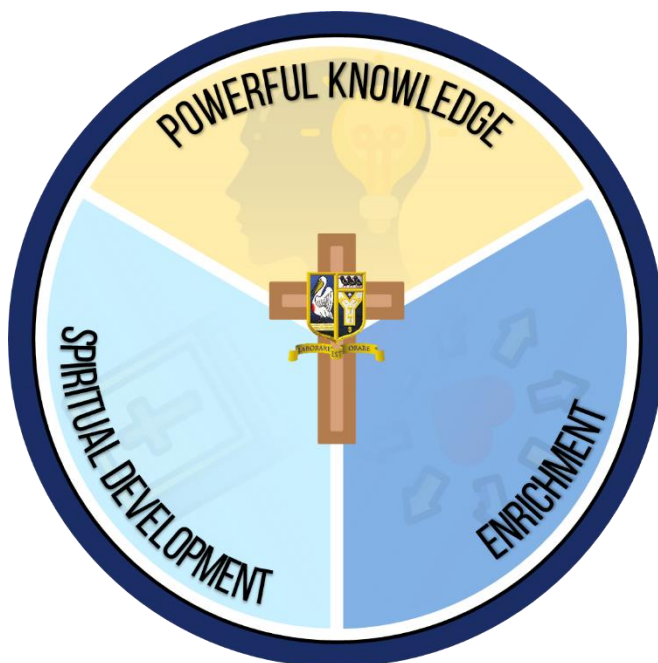


THE BECKET SCHOOL



RELATIONSHIPS AND SEX EDUCATION

CURRICULUM INTENT



*"I HAVE COME IN ORDER THAT YOU MIGHT HAVE
LIFE*

—LIFE IN ALL ITS FULLNESS."

~JOHN 10:10

**"WHEN GOD SAID, "IT IS NOT GOOD THAT MAN SHOULD BE ALONE," (GEN.2:18) HE AFFIRMED THAT "ALONE", MAN DOES NOT COMPLETELY REALISE THIS ESSENCE. HE REALISES ONLY BY EXISTING "WITH SOMEONE" – AND EVEN MORE DEEPLY AND COMPLETELY – BY EXISTING "FOR SOMEONE"
– ST POPE JOHN PAUL II, THEOLOGY OF THE BODY**

From 1979 to 1984, in his Wednesday audiences, St Pope John Paul II spoke on the importance of relationships. Called 'Theology of the Body', these talks welcome us into a fuller understanding of how Christ sees the human body. This is the foundation of our Relationships and Sex Education programme.

Relationships and Sex Education part of the mission of Catholic schools to educate the whole person.

It is carried out as part of the holistic education which seeks to form as well and inform young people in preparation for adult life

INTENDED OUTCOMES

What will I gain by studying Relationships and Sex Education?

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”. It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

In secondary schools, RSE should “give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex.”

At The Becket, our approach to RSE is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals. At the heart of Christian life is the Trinity: Father Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE RSE will be firmly embedded into the PSHE (Personal Development) framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social, and intellectual development of students.

All RSE lessons will be delivered in accordance with the Church’s moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their lives respected whatever household they come from. It will also prepare students for a life in modern Britain.

At The Becket School we are currently using the Ten:Ten Life to the Full programme for Year 7-Year 11. Ten:Ten is a Catholic, fully integrated and holistic programme in RSE that truly enables students to ‘live life to the full’ (John 10:10).

The programme follows the model Catholic RSE curriculum that is broken into three modules:




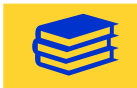


- 1) Created and Loved by God
- 2) Created to Love Others
- 3) Created to Live in Community

It has been cross referenced against the DfE Statutory Guidance for RSE.

CURRICULUM INTENT

POWERFUL KNOWLEDGE	<p style="text-align: center;">What will I learn by studying RSE?</p> <p>Students will:</p> <ul style="list-style-type: none"> • Recognise that they are growing up in a complex world with many people seamlessly living their lives on and offline. • Learn how to navigate these complexities acknowledging the many positive and exciting opportunities but also the challenges and risks. • Know how to stay safe and be healthy, considering both physical and mental wellbeing. • Grasp the information they need to help develop healthy, nurturing relationships of all kinds, not just intimate relationships. • Consider the skills and personal attributes that develop young people into successful and happy adults who make meaningful contributions to society.
SPIRITUAL DEVELOPMENT	<p style="text-align: center;">How will studying RSE help me grow as a person?</p> <p>Studying Relationships and Sex Education will:</p> <ul style="list-style-type: none"> • Give students a context and a purpose that gives meaning our everyday life • Allow students to explore their own ideas and views on a range of issues that impact you. • Help students discover the beliefs and identities of the Catholic Church and other worldviews. • Develop key virtues that cultivate resilience and character in the individual. • Allow for students to engage with their faith, thoughts and feelings with opportunities for personal reflection.
ENRICHMENT	<p style="text-align: center;">What can I do as a student of RSE?</p> <ul style="list-style-type: none"> • Students will have the opportunity to extend their learning beyond the classroom through additional sessions delivered by external provider e.g. EQUATE • Students can take part in the extra-curricular Justice and Peace Group at lunchtime that allows them to put our faith into action. Recognising that everyone is worthy of dignity and respect • Students can contribute to the Becket Equality and Diversity Committee • In Year 9, students will have the opportunity to participate in interfaith discussions during Interfaith Harmony Week • Students will have an annual Retreat Day focusing on their self-worth and relationship with God and the wider world • Students in Year 11 and Sixth Form can join The Becket LBGT+ group

CURRICULUM IN THE CLASSROOM

B	EHAVIOUR IS EXCELLENT	
E	XPERT TEACHERS	
C	OGNITIVELY ACTIVE	
K	NOWLEDGE-RICH	
E	MBEDDED PRACTICE	
T	ESTING-FOR-LEARNING	

How will I learn in Relationships and Sex Education?

- You will be taught by a team of well-trained teachers who are passionate about sharing their knowledge.
- RSE at The Becket has a knowledge rich approach that centres on the use of knowledge books
- There will be regular low-stakes consolidation quizzing in class to assess your learning
- Progress will be assessed through confidence and baseline assessment prior and post topics

LEARNING SEQUENCE

YEAR 7

THEME	Created and Loved by God				Created to Love Others		Created to Live in Community
DPE TOPIC	Religious Understanding	My, My Body, My Health	Emotional Wellbeing	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World
TOPIC	Who Am I?	Changing Bodies	Healthy Inside and Out	Where We Come From	Family and Friends	My Life on Screen	Living in the Wider World
EXPLANATION	<p>Our Year 7 Relationships and Sex Education programme begins with the core religious understanding that we are created by God as one whole person, both body and soul. Reflecting on the uniqueness of individuality, students will reflect on the value and dignity, derived from God, possessed by all humanity. Students will reflect on the idea of respect, including respect they should have for themselves and for others.</p> <p>Building on the religious understanding of the body, students will explore changes in puberty, including physical and emotional changes. They will consider how to look after and accept their changing bodies, including how to take responsibility for personal hygiene, and understand that there are different body shapes, sizes and personal attributes.</p> <p>Following this, students will identify what contributes to their self-esteem, and how high or low levels of self-esteem can affect their confidence and decision making. Building on previous exploration of body shapes and sizes, they will explore the effect of body image and learn techniques to help them increase self-esteem.</p> <p>Students will then consider the features of positive and stable relationships between family and friends. They will reflect on different family structures, explore how to deal with conflict, and understand the qualities of true friendship.</p> <p>Rooted in the core Catholic teaching that we are made out of love for love, pupils will then explore their digital lives and the effect our use of digital technology can have on ourselves and others.</p> <p>Building on previous sessions' learning about behaviour management, students will explore social responsibility and respect for self and others. The session attempts to inspire our young people to be responsible and play a positive part in their communities.</p> <p>The Year 7 RSE Programme is drawn together by a final 'Cinema in Education' session. The session is based on the film 'Facts of Life', a story about friendship, new beginnings, bullying, aspiration and the impact of social media on relationships. It's core message, which compliments the programme of study, aims to help young people see their true, innate value through the eyes of God.</p>						



YEAR 8

THEME	Created and Love by God				Created to Love Others		Created to Live in Community
DfE TOPIC	Religious Understanding	Me, My Body, My Health	Emotional Wellbeing	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World
TOPIC	Created and Chosen	Appreciating Differences	Feelings	Before I Was Born	Tough Relationships	Think Before You Share	Wider World
EXPLANATION	<p>Our Year 8 programme begins with a foundational session that helps students to develop an appreciation that our deepest identity is in God: as people created, chosen and loved by Him. Students will learn that science proves our uniqueness and becoming aware of it can help us to open up to God who is the ground of our being and the One who loves us.</p> <p>Building on the teaching that our deepest identity is in God, students will learn about male/female differences, including issues such as gender stereotypes, gender dysphoria and transgenderism. Equality is championed as being of great importance, whilst simultaneously crucial is celebrating difference. Students will learn that bullying and exclusion is always wrong, because every person is a child of God, worthy of love.</p> <p>Students are then invited to appreciate the beautiful and fragile gift that life is through learning about the miraculous journey from conception to birth. This also involves teaching on the ending of pregnancies prematurely through miscarriage or deliberately via abortion, and different attitudes surrounding this, including discussions about when life begins.</p> <p>Building on themes of equality and celebrating difference, we then address the themes of prejudice and discrimination, both historical and current. Pupils will learn about privilege, 'Protected Characteristics' and how to resist judgement. The session ends with a challenge for pupils to choose the route of tolerance, kindness and forgiveness, and never to suffer in silence.</p> <p>Students will then explore the social, personal and legal consequences of sharing images of a sexual nature. Pupils will also learn about their digital footprint, pornography and online exploitation, leading to the understanding that sharing anything in word, speech or action that reduces people to objects dishonours their God-given dignity.</p> <p>Exploring issues of prejudice, discrimination and homophobic bullying, including a Holocaust case study, pupils will learn that we are called to love and respect one another as children of God with value and dignity that far surpasses our culture, race, religion, sexual orientation, choices and attitudes. Pupils will be given the opportunity to examine and commit to change their own behaviour.</p> <p>The Year 8 RSE Programme is drawn together by a final 'Cinema in Education' session. The session is based on the film 'The Trouble with Max', a film that allows students to reflect personally on the negative pressures and influences they are faced with and to combat these lies with a deeper understanding of the truth about who they are.</p>						

YEAR 9

THEME	Created and Love by God				Created to Love Others		Created to Live in Community
DfE TOPIC	Religious Understanding	Me, My Body, My Health	Emotional Wellbeing	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World
TOPIC	The Search For Love	Love People, Use Things	In Control of My Choices	Fertility & Contraception	Marriage	One Hundred Percent	Knowing My Rights / Responsibilities
EXPLANATION	<p>Our Year 9 programme of study begins by exploring the search for love that is part of human nature, but is not ultimately satisfied by another human being, however wonderful this may be. Pupils will learn that human love is a sign of the “greater love” of God. This leads to an exploration of the Church teaching of sex as a gift from God, and that sexual intercourse is the most intimate expression of human love that should be delayed until marriage.</p> <p>Building on the teaching about the search for love, the programme moves onto sexual intimacy, exploring key issues regarding sexual desire, casual sex, pornography and masturbation. It will empower students to love people and use things, rather than the other way around.</p> <p>Students will then begin to understand the difference between love and lust and the importance and benefits of delaying sexual intimacy. Pupils will recognise, clarify and, if necessary, challenge their values, attitudes and beliefs, and they will understand how these influence their choices.</p> <p>Through interviews with experts and testimonies from couples, students will learn about methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods. They will also be taught the Church’s teaching on contraception and the value of life, and the specifics of how different contraceptives function.</p> <p>Students will progress to discuss various types of committed relationships (e.g. civil marriage, civil partnerships, forced marriage, monogamy, etc) leading to teaching about the nature and importance of sacramental Christian marriage. Pupils will also be encouraged to consider their own future relationship plans and give thought to developing the virtues they will need.</p> <p>Following this, students will learn about non-physical and online consent. They will learn that consent given under pressure or coercion is not true consent.</p> <p>Students will then explore issues around physical consent and sexual exploitation. It also explores wider human rights and responsibilities, and the tensions between human rights law and cultural/religious expectations.</p> <p>The Year 9 RSE Programme is drawn together by a final ‘Cinema in Education’ session. The session is based on the film ‘Love, Honour, Cherish’, a film that explores peer pressures, relationships, sexting and the impact of the media. It promotes the virtue of chastity, love and marriage.</p>						

YEAR 10

THEME	Created and Loved by God				Created to Love Others		Created to Live in Community
DFE TOPIC	Religious Understanding	Me, My Body, My Health	Emotional Wellbeing	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World
TOPIC	Authentic Freedom	Self-Image	Values, Attitudes and Beliefs	Parenthood	Pregnancy and Abortion	Abuse	Solidarity
EXPLANATION	<p>Our Year 10 RSE programme begins to explore issues such as peer pressure, virginity, love, sex and responsibility through the eyes of a young couple. Students will discuss the objective reality of sex: pregnancy and chemical bonding between two people. Students will explore the common belief that ‘personal freedom is doing what you want as long as no one gets harmed’ and be challenged to consider the alternative perspective: that making a loving gift of self is an ideal worth holding out for, one which leads to authentic freedom.</p> <p>Studies will then progress to address themes such as body image, body shame and control over sexual urges to explore positive and negative ways of feeling attractive and confident in ourselves. Students will learn that true confidence in who we are, including confidence in our bodies, comes from knowing we have dignity – that we are to be valued and respected not because of how we look or what we do, but just by being alive, created by God and called His child.</p> <p>Students will then explore the importance of knowing our own beliefs, values and attitudes so that we are not at risk of making decisions which go against them. Students will be given the chance to interrogate their own core values and consider how faith can give us the courage to stand up for what we believe in.</p> <p>Thinking about their own family dynamic, students will be asked to consider what it means to be a parent, including issues such as love, dedication, obligation, commitment, sacrifice and a lifetime of responsibility. Marriage is positioned as the ideal foundation for parenthood and family life, and God as our unconditionally loving Father.</p> <p>Students are encouraged to develop their own values and attitudes towards abortion, based on teaching about the stages of life in the womb, abortion myths busted by a medical expert, the Church’s teaching and different accounts of people who have experienced abortion. Pregnancies of all kinds, including unplanned and involving disability, are positioned as invitations to respond with love to the gift of life.</p> <p>The programme then unpacks different types of abuse (physical, emotional, domestic and neglect), which are all incompatible with an understanding of innate human dignity. Touching on topics such as entrapment, manipulation, sexual grooming, cyberbullying and pornography. Students will learn that people are not things to be used but uniquely precious persons to be loved and cherished, that we should remain vigilant to abuse in our own/others’ relationships and that victims of abuse should always be encouraged to speak out and access support.</p> <p>Students will then explore the Catholic Social Teaching principle of ‘integral ecology’, where dignity, human rights and concern for the poor are intertwined with a concern for nature, the environment and the whole of creation. Students will be challenged to live wisely, think deeply and love generously in order to live in solidarity and peace with God’s creation.</p> <p>The Year 10 RSE Programme is drawn together by a final ‘Cinema in Education’ session. The session is based on the film ‘Babies, a film that covers a wide range of themes dealing with teenage pregnancy, abortion, parenthood, relationships, marriage, family life, love and responsibility. It enables young people to understand delicate issues with their hearts and minds.</p>						

YEAR 11

THEME	Created and Loved by God				Created to Love Others		Created to Live in Community
DPE TOPIC	Religious Understanding	Me, My Body, My Health	Emotional Wellbeing	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World
TOPIC	Self-Worth	Addiction	Eating Disorders	Birth Control	Pornography	STIs	Coercive Control
EXPLANATION	<p>Our Year 11 programme, through the exploration of personal testimonies, begins with a focus on young people who lacked self-respect and dignity as a result of their formative experiences, and then had a lightbulb moment (conversion) through which they began to see their true value. Students will consider how they respect themselves and others, and the role God can play within that.</p> <p>Following this, students will hear a story of overcoming a severe drug addiction through the help of family, community, responsibility and faith. Students will learn through the story and discussion activities that the pull of short-term highs is strong, but that maturity and growth happens through appreciating one's own life as a gift and learning to make a gift of oneself to others. Students will be asked to consider their own patterns or tendencies towards addiction, because being aware about our own addictions can help us to be more patient and honest with ourselves and others.</p> <p>Students are introduced to two people who both suffered with poor emotional health when they were growing up, which led to an eating disorder. Students will listen to how they have now come through their difficult experiences and speak with great insight about their past emotional and physical struggles. Through their stories and classroom discussion, students will learn that gaining insight into oneself is a key to well-being. Students will be invited to consider their own deepest needs and the complexities and contradictions within themselves.</p> <p>Fertility is discussed as a precious gift to be protected, nurtured and valued. Students will listen to an interview of a married couple who tried artificial contraception before moving on to use Natural Family Planning as they grew to appreciate that sex includes the gift of fertility. This led them to a deeper reflection on how love, sex and procreation are all intrinsically linked - because that's how God intended it to be. Through activities and discussions, students will be invited to consider what they want their future lives to be like.</p> <p>Following this, we will address 'adult content' in an adult way: asking questions about how it affects people's behaviour, how it affects the way people think about themselves, others and their relationships. Students will listen to interviews, in which young adults speak frankly and honestly about their own struggles with pornography. The ultimate takeaway for students is that sexual desire is powerful: making it a part of authentic love is a lifelong challenge and responsibility, but one that leads to maturity and fulfilment.</p> <p>Students will move on to explore risky behaviours and STIs. Students will hear of an interview from a young woman who was raised in East London with strong Indian cultural values. She describes how she felt torn between two worlds: wanting to push boundaries, but also feeling a lot of pressure to not bring shame on her culture, her community and her family. This led to a lot of risky behaviours, including promiscuity, drug misuse and addiction, various Sexually Transmitted Infections (STIs) and two abortions. Through the exploration of the story, activities and discussions, students will consider how the reality of STIs connects to deeper questions about sexual choices and consequences, and how to rethink behaviour that causes harm.</p> <p>Students will then consider how, as humans, we are a social species: isolation is not in our nature. Our longing for intimate, exclusive relationships is a beautiful thing, but one that can make us vulnerable. The final interviewee of the programme shares their own journey of looking for love. Through this story, students will be able to consider what is meant by coercive control and how this type of abusive relationship can develop. They will also be able to discuss issues such as rape, victim-blaming, sexism and misogyny</p> <p>The Year 11 RSE Programme is drawn together by a final 'Cinema in Education' session. The session is based on the film 'Truth and Lies', a film that explores the idea that pornography negatively impacts the self, relationships and the wider world.</p>						