

Bishop Hedley RC High School

Ysgol Uwchradd Gatholig Esgob  
Hedley

Sex and Relationships Policy

Sex and Relationships Policy



Bishop Hedley Catholic High School  
Ysgol Uwchradd Catholig Esgob Hedley  
**Sex and Relationships Policy**

***“Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.”***

*(1 Corinthians 6:13.17-20)*

## **INTRODUCTION & RATIONALE**

The staff and governors of Bishop Hedley RC High School fully recognise the contribution they make to the Sex and Relationships Education of pupils at Bishop Hedley RC High School. We uphold the teaching of the Catholic Church, and seek to deliver education for personal relationships in a sensitive and relevant manner to its students. The context in which this is delivered in Bishop Hedley derives from the Gospels, teaching of the Catholic Church particularly, Vatican II.



Sex and Relationship education is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about learning the importance of Christian values and individual conscience as well as the teaching of sex, sexuality and sexual health. Bishop Hedley RC High School, in partnership with parents and carers, sets out to be a school for the whole human person, who, in their material and spiritual needs, is at the heart of Christ's teaching. For this reason we are committed to the development of the whole person in the awareness that all human values find their fulfilment in Christ. "Sexuality is a fundamental component of personality, one of its modes of being.... It is an integral part of the development of the personality and of the educative process". We emphasise that our sexuality is a special gift of God.

Using a framework that is permeated with enduring Christian values, based on the Gospels, and taught with sensitivity within the Catholic ethos of our school, we will equip our pupils with the necessary skills to build a solid foundation of moral principles so that they are able to acknowledge, recognise and respond to the complexities of personal and sexual relationships in conjunction with the Church's teaching about what it is to be truly human.

***“Do not model yourselves on the behaviour of the world around you”***

*(Romans 12:2)*

***“It is not easy to approach the issue of sex education in an age when sexuality tends to be trivialised and impoverished. It can only be seen within the broader framework of an education for love, for mutual self-giving. In such a way, the language of sexuality would not be sadly impoverished but illuminated and enriched.”***

*(Amoris Laetitia 280)*

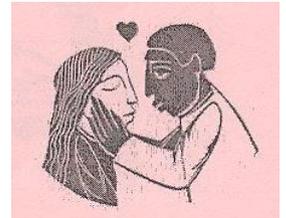
## **Aims**

At Bishop Hedley RC High School these broad aims can be translated into the following objectives:

- \* The Vatican Council stated that parents are the ideal and chief instructors of their children, a role emphasised by Pope John Paul II in his Apostolic Exhortation "Familiaris Consortio". This is the first point we emphasise. This being said, it remains true that parents and the family need all the help and support they can get. The programme throughout the key stages sets out to give this necessary support.
- \* To have an awareness of where young people are in their knowledge and understanding of human sexuality, so that their needs and concerns can be identified and addressed.
- \* To facilitate in the students the development of self-esteem as creatures made in the image and likeness of God.
- \* To develop an understanding of the emotional, moral, spiritual, social and personal aspects of human sexuality and relationships.
- \* To enable students to consider critically the values of the modern world in general and the teenage subculture of Wales in particular with regard to human sexuality.

Bishop Hedley Catholic High School  
Ysgol Uwchradd Catholig Esgob Hedley  
**Sex and Relationships Policy**

- \* Sexuality understood as part of the whole, a component of personality, not something apart.
- \* To enable students to discern and make choices in the light of the teaching of the Church.
- \* To enable the pupils to develop an understanding of love as central to human relationships.
- \* To bring about a deeper appreciation of the value of family life and marriage while accepting the varied forms the family can take in the modern world and to be aware of potential difficulties in marriage, such as adultery, divorce and childlessness.
- \* Affirmation that each of us is called to chastity
- \* Affirmation of the proper place of sex within marriage
- \* The sacredness of marriage – exclusive, life-long, life-giving, exclusive and a sacrament.
- \* To know about homosexuality and the teaching of the Church and the law of the land.
- \* To give clear guidance to pupils in respect of the Children’s Act 1989 with particular regard to their personal safety and welfare in the matter of physical and sexual abuse.
- \* To provide information about sexually transmitted diseases including HIV/AIDS.



**ROLES AND RESPONSIBILITIES**

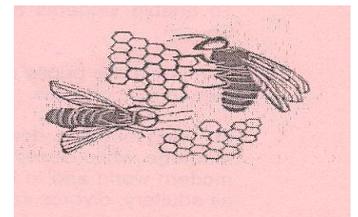
**Parents/Carers: (Parental Consultation)**

- \* Parents/Carers have had, and will continue to have opportunities to comment on the SRE Policy. The policy is available on the school’s website and all new parents will be made aware of it.
- \* Parents/Carers have the right to withdraw children from the non-statutory aspects of the SRE programme. This does not include the Science content.
- \* Parents/Carers are encouraged to talk to their children about the content and delivery of SRE. All details of the programme are available on the website.



**Teachers:**

- \* Within the RE and Science departments a teacher will be designated to co-ordinate SRE and ensure effective delivery.
- \* Within PSE a team will be identified to support the work of tutors in delivering the SRE programme.
- \* Teachers directly involved in delivering SRE will be made aware of the policy and will have opportunities to comment on it.

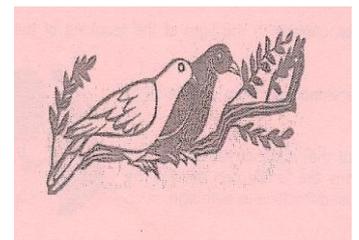


**Governors:**

- \* Were involved in formulating the policy and approving its use.
- \* Will monitor delivery.

**Designated Co-ordinator**

The PSE co-ordinator will ensure effective delivery of the objectives specified for the PSE programme in KS3 and KS4. This will be supported by designated teaching staff and additional speakers where necessary.



### **Policy into Practice**

At Bishop Hedley, education for personal relationships is not the responsibility of one Department alone. In all areas of the curriculum it is possible for issues concerning relationships and personal growth to arise and it is inevitable that the teaching of an apparently unrelated topic will occasionally lead to a discussion of aspects of sexual behaviour. As a Catholic school it is natural that our teaching in this area will reflect the doctrine and teaching of the Church and it is expected that all teachers will treat the issues with the greatest sensitivity. Therefore, all who make up the community of the school should reflect, in their relationships, the Church's understanding of what it means to be a human person.

### **Organisation of School Sex Education**

The School Sex Education programme follows the Fertile Heart scheme as directed by the Archdiocese of Cardiff from October 2018.

External personnel such as nurses, doctors, peer educators may be used where the school judges their specialist contribution to be particularly beneficial. All such contribution will conform to the policy document, and the ethos of the school. In the event that such a professional takes up an issue with a pupil on an individual basis, they will then be bound by their own professional code of conduct.

### **KS3**

The Fertile Heart Scheme is delivered by Form Tutors in their Tutorial lessons supported by workbooks and resources created by staff from across the school. The biological aspects will also be delivered in Tutorial lessons in Year 7 after the completion of the Fertile Heart programme with the development of resources and support carried out by the Science department.

### **Year 7**

In Year 7 pupils will study topics including;

- What it means to be human
- Tolerance
- Nature or Nurture
- Parents and Authority
- My relationship with me

### **Year 8**

In Year 8 pupils will study topics including;

- The fertile person
- Love and Ego-Life
- Texting, Sexting and Degrading Images
- Control and Fear
- Bullying

### **Year 9**

In Year 9 pupils will study topics including;

- Spiritual Desires
- Adolescence, Personhood and Sexuality
- Marriage and Family
- Credit Creation and Debt
- Family, Work and Fertility

Bishop Hedley Catholic High School  
Ysgol Uwchradd Catholig Esgob Hedley  
**Sex and Relationships Policy**

#### **KS4**

In KS4 the scheme is delivered within the RS department as there is no tutorial time. The lessons will be delivered where they fit best around the WJEC GCSE Specification. In Year 10 it will be delivered in the Summer Term after the examination period and in Year 11 it will be delivered alongside the themes of Sex and Relationships, Gender and Marriage in the specification in the Spring term.

#### **Year 10**

In Year 10 pupils will study topics including;

- Growing Up: subjective and objective love
- Complementarity
- Sex and Expressing a Communion of Love
- The Joy of Fertility
- Sexual Bonding

#### **Year 11**

In Year 11 pupils will study topics including;

- The Fertile Person and Sexuality
- The Intellectual Virtues
- The Gift of Human Life
- Stewards of our Future
- Forgiveness

#### **Methodology and Approach**

Teaching methods will be varied but will include discussion group work, self-analysis, information giving – audio visual presentation, meditation, question sheets, external agencies.

Staff recognise the value of each individual and that young people are at different stages in their understanding and therefore are sympathetic and sensitive towards the individual needs and concerns of their pupils.

At all times in the delivery the correct biological term is used. The explicitness of material is always appropriate to the age of the pupils and all terms are explained to avoid misunderstanding and confusion.

Questions often arise in a classroom context that refer to controversial issues. These questions are dealt with honestly and in as mature a way as appropriate to the age of the class; in such a situation, pupils would be encouraged to discuss these matters with their parents, and parents will be informed by letter before the delivery by the School nurse. Parents have the right to withdraw their children from all or part of any sex education topic other than those in the National Curriculum.

All staff are careful to create an environment in which pupils can be open and honest without fear of embarrassment. Any tendency to immaturity, insensitivity and lack of tolerance will be discouraged. Ground rules should be formulated and discussed with pupils. These will include the fact that the work will be done without anyone having to answer personal questions or reveal private or family situations.

#### **Suspected Abuse**

In the event of disclosure of any sensitive information to any member of staff regarding pupil welfare, or where any abuse (sexual or otherwise) is suspected by any member of staff, the correct procedures must be followed in line with current Child Protection Guidelines and school policy. Complete

confidentiality cannot be guaranteed, dependent on the nature of the suspected abuse and in line with the policies previously mentioned. Matters which must be referred are:

- Pregnancy/suspected pregnancy
- Abuse
- Sexual intercourse
- Homosexual activities
- Rape

Referral in the first instance will normally be to the Head of Year or Deputy Head, except in the case of abuse which must be referred to the designated teacher for Child Protection, Ms E Jones (Assistant Headteacher). Mr Dennis Jones (Subject Leader – PE) and Helen Knee (HLTA) are the deputy members of staff in respect of child protection matters.

### **Confidentiality**

As outlined above pupils must be informed that a teacher cannot provide complete confidentiality. If a confidence has to be broken the pupil should be informed first and appropriate support provided.

### **Pupil Withdrawal**

Some parents/carers prefer to take the responsibility for aspects of this element of education. They have the right to withdraw their child from all or part of the sex and relationship education except for those parts included in the statutory National Curriculum (i.e. in Science lessons and Religious Education lessons). We would make alternative arrangements in such cases. Parents/carers are encouraged to discuss their decisions with staff at the earliest opportunity. Parents/carers are welcome to review any SRE resources used by the school.

This policy is an adaptation of **Guidance on Education for Personal Relationships** published by the Archdiocese of Westminster, December 2006. This policy has been reviewed since and amended to incorporate 'Theology of Body' (November 2012) and Learning to Love (CES 2017)

### **STAFF GUIDANCE DOCUMENT ON THE CATHOLIC TEACHING ON ASPECTS OF SEX AND RELATIONSHIP EDUCATION**

This document has been developed to ensure the inclusion of all students with due regard to SEN, more able and talented, gender, ethnicity, disability, looked after children, and those students who are on the register in relation to Child Protection issues. Our Schools value the worth of every individual and the contribution they make to the school community as a whole.

In a Catholic School it is the responsibility of all the staff to acquaint themselves with Catholic Teaching on moral issues. In the light of such issues becoming more prominent in many areas of the school curriculum, the Head of Religious Education felt that staff would welcome the following guidelines on the Catholic teaching on some aspects of Personal Relationships.

The area of Personal Relationships is a delicate one for both pupil and teacher and staff should feel free to discuss and share approaches to classroom practice, this sharing of approaches will highlight the complex nature of Sex Education. Proper regard should be given to the process of moral development of young people, so that they are not simply informed of the Church's teaching but also helped to develop an appreciation of the values embraced in that teaching. This means taking account of the world in which our children and young people are growing up.

***“God is love, and anyone who lives in love lives in God, and God lives in him.”***  
**(John 4:16)**

All the teaching of the Catholic Church on moral questions begins from the understanding that God made everyone. God loves everyone and it is God's will that everyone should 'love' and respect others. Love and selfishness are opposites. Inevitably, there will be repetition in particular parts of the teaching. Schools have a clear policy on Sex and Relationship Education. This document is a guideline on issues which might require clarification.

### **Sex outside Marriage**

The Catholic Church teaches that sex is a gift from God to enable two people to express their exclusive love for each other and to help continue God's work of creation. Sex completes a relationship. Thus sexual intercourse should only take place within the firm commitment of marriage.

### **Divorce**

Based on the Gospel teaching of Jesus 'What God has joined together let no man put separate' the Church does not recognise the breaking of the contract of a valid marriage. The Church will however, examine a 'marriage' and if any of the ingredients of the marriage are missing at the time of the marriage ceremony, the Church may declare that 'no marriage took place' and an annulment can be granted.

### **Contraception**

Our relationships with other people are expressed by our words and actions. The most intimate of these actions, sexual intercourse, expresses the most intimate relationship, which is the love between husband and wife. The act of sexual intercourse is also the action through which the human race is continued. Therefore, any sexual acts where the creation of new life has been deliberately ruled out – including the use of artificial contraceptives – must be regarded as a wrong use of sex. The fullest statement on the subject is found in the Encyclical Letter 'Humane Vitae', issued by Pope Paul VI in 1968.

### **Abortion**

The Church's teaching on abortion is quite clear. God created us all in his image and human life is sacred. The question of when this begins has been the cause of debate. The Church states that life begins at conception. The strength of this arrangement lies in the fact that there is no other point in personal development of which we can say 'Human life has now come into being – before this point it did not exist'.

Please note:

This principle of the sacredness of human life from the moment of conception is one which the Church would apply to moral debates concerning embryology in general and genetic research in particular.

### **Masturbation**

The Church teaches that masturbation is wrong in that it can be seen as a form of self-indulgence. This is not what the act of sex is intended to be. God, the Creator, designed it as the special means by which man and a woman can give themselves to one another. Masturbation encourages us to live in a fantasy world rather than to find fulfilment through working hard at a relationship in the real world. It can teach us to regard others as sex objects, rather than people in their own right.

### **Homosexuality**

We need, first to distinguish between homosexuality as a condition and homosexuality as a practice. The Catholic Church accepts that, generally speaking, homosexuality as a condition is not a matter of choice. However, while all human beings are called to love, the Church does not believe that sexual activity is necessary to the expression of this love; witness the value it attaches to celibacy and the vow of virginity. In fact, the church teaches that the full sexual expression of love is reserved for husband and wife in marriage and that this sexual expression of love must be open to the possibility of new life. Hence, the Catholic Church does not accept homosexuality in practice. It does not believe that sexual acts between persons of the same sex are morally right in principle. The Church bases this teaching on Biblical theology and on its Philosophy of Natural Law. However, the Church is aware of the special problems of homosexuals and would stress in this regard the love of Jesus for all. We are all created by God and the possibility of repentance and forgiveness for sexual sins is open to all.

## **Gender**

The Church's current teaching on the subject of gender is set out with *Amoris Laetitia* which emphasises that "biological sex and the socio-cultural role of sex (gender) can be distinguished but not separated". ('Relatio Finalis' of the 'Family Synod' 2015) The Church's stance on gender is supported by a study by the American College of Paediatricians (2017) which states that human sexuality is binary by design for the purpose of reproduction and that sex and gender should not be confused. Sex is biological and gender is a sociological and psychological concept: gender is developed as individuals develop an awareness of themselves and those who identify as the opposite gender still remain biologically men or women. The study discovered that as many as 98% of gender confused boys and 88% of gender confused girls eventually accept their biological sex after naturally passing through puberty. The Catholic Church does not support the use of hormones or medical interventions to change or alter ones 'gender' and the promotion of individuals to live as the opposite sex. However the stance and teachings above can ever condone the 'victimisation' of a human person 'affected' by gender dysphoria and we all must show genuine love and understanding to those facing such issues.

## **HIV/Aids**

The approach of the Catholic Church towards AIDS can be viewed from the point of view of:-

1. The Victim
2. The underlying causes.
  - 1 (i) once a person suffers, from whatever cause, the victim is to be treated with the fullness of Christian love and care.
    - (ii) Great care must be taken to avoid the 'homosexual bashing' mentality.
  - 2 (i) Clearly the Catholic Church supports the view that loyalty to one partner is the best defence against the spread of AIDS
    - (ii) Since the Catholic view is that the full sexual expression of human love is reserved for husband and wife within marriage, it cannot support any measures, which tacitly accept, even if they do not encourage, sexual activity outside marriage.... Nor can we accept
      - (iii) that for the unmarried the choices lie between condoms and infection. There is a third course of action: refusal to engage in extra marital sexual activity' – (Cardinal Hume)

## **Conscience**

The Church teaches that man must obey his conscience it is his most direct connection with moral commandments. There is the serious obligation of informing ones conscience for only a properly instructed conscience can be a reliable guide and can claim ultimate freedom of decision. We must learn to make decisions on Christian wisdom and authority, but decisions which are our own and for which we are prepared.

".... Children and young people should be helped to develop harmoniously their physical, moral and intellectual qualities ... they should receive a positive and prudent education in matters relating to sex ... and young people have the right to be stimulated to make sound moral judgements based on a well-informed conscience and to put them into practice with a sense of personal commitment..."  
Gravissimum Educationis (para. 3) Second Vatican Council.

**This policy was updated in the Autumn Term 2018**

**Signed:**

**This policy will be reviewed in the Autumn Term 2020**