feelings and Emotions**

* Beginning to recognise how they feel
* Knowing what to do if sad or lonely, afraid or angry
* Telling others about feelings
* Realising what makes people sad or unhappy, recognising how people feel

**Health and Safety**

* Being aware of caring for his/her own body
* Recognising good hygiene practices
* Understanding growth and change
* Exploring appropriate personal safety strategies, road safety
* Medicines and drugs - safety rules

**Religious Education**

* Stories which help children distinguish right from wrong and help children to make moral judgements about situations
* Moral values such as sharing, caring, love, forgiveness and friendship
* The importance of family and care of the earth

**Key Stage 1**

**Self-Awareness**

* Feeling positive about oneself
* Awareness of own strengths, abilities, qualities, personal preferences
* Recognising own feelings and emotions
* Recognising and managing the effects of strong feelings – anger, sadness, loss
* Acknowledging that everyone makes mistakes
* Recognising how they can develop and improve learning

**Health, Growth and Change**

* Recognising and valuing the options for a healthy lifestyle
* Having respect for their bodies and those of others
* Being aware of the stages of human growth and development
* Recognising how responsibilities and relationships change as you grow older
* Understanding medicines and drugs
* Understanding that, if not used properly, all products can be dangerous
* Being aware that some diseases are infectious and some can be controlled

**Religious Education**

* My family is a gift from God
* The importance of looking after ourselves physically, emotionally and spiritually

**Key Stage 2**

**Self-Awareness**

* Developing self-awareness, self-respect and self-esteem
* Confidently express own views and opinions
* Identify current strengths and weaknesses
* Face problems and try to resolve them
* Examine and explore own and others’ feelings and emotions
* Recognise, express and manage feelings in a positive and safe way
* Develop insight into potential and capabilities
* Reflect on progress and set goals
* Identify and practise effective learning strategies
* Be aware of different learning styles

**Health, Growth and Change**

* Understand the benefits of a healthy lifestyle
* Recognise what shapes positive mental health
* Know about the harmful effects of tobacco, alcohol and other illicit and illegal substances
* Understand that bacteria and viruses affect health and know that basic routines can be followed to minimise risks
* Know how the body grows and develops
* Be aware of physical and emotional changes that take place during puberty (Y7 only)
* Be aware of the skills and importance of good parenting
* Recognise how responsibilities change as they become older and more independent

**Keeping Safe**

* Develop strategies to resist peer pressure
* Recognise the nature of bullying and the harm which can result
* Become aware of the potential danger from strangers and how their attention can make you uncomfortable
* Recognise appropriate road use
* Develop a pro-active and responsible approach to safety – at home, near water, on the internet, TV etc
* Know where, when and how to seek help

**Religious Education**

* The importance of looking after ourselves physically, emotionally and spiritually.
* Life is precious and God-given

**EQUAL OPPORTUNITES**

Generally, RSE will be taught in mixed groups, so that boys and girls are encouraged to work with each other and gain an understanding of each other’s perspectives. However, there will be times that teachers or the school nurse will work with single gender groups, e.g. P7 Love for Life programme, to explore puberty related physical and emotional changes in both boys and girls. The programme of RSE delivered will be accessible to all pupils regardless of age, culture, disability, sexual orientation, gender or social class.

**MONITORING REVIEW AND EVALUATION OF THIS POLICY**

This policy will be under periodic review. Any changes in provision or policy will be relayed appropriately. The review process will be assisted by the information from teachers, which will have been gained through the teaching situation. Feedback from parents, governors, outside agencies and pupils will also impinge on the process. Necessary changes in policy will be implemented.

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ B.O.G Chairperson**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Principal**

**Approved by Governors:** January 2023

**Next Review:** January 2026