



# ST THOMAS MORE CATHOLIC SCHOOL

## **7. PARENTS GUIDE TO SEX AND RELATIONSHIP EDUCATION**

### **CONTEXT**

The school believes that Sex and Relationship Education (SRE) is an educational entitlement of all pupils and an integral part of each pupil's emergence into adulthood. In line with the teachings of the Catholic Church we aim:

- To promote the values and teachings of the Catholic Church;
- To promote self-confidence and self-esteem;
- To heighten factual information about the nature of human sexuality;
- To develop high standards of personal conduct, particularly in relationships with others.
- To emphasise the importance of family life;
- To develop pupils' understanding of personal freedom and responsible decision making.

SRE is delivered by a team of trained SRE teachers who work with all students each term. These sessions are run in addition to lessons delivered through Science and RE.

### **KS3 CURRICULUM**

Year 7 develop their understanding about puberty and the physical and emotional changes that will happen to them. They consider how their feelings can change during puberty and how to manage these in a positive way.

Year 8 understand the process of conception. They develop an understanding of what contraception is and the Catholic teachings of abstinence. They will also explore the importance of positive communication in relationships.

Year 9 recognise and understand sexual exploitation and consider the importance of making safe choices about relationships. Students will develop their knowledge of Sexually Transmitted Infections and understand the importance of making choices that keep themselves safe.

### **KS4 CURRICULUM**

Year 10 consider the effect that the media, including pornography, can have on body image and self-esteem. They contemplate and practice assertiveness and negotiation skills in the context of positive relationships and develop knowledge regarding where to go for professional advice.

Throughout the year there will be talks on health and hygiene from staff, the school nurse and visiting speakers.

### **CONFIDENTIALITY**

Teachers conduct SRE lessons in a sensitive manner and in confidence. However pupils will be made aware that some information cannot be held confidential and made to understand that if certain disclosures are made certain actions must ensue. At the same time pupils will be offered sensitive and appropriate support and the school will always encourage pupils to talk with parents first.

### **THE NATIONAL HEALTHY SCHOOLS STANDARD**

As a Healthy School we:

- Inform and consult with parents about the SRE policy and practice;
- Listen to the views of the pupils in our school regarding SRE;
- Look positively at any local initiatives that support our delivery of SRE.

**Any concerns regarding SRE please contact Ms T Warriner.**