

Relationships, Sex and Health Education Curriculum



**All
Hallows
Catholic
School**

Introduction

The All Hallows Catholic School Relationships, Sex and Health Education (RSHE) curriculum is rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and is presented within a positive framework of Christian virtue. It is based closely on the Catholic Education Service (CES) model curriculum 2019, which has been adapted for use in our school by cross-referencing to the RE, PSHE and Science curricula.

RSHE at All Hallows is:

- **PROGRESSIVE & DEVELOPMENTAL**

Learning reflects each stage of the development of the person and is appropriate to the age and stage of development of children and young people during the different phases of their education. It is continuous and developmental and leads children and young people into a deeper and fuller understanding at a rate which corresponds to their maturing.

- **DIFFERENTIATED**

RSE is sensitive to the different needs of individual pupils and is taught in a way that allows access to those pupils at different stages of cognitive and emotional development. Learning and teaching methods take account of those with particular needs.

- **CROSS-CURRICULAR**

Since a Catholic school is committed to the education of the whole person, teaching on relationships and sexuality is reflected in each relevant part of the curriculum. Whilst some aspects of RSE will be more appropriately explored in science lessons and some more appropriately explored in RE or PSHE lessons, each should be informed by the other and should speak with consistency about the meaning of human love and the virtues that are enshrined in the Church's teaching on human love.

- **INTEGRATED**

The RSE policy and curriculum are shared with parents in order that they and the school can work in partnership.

- CO-ORDINATED

The RSE programme is co-ordinated by a senior leader, in collaboration with key members of staff, in order that it is delivered in a coherent manner and in accordance with the Catholic values and principles that underpin the work of the school.

- Balanced

Whilst promoting Catholic virtues, students are offered a broad and balanced RSE programme which provides them with clear factual, scientific information when relevant and meets the statutory requirements placed on schools.

Values, Principles and Characteristics

Underpinning the whole programme, a range of values and characteristics are developed. Students are encouraged to be:

- Respectful of their own bodies and character including their emerging sexual identity
- Appreciative of blessings, grateful to others and to God
- Self-disciplined and discerning in their decision making, able to exercise wisdom and good judgement
- Determined and resilient in the face of difficulty, including the strength of character to stand up for truth and goodness in the face of pressure
- Courageous in the face of new situations and in facing their fears, including the courage to be different
- Loyal, able to develop and sustain friendships
- Compassionate, able to empathise with the suffering of others and the generosity to help others, recognizing the importance of self-sacrificing love in this context
- Respectful, able to identify other people's personal space and respect the ways in which they are different, valuing difference and diversity
- Forgiving, developing the skills to allow reconciliation in relationships, including the ability to sincerely ask for and to offer forgiveness
- Courteous in their dealings with friends and strangers, sensitive to the different ways courtesy is demonstrated in different contexts
- Honest, committed to living truthfully and with integrity
- Just, understanding the impact of their actions locally, nationally and globally
- Self-giving, able to put aside their own wants in order to serve others locally, nationally and globally
- Courageous in their ability to identify injustice and speak out against it locally, nationally and globally

The Structure of the RSHE Curriculum

The curriculum is based on three core themes, taken from the CES model curriculum, within which there will be broad overlap. It is appropriate to the age and ability of the students. The three themes are:

- **Created and loved by God** (*this explores the individual*)

The Christian imperative to love and respect oneself, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- **Created to love others** (*this explores an individual's relationships with others*)

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.

- **Created to live in community** – local, national & global (*this explores the individual's relationships with the wider world*)

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

Curriculum Content – Relationships, Sex and Health Education

YEAR 7

RE	PSHE	Science / Food
RE: The sacraments – marriage and loving relationships RE: World religions – includes lessons on diversity, respect and attitudes towards other religions and cultures	PSHE: Emotional well-being – personal qualities and valuing oneself PSHE: Emotional and physical changes, respecting others and equality PSHE: Healthy lifestyle – personal hygiene, nutrition, aspects of a healthy lifestyle PSHE: Drugs, alcohol & smoking – basic facts and effects PSHE: Bullying lessons – responsibilities and how to deal with bullying PSHE: Communities – diversity and respect	Science: changing bodies, reproduction Food: Healthy eating

YEAR 8

RE	PSHE	Science / Food
<p>RE: The Mission of the Church – includes lessons on responsibility towards others in society, particularly those who are vulnerable</p>	<p>PSHE: Emotional well-being – coping strategies, developing resilience, empathy PSHE: Healthy lifestyle – healthy eating, active lifestyles, immunisation PSHE: Drugs and alcohol – effects on physical and emotional health & relationships PSHE: Friendships and other relationships PSHE: Family life PSHE: Valuing others in the community <i>PSHE: STIs, contraception</i></p>	<p>Science: Health and nutrition Science: Drugs and smoking – physical effects and consequences Food: Nutrition</p>

YEAR 9

RE	PSHE	Science / Food
<p>RE: Love and vocation – self-respect and body image, loving relationships, sex and relationships, contraception, marriage, family RE: Jesus and the Gospels – includes lessons on respect for others RE: God in our lives – the common good, justice in society RE: Crime and punishment - includes material on racial prejudice and drugs</p>	<p>PSHE: Emotional well-being – managing feelings, developing resilience, dealing with relationship issues PSHE: <i>STIs</i>, laws surrounding sexual behaviour PSHE: Sexual imagery in the media & dealing with pressure PSHE: Healthy lifestyle – responsibility, rights, support networks relating to health issues PSHE: Drugs and the law, risks involved PSHE: Rights and responsibilities, human rights, children's rights</p>	<p>Food: Nutrition; balanced diet; dietary disease</p>

	PSHE: safety in society, knife crime, child sexual exploitation (CSE), homophobia, sexual abuse, forced marriage, where to find help	
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YEAR 10

RE	PSHE	Science / Food
RE: Relationships and Families – sexuality, marriage, divorce, contraception, homosexuality, family, equality	PSHE: Individual, family and community values; diversity; discrimination PSHE: the media – impact on body image and health PSHE: Relationships – family & parenting skills, family life, budgeting, dealing with problems in different relationships, where to find help PSHE: Internet safety	Science: reproductive health, STI's, contraception, infertility Food: Nutrition, diet and health

YEAR 11

RE	PSHE	Science / Food
RE: Peace and conflict – explores issues such as bullying and conflict in relationships, forgiveness, reconciliation	PSHE: Emotional wellbeing – emotional health, dealing with stress and pressure, work/life balance, PSHE: facing challenges in personal life, bereavement PSHE: managing health; drugs & the law / facts; alcohol – the law	Science: Hormonal changes and reproduction Food: Nutrition, diet and health

In addition to the above, physical health and fitness is also a theme that permeates the whole of the PE curriculum.