



St Cuthbert's  
Catholic High School  
*Live life in all its fullness*

# St Cuthbert's and Relationship and Sex Education

## Guidance for staff and outside providers

### The Catholic Church teaches that:

- **Pre-marital sex is unacceptable.** (CCC 2350, 2391)
- **Marriage is a sacrament** and is therefore a lifelong commitment. (*Exodus 20*)
- Only **natural forms of contraception are acceptable**, this is the **rhythm method**. **All artificial forms are unacceptable.** (CCC 2368 – 2370)
- The **purpose of sex is to procreate** and to take part in God's creative plan. It is also an **expression of love within a marriage.** (CCC 2362-2367)
- **Homosexuality is acceptable but homosexual acts are not.** Homosexuals should not be discriminated. (CCC 2358 – 2359)
- **Self pleasure is not acceptable.** (CCC 2352)
- **Abortion is morally wrong** and emergency contraception is seen as abortion. (*Exodus 20*, CCC 2270-2274, 2322)
- **Fertility treatment with the use of a donor is unacceptable.** (CCC 2374 – 2377)