

# Preparing for Teaching: RSE at St Paul's

Refresher: Key Points

**Year 7:**

- Week 1: Types of Relationships**
- Week 2: Changing Adolescent Bodies**
- Week 3: Changing Adolescent Bodies**
- Week 4: Hormones and Boundaries**
- Week 5: Body Image and Image Sharing**
- Week 6: Toxic Masculinity**

**Year 8:**

- Week 1: Consent and Victim Blaming**
- Week 2: Consent and Sexual Harassment**
- Week 3: Consent and Body Image**
- Week 4: Image Sharing and Messaging**
- Week 5: Physical Boundaries – Sexual Assault**
- Week 6: Toxic Masculinity**

**Year 9**

- Week 1: Healthy Sexual Encounters**
- Week 2: Consent and Pressure**
- Week 3: Contraception and Pregnancy**
- Week 4: Coercive Behaviours**
- Week 5: Objectification of Women and Sexual Harassment**
- Week 6: Toxic Masculinity**

**Year 10/11:**

- Week 1: The Media, Pornography and Sex**
- Week 2: The Function of Sex: Pleasure**
- Week 3: STDS and STIS**
- Week 4: Coercive Behaviour**
- Week 5: Sexual Assault, Harassment and Rape**
- Week 6: Toxic Masculinity**

**"If they accept the Lord and have goodwill, who am I to judge them?" – Pope Francis**

**Why is it important that we cover this content?**



Part of being a well-rounded person means having a sound understanding of the world around you; no matter what your own personal opinion is on certain topics, to either like or dislike something, you must first understand the topic and therefore be taught it – otherwise this is called being ignorant. Therefore, within RSE we will cover a range of topics that may not always align with Catholic teaching or your own personal beliefs – however, we will always frame our discussions within the Catholic Church's stance – both through scripture and the Vatican.

We are lucky enough to live in a country where we can have our own opinions and freedom of speech – however, freedom of speech does not override someone else's right to not be discriminated against, threatened, abused or insulted. Opinions do not need to take a hateful or unkind form *and* people do not always have to agree with your opinion.

Use these lessons as an opportunity to broaden your own understanding of the world around you and other people's perspectives, whilst also better informing your opinions.

# The Bigger Picture:

Whilst it is daunting to think about discussing some of these topics with your form groups, the teachings and discussions you facilitate with your classes will undoubtedly have a positive impact. Your teaching could be preventing individuals from experiencing life-changing health issues or enduring unhealthy and unhappy relationships within their life time – or they may just become more rounded and knowledgeable young adults, capable of making sound decisions.

Students will mirror the atmosphere within the classroom – so through confident teaching we can irradiate awkwardness and immature reactions from students.





## Each Lesson

- Every lessons begins with a reminder of class rules; in the first lesson you will come up with rules a class and these will be displayed somewhere in the classroom. Please refresh students' minds of these each week
- Although repetitive, please read out the slide that is entitled "why it is important to cover this content"
- Even if you do not finish the whole lesson, please end on the final two slides that sign-post safe places to talk for students.
- If possible, HoY or chaplaincy will be circulating during lesson time.
- Keep a note of any unanswered questions – I am happy to provide you with answers for the next week if you are unsure of what to say
- If needed, in some of the more challenging content, I have added in audio clips of me narrating. I will be adding more of these over the next week – please use these if needed.
- If a student needs time out then they can be sent to the library to work with FCS; this should also be passed on to HoY and safeguarding if necessary.

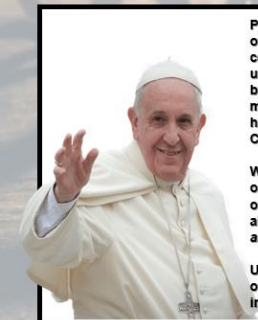
7 Angela's  
Rules for RSE

- 1 If someone wants to share their point of view then they should...
- 2 If people are rude or disrespectful to others then...
- 3 If we disagree with others then we should...
- 4 If someone feels uncomfortable in class...
- 5
- 6
- 7
- 8
- 9
- 10

We will use these rubrics to help us manage our discussions – ensuring that everybody feels safe and comfortable during our lessons.

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# After Lesson

- If any safeguarding concerns arise, please log the concern on CPOMS as soon as possible.
- If any behavioural concerns arise, please let your HoY know as soon as possible.
- Make note of any unanswered questions and pass them on to me (Elysia Roach)
- Feedback/Reflections: I have put a word document into your RSE folders that is entitled feedback. If you have any feedback about a lesson then please write in down in the document and I will make amendments for next year if necessary.

# Effective Teaching

- Uphold the values of the church; this simply means that all areas of focus are grounded within the teaching of the church; other opinions can be explored, but they must always be framed by the Catholic context.
- Don't use the pronouns 'I' or 'My', 'You' or 'Your'; avoid any conversation that moved towards your own person opinions and experiences (or the childs) – e.g. *'a couple might choose to...'*
- Use scenario based teaching
- Don't be afraid to say 'I'm not sure' – coming back to questions on a weekly basis is an effective way of ensuring high-quality and most importantly, accurate teaching.



## SEX OUTSIDE OF MARRIAGE

The church teaches that human life and human sexuality are inseparable, believing that sexual intercourse has a two-fold unitive and procreative purpose; and that outside marriage, sex is always contrary to its purpose. According to the Catechism of the Catholic Church, "conjugal love... aims at a deeply personal unity, a unity that, beyond union in one flesh, leads to forming one heart and soul", since the marriage bond is to be a sign of the love between God and humanity.

"Fornication is carnal union between an unmarried man and an unmarried woman. It is gravely contrary to the dignity of persons and of human sexuality which is naturally ordered to the good of spouses and the generation and education of children.—CCC



## MASTURBATION

For reasons similar to "sex outside of marriage", masturbation is viewed as "an intrinsically and gravely disordered act". In the eyes of the church, the reproductive organs of man and woman should only be used for solely reproductive purposes within the marital union.

"Masturbation is an intrinsically and gravely disordered action... The deliberate use of the sexual faculty, for whatever reason, outside of marriage is essentially contrary to its purpose.—CCC



## PORNOGRAPHY

Pornography poses many issues for the Catholic Church—both because of the participants within the production and viewer at home. Pornography promotes a view of sex that conflicts with the belief in family and marriage set by the Church; sexual intercourse should be a private and intimate act between a man and a woman. Alongside this, it encourages acts of lust such as masturbation for the viewer.



It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants, since each becomes an object of base pleasure and illicit profit for others. The Vatican to Chastity—The Catechism of the Catholic Church

## RESPECTING THE HUMAN BODY:

In Catholicism, our bodies are temples of the Holy Spirit and the health of our soul affects the body (and vice versa). As Catholics we recognize that our flesh will one day die, and we will be given a new, resurrected body in Heaven. While on Earth, however, we must honour God by honouring our bodies. This includes sexual immorality, risk taking, heavy drinking, overeating and so on.

"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". Corinthians 8:18-20



## HOMOSEXUALITY

Pope Francis has clarified the Catholic Church's stance on many LGBTQ+ topics within the past 4 years. Generally, many of his statements stem from his statement—"If they accept the Lord and have goodwill, who am I to judge them?". In a recent documentary, in reference to civil unions he stated that "homosexual people have a right to be in a family. They are children of God and have a right to a family. Nobody should be thrown out or be made miserable over it". To clarify, the church names "homosexual acts" as "intrinsically immoral and contrary to the natural law," and names "homosexual tendencies" as "objectively disordered." Therefore Catholic Church does not consider "homosexual orientation" sinful in and of itself, it does have a negative attitude toward it.

The homosexual person needs to be "respected in his or her dignity and treated with consideration, and "every sign of unjust discrimination" is to be carefully avoided, particularly any form of aggression or violence." - Amoris Laetitia



## RELATIONSHIPS & SEX EDUCATION: THE CATHOLIC CHURCH

## CONTRACEPTION

The Catholic Church believes that using contraception is "intrinsically evil" in itself, regardless of the consequences. Catholics are only permitted to use natural methods of birth control. But the Church does not condemn things like the pill or condoms in themselves. What is morally wrong is using such things with the intention of preventing conception. Using them for other purposes is fine - for example, using the pill to regulate the periods of a woman who is not in a sexual relationship is not deemed wrong.

"The innate language that expresses the total reciprocal self-giving of husband and wife is overlaid, through contraception, by an objectively contradictory language, namely that of not giving oneself totally to the other. This leads not only to a positive refusal to be open to life by also to a falsification of the inner truth of the conjugal love..." - CCC



"Every action—for example, direct sterilisation or contraception—is intrinsically immoral which (either in anticipation of the conjugal act, in its accomplishment or in the development of its natural consequences) proposes, as an end or as a means, to hinder procreation" - Compendium of the Catechism of the Catholic Church

## TRANSGENER AND GENDER THEORY

Pope Francis has spoken in favour of pastoral care and including transgender Catholics in the church, stating that priests should "accompany them spiritually" and they should never be turned away, even if they have undergone sex transition and sex-reassignment operations. However, Pope Francis has spoke out against "gender theory" stating that is goes against the traditional structure of the family and therefore is not supported by the Church.

"[gender theory attempt to] deny the difference and reciprocity in nature of a man and woman and privileges a society without sexual differences, thereby eliminating the anthropological basis of the family" - Amoris Laetitia



## COHABITATION

"The Catholic Church does not agree with cohabitation, because it believes that it destroys the sanctity of the Sacrament of Marriage. In Amoris Laetitia, Pope Francis speaks of the Church providing pastoral care for cohabitating couples if their intention is to eventually marry and have children (or bring their current children up within the teachings of the church).

"When such unions attain a particular stability, legally recognised, are characterised by deep affection and responsibility for their offspring, and demonstrate an ability to overcome trials, they can provide occasions for pastoral care with a view to eventual celebration of the sacrament of marriage! - Amoris Laetitia



## ABORTION:

The Catholic Church views that abortion is always wrong, because it is the destruction of a human life. This means that in the eyes of the Catholic Church abortion is classed as murder and goes against the commandment, Thou shalt not kill (Exodus 20:13). This commandment is reiterated by Jesus in Matthew 19:18.

The Church also disagrees with abortion as it goes against natural law, which is an act that goes against what nature intended. The Church takes an absolutist stance on this and believes that abortion is wrong in all situations.

"Human life must be respected and protected absolutely from the moment of conception. From the first moment of his existence, a human being must be recognized as having the rights of a person"



## ADOPTION AND FOSTERING

The Catholic Church places a great emphasis on the importance of family and in Amoris Laetitia outlined the importance of adoption and fostering in ensuring the love and respect of all of God's children is upheld.

"The choice of adoption and foster care expresses a particular kind of fruitfulness in the marriage experience, and not only in cases of infertility. In the light of those situations where a child is desired at any cost, as a right for one's self-fulfillment, adoption and foster care, correctly understood, manifest an important aspect of parenting and the raising of children. They make people aware that children, whether natural, adoptive or taken in foster care, are persons in their own right who need to be accepted, loved and cared for, and not just brought into the world. The best interests of the child should always underlie any decision in adoption and foster care" - Amoris Laetitia





## Key points to return to:

### **Ephesians 4:32**

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

### **John 12:34-35**

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.”

### **Luke 6: 37**

“Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;.”