

## **SEX & RELATIONSHIP EDUCATION POLICY**

The policy is based on the principle that young people are entitled to responsible and relevant sex & relationship education in preparation for adulthood. In particular sex & relationship education at Beechwood Sacred Heart seeks to:

- ◆ Place its teaching regarding sex within the context of relationships that are loving, affirming, respectful, generous and compassionate of both oneself and of another (see 1 Corinthians 13: 4).
- ◆ Help young people to be positive and confident about the physical, emotional and moral aspects of sexual maturity.
- ◆ Assist the development of informed, reasoned and responsible decisions.
- ◆ Ensure that human sexuality is seen as the foundation for responsible, permanent relationships within the framework of love and marriage.
- ◆ Ensure knowledge of relevant law.
- ◆ Promote understanding of sexual attitudes and behaviour with an emphasis on Christian,/Catholic teaching.

To achieve these aims, the school's sex & relationship education policy is based on the following principles:

- Sex education and relationship lessons in Religious Studies in Year 5 and in PSHE from Year 6 upwards.
- Sex education as part of National Curriculum Science lessons.
- All material used is appropriate to the corresponding age group.
- Parents may have access to course materials on request.
- Parents are encouraged to complement lessons delivered in school with discussion at home.

Lessons in sex & relationship education should therefore include the following:

- Knowledge and understanding of male and female physiology, puberty, menstruation and the physical process of human reproduction.
- Knowledge and understanding of contraception.
- Knowledge and understanding of sexually transmitted diseases, including AIDS.
- Exploration of a variety of personal relationships from friendship to intimacy including LGBTQ relationships.
- Exploration of moral, religious and family values.
- Opportunities for pupils to examine their own and others' attitudes to sexual activity and related issues.
- Awareness of possible pressures on young people from society, media and peers, to help improve assertiveness and the confidence to cope with such pressure.

Personal, confidential advice for any pupil is available from the School Nurse and through the school's counsellors.

Reviewed DHM September 2018, to be reviewed September 2019.