



Fertile Heart

Fertile Heart & Guidance on RSE from the CES

How A Fertile Heart meets the Catholic Education Services guidelines for implementing the Department of Education's statutory requirement to teach Relationships and Sex Education.

The following are the recommended learning objectives for RSHE from the CES, most of which correspond with the particular modules of the Fertile Heart programme.

The list suggests where provision needs to take place within other areas of the school curriculum on certain topics.

Theme 1

1a: Education in virtue

In a Catholic school, pupils are growing to be:

3.1.1.1. Respectful of their own bodies, character and giftedness

Module 9e: Adolescence, Personhood and Sexuality

3.1.1.2. Appreciative of blessings

Module 7b: Freedom, Truth and Love

Module 9d: Experiencing Disorder

3.1.1.3. Grateful to others and to God

Module 7e: I didn't make me - so who did?

Module 8a: The Fertile Person

Module 7h: Vulnerability and God

3.1.1.4. Self-disciplined and able to delay or forego gratification for the sake of greater goods

Module 7c: Tolerance

Module 9b: Spiritual Desires

Module 8b: Spiritual and Biological Fertility

3.1.1.5. Discerning in their decision making

Module 7f: Nature or Nurture?

Module 8c: Nourished on the Truth

Module 7g: Appropriate Vulnerability

Module 9c: Getting in Touch with my Desires

3.1.1.6. Determined and resilient in the face of difficulty

Module 7f: Nature or Nurture?

Module 9d: Experiencing Disorder

3.1.1.7. Courageous in the face of new situations and in facing their fears

Module 7j: My relationship with me!

1b: Religious understanding of the human person: loving myself

Pupils should be taught:

3.1.2.1. To appreciate sensual pleasure as a gift from God

Module 8b: Spiritual and Biological Fertility

Module 9e: Adolescence, Personhood and Sexuality

3.1.2.2. To recognise that sexuality is a God-given gift and that sexual intercourse is the most intimate expression of human love and should be delayed until marriage

Module 8g: Fascination and Beauty

Module 9f: Marriage and Family

Module 9e: Adolescence, Personhood and Sexuality

Module 9g: Growing in Beauty

3.1.2.3. The Church's teaching on the morality of natural and artificial methods of managing fertility

Module 9f: Marriage and Family

Also covered in RE

3.1.2.4. To understand the need for reflection to facilitate personal growth and the role prayer can play in this

Module 8a: The Fertile Person

Module 8c: Nourished on the Truth

3.1.2.5. To understand that their uniqueness, value & dignity derive from God & hence, recognise the respect they should have for themselves

Module 7a: What does it mean to be human?

Module 8e: Love and Ego-life

Module 8a: The Fertile Person

Module 9a: Growing into Full Happiness

3.1.2.6. To recognise that they are responsible for their own behaviour and how to inform their conscience

Module 7d: Person and Nature

Module 8e: Love and Ego-life

1c: Me, my body and my health

Pupils should be taught:

3.1.3.1. To recognise their personal strengths

Module 7a: What does it mean to be human?

Module 9a: Growing into Full Happiness

Module 8c: Nourished on the Truth

3.1.3.2. To distinguish 'needs' from 'wants'

Module 7b: Freedom, Truth and Love

Module 9b: Spiritual Desires

Module 8e: Love and Ego-life

3.1.3.3. They have a right not to have an intimate relationship until the appropriate time and that any level of intimacy which makes them feel uncomfortable is never appropriate

Module 7g: Appropriate Vulnerability

Module 7j: My relationship with me!

Module 7h: Vulnerability and God

Module 8g: Fascination and Beauty

Module 7i: Parents and Authority

Module 9d: Experiencing Disorder

3.1.3.4. To appreciate all five senses and to be able to separate sensuality from sexuality

Module 7e: I didn't make me - so who did?

Module 9e: Adolescence, Personhood and Sexuality

Module 8b: Spiritual and Biological Fertility

3.1.3.5. There are many different body shapes, sizes and physical attributes

Module 8g: Fascination and Beauty

Module 9e: Adolescence, Personhood and Sexuality

3.1.3.6. Media portrayals of the human body may present a false ideal of bodily perfection which does not reflect real life and can have a negative impact on the individual

Module 8e: Love and Ego-life

Module 9g: Growing in Beauty

Module 8g: Fascination and Beauty

3.1.3.7. How to take care of their body and the importance of taking increased responsibility for their own personal hygiene

Refer to Science

KS3

1d: Emotional well-being and attitudes

Pupils should be taught:

3.1.4.1. How to develop self-confidence and self-esteem

Module 7a: What does it mean to be human?

Module 7d: Person and Nature

Module 7b: Freedom, Truth and Love

Module 8c: Nourished on the Truth

Module 7c: Tolerance

Module 9a: Growing into Full Happiness

3.1.4.2. That all aspects of health can be affected by choices made in sex and relationships

Module 8b: Spiritual and Biological Fertility

Module 9b: Spiritual Desires

Module 8c: Nourished on the Truth

Module 9c: Getting in Touch with my Desires

3.1.4.3. The importance and benefits of delaying sexual intercourse until ready

Module 7g: Appropriate Vulnerability

Module 9d: Experiencing Disorder

Module 8c: Nourished on the Truth

Module 9e: Adolescence, Personhood and Sexuality

3.1.4.4. There are different emotions which may emerge in relation to change and loss and strategies to manage them

Module 8e: Love and Ego-life

Module 9d: Experiencing Disorder

Module 8g: Fascination and Beauty

3.1.4.5. How to develop the skills needed to identify and resist peer and other types of pressure (including sexual pressure) to conform

Module 7h: Vulnerability and God

Module 8g: Fascination and Beauty

Module 7i: Parents and Authority

Module 8j: Bullying

Module 7j: My relationship with me!

Module 9e: Adolescence, Personhood and Sexuality

3.1.4.6. The concepts of sexual identity, gender identity and sexual orientation

Module 7c: Tolerance

Module 9d: Experiencing Disorder

3.1.4.7. To recognise, clarify and if necessary challenge their values, attitudes and beliefs and to understand how these influence their choices

Whole of Fertile Heart Curriculum



1e: Life cycles and fertility

Pupils should be taught:

3.1.5.1. Human reproduction, including the structure and function of the male and female reproductive systems

3.1.5.2. About gestation and birth, including the effect of maternal lifestyle on the foetus through the placenta, e.g foetal alcohol syndrome

3.1.5.3. About human fertility, methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods

3.1.5.4. The menstrual cycle and the function of gametes (sperm and ova), in fertilisation

3.1.5.5. The negative impact of substance use on both male and female fertility

Covered in Science and Human Biology

Theme 2: Created to love others

2a: Education in virtue

In a Catholic school, pupils are growing to be:

3.2.1.1. Loyal, able to develop and sustain friendships

Module 7c: Tolerance

Module 9a: Growing into Full Happiness

Module 7d: Person and Nature

3.2.1.2. Compassionate, able to empathise with the suffering of others and the generosity to help others in trouble

Module 7c: Tolerance

Module 9b: Spiritual Desires

3.2.1.3. Respectful, able to identify other people's personal space and respect the ways in which they are different

Module 7c: Tolerance

Module 9c: Getting in Touch with my Desires

3.2.1.4. Forgiving, developing the skills to allow reconciliation in relationships

Module 7f: Nature or Nurture?

Module 8d: Ordering and Insight

3.2.1.5. Courteous in dealings with friends & strangers

Module 7g: Appropriate Vulnerability

Module 8e: Love and Ego-life

Module 7i: Parents and Authority

3.2.1.6. Honest, committed to living truthfully and with Integrity

Module 7j: My relationship with me!

Module 8g: Fascination and Beauty

2b: Religious understanding of human relationships: loving others

Pupils should be taught:

3.2.2.1. The nature of sacramental marriage and the importance of marriage as the foundation of society and its role in the domestic Church

Module 8b: Spiritual and Biological Fertility

Module 9h: Family, Work and Fertility

Module 9f: Marriage and Family

Also covered in RE

3.2.2.2. The role of marriage as the basis of family life and its importance to the bringing up of children

Module 9f: Marriage and Family

Also covered in RE

Module 9h: Family, Work and Fertility

3.2.2.3. To recognise the spiritual context of the family as a community where members can grow in faith, hope and love

Module 9e: Adolescence, Personhood and Sexuality

Module 9h: Family, Work and Fertility

Module 9f: Marriage and Family

Also covered in RE

3.2.2.4. How to express love and care for others through acts of charity

Module 8e: Love and Ego-life

Module 9g: Growing in Beauty

Module 8i: Control and Fear

3.2.2.5. How to discuss religious faith and personal beliefs with others

Module 8g: Fascination and Beauty

Also covered in RE

3.2.2.6. To recognise the importance of forgiveness in relationships and know something about Jesus' teaching on forgiveness

Module 8g: Fascination and Beauty

Also covered in RE

2c: Personal Relationships

Pupils should be taught:

3.2.3.1. About discrimination, prejudice and bullying and how to respond, including responsibilities towards those who are experiencing these things (See protected characteristics of the Equality Act 2010, Part 2, Chapter 1, sections 4-12)

Module 8i: Control and Fear

Also covered in RE

Module 8j: Bullying

3.2.3.2. The features of positive and stable relationships and the virtues needed to sustain them (e.g. trust, mutual respect, honesty) in a wide variety of contexts, including family, class, friendships, intimate relationships etc.

Module 8e: Love and Ego-life

Also covered in RE

3.2.3.3. That relationships can cause strong feelings and emotions (including sexual attraction) and methods for managing these

Module 8g: Fascination and Beauty

Module 8i: Control and Fear

3.2.3.4. The nature and importance of friendship as the basis of a loving, sexual relationship

Module 7g: Appropriate Vulnerability

Module 9g: Growing in Beauty

Module 9e: Adolescence, Personhood and Sexuality

3.2.3.5. That someone else's expectations in a relationship may be different to yours and strategies for negotiating possible differences.

Module 7g: Appropriate Vulnerability

Module 9g: Growing in Beauty

Module 9e: Adolescence, Personhood and Sexuality

3.2.3.6. The nature and importance of marriage; the distinctions between marriage in Church teaching, including sacramental marriage, civil marriage, civil partnerships and other stable, long-term relationships.

Module 9f: Marriage and Family

Also covered in RE

3.2.3.7. The roles, rights and responsibilities of parents, carers and children in families and that those families can be varied and complex

7i 9h

Module 7i: Parents and Authority

Module 9h: Family, Work and Fertility

3.2.3.8. Understand that loving, supportive family relationships provide the best environment for a child

7i 9f

Module 7i: Parents and Authority

Module 9f: Marriage and Family

3.2.3.9. That marriage is a commitment, entered into freely, never forced through threat or coercion.

7i,j

Module 7i: Parents and Authority

Module 9e: Adolescence, Personhood and Sexuality

Module 7j: My relationship with me!

Module 9f: Marriage and Family

Module 8i: Control and Fear

3.2.3.10. Some people will choose to be celibate (unmarried) and to refrain from sexual activity, e.g. single people, priests, religious life

8a 9a

Module 8a: The Fertile Person

Module 9a: Growing into Full Happiness

3.2.3.11. There is diversity in sexual attraction and developing sexuality, including sources of support and reassurance and how to access them

e 8g

Module 8e: Love and Ego-life

Module 9d: Experiencing Disorder

Module 8g: Fascination and Beauty

Module 9e: Adolescence, Personhood and Sexuality



2d: Keeping safe and people who can help me

Pupils should be taught:

3.2.4.1. They have autonomy and the right to protect their body from inappropriate and unwanted contact

Module 7d: Person and Nature

3.2.4.2. To identify the characteristics of unhealthy relationships and where to get help

Module 7g: Appropriate Vulnerability

Module 7h: Vulnerability and God

3.2.4.3. Consent is freely given and that being pressurised, manipulated or coerced to agree to something is not 'consent'

Module 7j: My relationship with me!

3.2.4.4. The law in relation to consent, including the legal age of consent for sexual activity, the legal definition of consent and the responsibility in law for the seeker of consent to ensure that consent has been given.

Module 8i: Control and Fear

Module 9a: Growing into Full Happiness

3.2.4.5. How to use technology safely, including social media and consideration of their "digital footprint" and the law regarding the sharing of images

Module 8f: Texting

Module 8g: Fascination and Beauty

3.2.4.6. That not all images, language and behaviour are appropriate, including the negative effects of pornography and the dangers of online exploitation

Module 8f: Texting

3.2.4.7. To recognise the impact that the use of substances (alcohol and drugs) has on the ability to make good and healthy decisions

Module 7b: Freedom, Truth and Love

Module 8a: The Fertile Person

3.2.4.8. There are a number of different people and appropriate organisations they can go to for help in different situations and should be provided with information about how to contact them

Schools to follow diocesan guidance

Theme 3: Created to live in community (local, national and global)

3a: Education in virtue

In a Catholic school, pupils are growing to be:

3.3.1.1. Just, understanding the impact of their actions locally, nationally and globally

Module 9i: The Just Price

Also covered in RE

Module 9j: Credit Creation and Debt

3.3.1.2. Self-giving, able to put aside their own wants in order to serve others locally, nationally and globally

Module 9i: The Just Price

Also covered in RE

Module 9j: Credit Creation and Debt

3.3.1.3. Prophetic in their ability to identify injustice and speak out against it locally, nationally and globally

Module 9i: The Just Price

Also covered in RE

Module 9j: Credit Creation and Debt

3b: Religious understanding of the importance of human communities

Pupils should be taught:

3.3.2.1. To discuss moral questions in a balanced and well informed way

Module 7c: Tolerance

Module 8c: Nourished on the Truth

Module 7d: Person and Nature

Module 8f: Texting

3.3.2.2. Understand the features of the home, school and parish and how each work for the good of all

Module 7i: Parents and Authority

Module 9f: Marriage and Family

Module 7j: My relationship with me!

Module 9h: Family, Work and Fertility



3c: Living in the wider world

Pupils should be taught:

3.3.3.1. The purpose and importance of immunisation and vaccination

Covered in RE

3.3.3.2. That certain infections can be spread through sexual activity, including HIV, and ways of protecting against sexually transmitted infections, including abstinence

Covered in RE

3.3.3.3. The physical and emotional damage caused by female genital mutilation (FGM); that it is a criminal act and where to get support for themselves or their peers.

Covered in RE

3.3.3.4. They have responsibilities towards their local, global and national community and creation

Module 8e: Love and Ego-life

Module 9i: The Just Price

Module 8i: Control and Fear

Module 9j: Credit Creation and Debt

3.3.3.5. There are some cultural practices which are against UK law and Universal Rights (e.g. FGM, forced marriages, honourbased violence, human trafficking, radicalisation etc); to have the skills and strategies to respond to being targeted or witnessing the targeting of others

Covered in RE

3.3.3.6. That discriminatory language and behaviour is unacceptable (e.g. sexist, racist, homophobic, transphobic, disablist) and the need to challenge it and how to do so

Module 8j: Bullying

Also covered in RE

3.3.3.7. Recognise stereotypes and how they can encourage damage and prejudice

Module 7f: Nature or Nurture?

Module 8i: Control and Fear

Module 7j: My relationship with me!

Module 9c: Getting in Touch with my Desires

Module 8d: Ordering and Insight

3.3.3.8. The potential tensions between human rights, English law and cultural and religious expectations and practices

Covered in RE

3.3.3.9. That everyone is created unique and equal in dignity (including reference to protected characteristics defined in the Equalities Act 2010)

Module 9e: Adolescence, Personhood and Sexuality

Also covered in RE