



Living and learning together as a Catholic community in Christ.

Religion reason and kindness are at the heart of our ethos through education.



ST MICHAEL'S COLLEGE SEX EDUCATION POLICY 2017-19

As a Catholic College our mission is to allow the Holy Spirit, or 'spiritual', to articulate all that takes place in the College. Indeed, it is our faith which gives shape and meaning to our educational Christian ministry, so that pupils feel valued and loved, while reconciliation is at the heart of all our human relationships. Spiritual, moral, social and cultural values are central to the College's mission. Our philosophy therefore is that a College is shaped by people who:

- Learn together in a Catholic community.
- Aspire to academic excellence and success.
- Believe that there are no limits to a child's potential.
- Provide opportunities and challenges to encourage confidence, self-esteem and nurture individual talent.

Promote a love of learning; a love of Christ and finally a love of each other.



ST MICHAEL'S CATHOLIC COLLEGE SEX, HEALTH AND RELATIONSHIPS POLICY 2017-19

Aims

- To provide an education in sexuality, which reflects the centrality of Christ and his love, and contributes to growth in faith.
- To offer a programme of activities which will inform and equip each student to make the best choices personally, morally and spiritually, with wisdom and compassion.
- To fulfil the statutory requirements for sex, health and relationships education as set out in the DFE guidance, which require schools to teach sex education, human growth and reproduction including education about HIV and AIDs and other sexually transmitted infections.

Principles

- The Sex Education Programme is the responsibility of the Governors, Principal and Senior Leadership Team in consultation with the Heads of Religious Education & Science, and the Inclusion team.

The College provides a Sex, Health and Relationships Education Programme, which will

- Equip students for adult life so that they can develop positive values
- Provide students with a moral framework that will inform their behaviour, judgements and decisions.
- Allow students to build relationships based on mutual respect, dignity and responsibility free from harm or abuse.
- Empower students to make informed decisions about sex, relationships, their health, using social media and the internet both now and as adults (See E-Safety policy for additional guidance).
- Ensure students feel supported so that they have the ability to accept their and others' sexuality in a positive way.
- Create opportunities for students to deepen their knowledge, and consider their attitudes and behaviour in the light of Gospel values and the teaching of the Catholic Church.
- Prepare for adult life, marriage and parenthood in the context of the faith.

Purpose

The Sex Education Programme is intended:

- To provide knowledge for understanding reproduction and the physical and emotional developments of puberty and adolescence so no student is in ignorance.
- To provide a Catholic Christian context for this knowledge.
- To provide opportunities to explore and understand the implications and consequences of close relationships and intimacy and the role of parenthood in the modern world.
- To engender respect for the beliefs, values and cultures of others concerning sexuality within promotion of the Catholic Christian context.
- To provide a sensitive and supportive climate for uncertainties, concerns and anxieties to be voiced to equip students to manage media pressure about sexuality, relationships, being healthy and using social media and the internet.

Method

Sex Education will be:

- Taught factually in Science lessons as set out in the Science Curriculum
- Taught in R.E. through the R.E. Curriculum including the NOCN course for year 12 and 13.
- Delivered through PSHE lessons for years 7-11 in tutor time.
- Assemblies, guest speakers and workshops will be used for students in years 7-13 to supplement the cross curricular programme through presentations, the input of outside agencies (e.g. College Nurse, Safer London Foundation etc), workshops and audio-visual means, which are complemented by a Catholic viewpoint.

Monitoring and Evaluation

The delivery of Sex, Health and Relationships Education will be rigorously monitored through the measures used by St. Michael's as a self-evaluating College such as:

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|---|---------------------------------|
| • Lesson observation | SLT/DFR/HOD RE/SCI/CIT Annually |
| • Scrutiny of schemes of work and books | SLT/DFR/ HOD RE SCI/CIT Termly |
| • Analysis of lesson planning | SLT/DFR/ HOD RE SCI/CIT Termly |
| • Student self-evaluation forms | SLT/DFR, Annually |

Sex, Health and Relationships Education Curriculum Provision

RE

Year 7

- Puberty: Physical and Emotional changes
- How to make healthy choices: Friendship (including peer pressure), looking after yourself and avoiding risky behaviour.
- Alcohol/drugs:
- Self-esteem / Assertiveness:

Year 9

- Marriage and the vocation of marriage
- Marriage vows and sacraments
- Cohabitation
- (Summer term – 2nd half) Moral issues and dilemmas including relationships, sexual ethics, abortion and some medical ethics.

Year 10 in RE

- Sanctity of human life; imago dei – abortion (Incarnation section)
- Life after death and care for the dying - euthanasia (Eschatology section)
- Vocation – family life, religious life etc. (Kingdom of God section)

Year 11 in RE

- Marriage (including Christian marriage vows), annulment, divorce, same sex marriage.
- Chastity, Sexual relationships outside marriage, including adultery.
- Human Sexuality and Sexual Relationships (Homosexual and Heterosexual)
- Family planning and contraception.
- Gender; roles and responsibilities.
- Gender equality; Gender prejudice & discrimination.
- Perspectives on violence and bullying.

- Forgiveness and reconciliation

Year 12 and 13 in NOCN RE

- Ethics and ethical principles
- Personal and social issues
- Contemporary theological developments
- Questions of life and death

Science

Year 7

- How does a new life start
- When can human fertilisation take place
- How is the human foetus supported as it develops
- What do newborn babies need
- How do humans change as they grow - puberty
- Balanced and unbalanced diets

Year 8

- Dangers of smoking
- Microbes and transmission of diseases
- Disease transmission prevention including refs to STIs and HIV

Year 9

- Genetics and variation
- Some genetically inherited diseases including the impact of the decision to have children or not.
- Drugs and the nervous system

Year 10

- Digestive system including the chemistry of food and the effect of gall stones
- Circulatory system including coronary heart disease and pacemakers
- Communicable diseases including:
bacterial and viral diseases and preventing infections
Human defence responses
Preventing and treating disease including vaccination, antibiotics and painkillers
- Non-communicable diseases including:
cancer, smoking
- Diet, exercise and disease including diet, exercise, obesity and diabetes
- Alcohol and health and pregnancy

Year 11 in Science

- Hormonal coordination including:
- The human reproductive hormones and how hormones control the changes at puberty
- How blood sugar levels are controlled and the cause and treatment of type 1 and 2 diabetes
- Contraception
- Infertility treatments
- Inherited disorders including
- Screening for genetic disorders

PHSE- This is taught in tutor time across years 7-11.

Year 7

- Puberty
- Personal Hygiene
- Body Image
- Healthy Eating
- Healthy friendships
- Discrimination
- E-Safety

Year 8

- Smoking
- Alcohol and Drugs
- Pregnancy
- Peer pressure and social media
- Bereavement and loss

Year 9

- Diversity
- Drugs and risks
- Being Me
- Media and celebrity pressure
- Human rights and British Values

Year 10

- Eating disorders
- The me you don't know
- Mental health and wellbeing
- Dating and healthy relationships
- Multicultural Britain

Year 11

- Health and Wellbeing
- Personal safety and keeping safe
- Unintended pregnancy and parenthood
- Media and peer pressure
- Me and other people

In years 7-13 Sex, Health and Relationships Education will be further supplemented through a series of workshops/assemblies at appropriate times of the school year. Students

will be divided up into single sex groups where appropriate. Parents will be informed of the content of any workshops that take place.

June 2017

Signed:_____
Chair of the Curriculum Committee

Date:_____

Signed:_____
Chair of the Governing Body

Date:_____

Review Date: June 2019