

# St Bronagh's P.S.

# Relationships and Sexuality Education Policy.



Date approved by Board of Governors: Spring 2026  
Review Date: Spring 2027

## **RATIONALE**

RSE is an integral part of the Revised Curriculum and must be delivered in a sensitive manner which is appropriate to the age of pupils. It must be in harmony with the ethos of the school and in conformity with the moral and religious principles held by parents and school management.

## **INTRODUCTION**

RSE seeks to equip a young person with the skills and values necessary to initiate and sustain healthy, mature Christian relationships which is part of a lifelong process encompassing the acquisition of knowledge, understanding and skills and the development of attitudes, beliefs and values. It is supported by our Religious Education Programmes - Grow in Love and Flourish, and by our PDMU and Science Curriculum, Circle Time, PATHS and Childline Programmes as appropriate.

St. Bronagh's Primary school believes in a strong and supportive partnership with parents. We recognise the vital role of parents and the home in developing children's sense of dignity and responsibility in matters of sexuality and relationships. The role of the school is to assist and support the work of parents. Parents will be fully informed about the school's provision on these topics. Opportunities will be provided for parents, teachers, and governors to raise any issues and concerns they might have about the RSE policy and programme.

The effectiveness of our RSE policy and programme is dependent on a collaborative process involving parents, teachers, governors and other health professionals. Each has distinctive contributions to make.

Whilst fully acknowledging and complying with legal requirements, we stress the Christian influence on our teaching of all areas of the curriculum and that this teaching is placed firmly within the tradition of the Roman Catholic faith.

## **DESCRIPTION OF POLICY FORMATION AND CONSULTATION PROCESS**

The policy was drafted using the revised DENI Circular 2001/15a – Guidance for Primary Schools on Relationships and Sexuality Education, with guidance from CCMS and with reference to exemplar policies.

The Board of Governors, staff and a group of parents were consulted and invited to respond to the draft policy which was then written referencing recommendations from the consultation process.

## **AIMS FOR RELATIONSHIP & SEX EDUCATION**

RSE is taught within the moral, social and spiritual framework that reflects the beliefs and ethos of a Catholic school. Accordingly, the following is a list of the aims of RSE which we wish to endorse through our programme –

- Enhance the personal development, self-esteem and well-being of the child;
- Help the child develop healthy and respectful friendships and relationships;
- Promote responsible behaviour and the ability to make informed decisions;
- Help the child come to value family life and marriage;
- Appreciate the responsibilities of parenthood;
- Promote an appreciation of the value of human life and the wonder of birth;

- Promote honesty with self and others;
- Promote an appreciation that friendships and relationships should be based on self and mutual respect, non-exploitation, honesty, trust and commitment;
- Highlight that within relationships there should be recognition that rights, duties and responsibilities are important.

## LEARNING OBJECTIVES

The RSE curriculum should enable pupils to:

- Acquire and develop an age-appropriate knowledge and understanding of self;
- Develop a positive sense of self-awareness, self-esteem and self-worth;
- Develop an appreciation of the dignity and uniqueness of others;
- Understand the nature, growth and development of relationships within families, in friendships and in wider contexts;
- Develop an awareness of differing family patterns;
- Develop strategies to make decisions, solve problems, and implement actions in various personal, social and health contexts;
- Develop personal and inter-personal skills including communication and social interaction which will help to establish and sustain healthy personal relationships;
- Develop some coping strategies to protect self and others from various forms of abuse with particular reference to eSafety;
- Develop an appreciation of the potential impact of internal and external influences, such as peer pressure and conflict management, on lifestyle and decision making.

## SKILLS

The RSE curriculum should enable pupils to develop the skills necessary to form and maintain relationships and to make informed choices and decisions regarding health and well-being.

They need opportunities to develop:

- **Practical skills** for everyday living; for supporting others; for future parenting;
- **Communication skills** learning to listen, listening to other's points of view; putting one's own view forward clearly; handling and resolving conflict peacefully; being assertive;
- **Decision-making and problem-solving skills** making sensible choices in the light of relevant information; making moral judgements about what to do in actual situations; acting responsibly as an individual or as a member of a group;
- **Inter-personal skills** for managing relationships confidently and effectively; for becoming an effective group member or leader.

## MORALS AND VALUES

RSE should enable children to clarify what they believe and why they believe it and develop a respect for the beliefs of others. Children need opportunities to explore values and attitudes and to consider how they, and others, are affected by them.

Children will be taught RSE within a framework which encourages the following values:

- A respect for self;

- A respect for others;
- Commitment and trust within relationships;
- Equality in relationships;
- Honesty with self and others;
- Compassion and forgiveness when people do not conform to their way of life;
- Self-discipline.

## **MANAGEMENT OF THE RSE PROGRAMME**

**Foundation Stage and Key Stage 1** will endeavour to help children to:

- Understand the importance of valuing themselves and others;
- Recognise their membership of the family and recognise the roles of individuals in the family;
- Appreciate relationships; in school, community, friends, family, working together, playing and praying together;
- Know about emotions and how we can deal with them;
- Know about being safe;
- Have an awareness of personal health and safety and hygiene issues.

**At Key Stage 2** teachers will endeavour to help children to:

- Understand that they grow and change through life;
- Understand what is meant by relationships within families, friends and communities;
- Develop an appreciation of what is involved in bringing up children and what responsibilities parents have;
- Be aware of their changing emotions and the need to respect other peoples' emotions and feelings;
- Know and understand their own bodies and the need for personal hygiene;
- Become aware of the choices they make and that there are good choices and wrong choices which both have consequences;
- Recognise the importance of forgiveness in relationships and the all-embracing forgiveness of God.

(All teaching in RSE is age appropriate and sensitive. Details of content taught are listed in an overview which teachers reference).

Upon occasion St. Bronagh's staff may invite visitors into the school to enhance or supplement the RSE provision. These facilitators/tutors will be approved in advance by the Principal and will work under the guidance and supervision of the classroom teacher. All materials proposed for use will be approved in advance by the Principal, be age and stage appropriate for pupils, be in line with the ethos of the Catholic school, and the principles of St Bronagh's RSE policy and all other relevant school policies and procedures including the school's Child Protection Policy.

Parents will be consulted and made aware of any visitor or agency proposing to engage with pupils.

## **SAFEGUARDING AND CONFIDENTIALITY**

All staff members have the responsibility to ensure the safety and well-being of all pupils. Teachers need to be aware that effective Relationship and Sex Education, which brings an understanding of what is and is not acceptable in a relationship, could lead to a disclosure of a Child Protection issue. Disclosures of this nature will be sensitively handled, and the school safeguarding procedures followed. The same procedures will be followed if a member of staff suspects that a child is the victim of abuse, or they have reason to believe that a child is at risk.

## **MONITORING AND REVIEW**

Teachers at St Bronagh's P.S. are encouraged to critically reflect on their work in all areas of the curriculum and therefore the programme for RSE will be monitored annually by the RE Co-Ordinator and School Leadership Team to ensure it continues to be effective, relevant and appropriate and takes into account recent guidance from the Dept of Education and C.C.M.S.

The governors will review the RSE policy annually.

If any changes or alterations are to be made to the way in which RSE is taught or the resources that are used, parents will be consulted.

This policy should be read in conjunction with the following additional policies: Pastoral Care, Child Protection, Anti-Bullying, eSafety and Drugs Education.