

# St. Bernard's High School

A CATHOLIC ACADEMY FOR ARTS AND SCIENCE



Milton Road, Westcliff-on-Sea, Essex SS0 7JS

T 01702 343583 F 01702 390201

W [www.stbernardswestcliff.org.uk](http://www.stbernardswestcliff.org.uk)

Head Teacher: Mr Tony Sharpe, BA (Hons), M Mus, M Ed, NPQH

Dear Parents/Carers,

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health which are explored during PHSE lessons. Students will consider the nature of loving sexual relationships and focus on the emotional, as well as the physical, aspects so that they are empowered to make considered decisions for themselves at a later point in their lives. Emphasis will be given to Catholic teaching and seeing sexual activity as a gift from God and that our bodies are 'temples of the Holy Spirit'.

Staff discuss with students the appropriate time for sexual relationships, and we explain the position of the Catholic Church on contraception and sexual relationships, while giving our young people the information on keeping themselves protected and discuss the possibility of making relationship and contraceptive choices. The emotional and health consequences of entering into a sexual relationship are considered, and we emphasise the importance of self-respect, self-esteem and dignity and the right to say 'no' to a sexual relationship.

The facts about the transmission, the effects and prevention of HIV/AIDS are discussed in detail and we actively promote abstinence, avoidance of casual sexual relationships and faithfulness within a marriage. We also discuss the prejudice surrounding this disease and how education can combat this; we recognise that we all have responsibility.

Every effort is made to facilitate students on their journey to responsible adulthood and confronting prejudice and discrimination is an important element in this journey. This is part of a wider emphasis on moral justice and having moral courage.

If there are any queries regarding the content covered or its delivery, please contact Mrs Abel.

Yours sincerely

**Mrs Abel**  
**Head of Religious Education**