



RHE Curriculum statement

At St. Mark's RC Primary School, we believe that appropriate and responsible Sex Education is an important element in preparing pupils for adult life. The delivery of this subject matter calls for careful and sensitive treatment. Our school shares the responsibility with parents to ensure that the giving of this information is within the context of a Catholic, Christian community and that it is based on sound moral values

Intent

We aim to provide a fully comprehensive curriculum which equips children with essential knowledge and understanding to enable them to build healthy and positive relationships with themselves, others and God.

Our children are growing up in an ever- changing world and may be influenced and affected by many different factors such as the online world and social media. Our programme covers a variety of topics including mental health and dealing with difficult emotions, respecting our bodies, puberty and changes, positive body image and by making healthy choices.

Through our Sex Education Curriculum, we want the children to acquire:

- Knowledge and understanding of the human person (emotional and physical)
- Strategies and skills to aid the making of informed choices.
- Positive attitudes towards self and others, self-esteem / self-respect and mutual appreciation and respect in all relationships.

Aims of the Curriculum

To develop the following attitudes and virtues:

- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodies;
- responsibility for one's actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long love;
- recognising the importance of marriage and family life;

To develop the following personal and social skills:

- making sound judgements and good choices;
- loving and being loved, and the ability to form friendships and loving, stable relationships;
- managing emotions within relationships including when relationships break down;
- managing conflict positively, recognising the value of difference;

To develop the following personal and social skills:

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- managing emotions within relationships including when relationships break down;
- managing conflict positively, recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups;

To develop the following knowledge and understanding:

- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation; (Parents may withdraw their child from this aspect of the curriculum)

These will be covered through five overlapping themes – moral, spiritual, physical, emotional and social development.

Implementation

St Mark's follows the 'Life to the Full' programme written by Ten:Ten, Their resources support our Collective Worship and Daily Classroom Prayer in school.

The programme is modular, with each year group following three key modules throughout the year.

• Module 1: Created and Loved by God

Explore the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop and understanding of the importance of valuing themselves as the basis for personal relationships.

• Module 2: Created to Love Others

Explores the individual's relationships with others. Building on the understanding that we have been created out of love, this module explores how we take this calling into our family, friendships and relationships, and teaching strategies for developing healthy relationships and keeping safe.

• Module 3: Created to Live in a Community

Explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the common good.

These modules are separated into different units to cater to the PSHE and RSE curriculum standards across all Key Stages.



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Impact

Jesus demonstrates his humanity to us through his relationships with others. He commands us to love God and to love one another. It is paramount that we place any Relationships and Health Education within a framework bounded by mutual respect within the context of loving relationships.

RHE, therefore, must not be seen merely as part of Health Education, giving the children the information and skills, they need to make informed and healthy choices as they move into adulthood but also a positive step in encouraging well developed interpersonal skills leading to emotionally well-equipped adults.

By following of the Ten: Ten 'Life to the Full' programme, we give our children age appropriate information they need to help them to grow in confidence, faith and love to build healthy relationships with those around them. Children understand the importance of open communication with regard to the RHE curriculum and know the importance of receiving accurate information with regard to these issues. They are aware of who to ask to receive the correct information they need and can apply the taught elements of their curriculum to their everyday lives.