

SS John & Monica Catholic Primary School

Relationships, Sex Education and Health Education Policy



Our Mission

'At SS John and Monica's we learn through the example of Jesus to love, respect, understand and value each other'

Relationships, Sex and Health Education (RSHE) Policy

Introduction

This policy has been written in accordance with our school Mission Statement, which aims to provide a stimulating and relevant curriculum so that everyone can reach their full potential, and to create a safe working environment where there is mutual respect, dignity and trust amongst all members of the school community.

In line with the Department for Education statutory guidance (2025), Relationships, Sex and Health Education (RSHE) supports pupils to develop the **knowledge, skills and values needed to make informed, safe and ethical decisions** about their wellbeing, relationships and health.

Defining Relationships, Sex and Health Education

RSHE is lifelong learning about physical, moral and emotional development. It is about:

- Developing **healthy, respectful relationships**
- Understanding **physical and mental well-being**
- Recognising **risk and keeping safe (including online)**
- Preparing for **life in modern society**

At SS John and Monica's, RSHE is rooted in the Catholic understanding of the human person and focuses on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Teaching is **age-appropriate, inclusive and carefully sequenced**, ensuring pupils are equipped with knowledge **before they encounter risks or challenges**

Rationale

At SS John and Monica's, RSHE is underpinned by:

- The belief that each person is made in the **image and likeness of God**
- A commitment to **human dignity and respect**
- The development of the **whole child: spiritual, moral, emotional and physical**

In line with statutory guidance:

- RSHE promotes **positive behaviour, wellbeing and safeguarding**
- Pupils are taught to **recognise harmful situations and seek help**
- Teaching reflects **equality, diversity and British values**, while remaining rooted in Catholic teaching

We recognise that families are diverse and ensure all pupils feel **valued, respected and included**

Aims of RSHE

Our RSHE curriculum aims to:

- Promote Gospel values: love, respect, truth and forgiveness
- Develop pupils' **self-esteem and dignity**
- Support the formation of **healthy, respectful relationships**
- Equip pupils with knowledge to **stay safe (including online)**
- Prepare pupils for **puberty and physical/emotional changes**
- Support **mental wellbeing and resilience**
- Enable pupils to **recognise risk, abuse and exploitation**
- Provide accurate, age-appropriate information
- Work in partnership with parents as **primary educators**

Guiding Principles (DfE 2025 Alignment)

Our RSHE curriculum reflects key statutory principles:

- **Whole school approach**
- **Careful sequencing of learning**
- **Positive and preventative teaching**
- **Inclusivity and accessibility (including SEND)**
- **Strong parental engagement and transparency**
- **Skilled, confident delivery by trained staff**
- **Safeguarding at the heart of the curriculum**

Curriculum Content

Relationships Education (Statutory – Primary)

Teaching focuses on building the foundations of **positive relationships and safety**, including:

- Families and different family structures
- Friendships and conflict resolution
- Respect, kindness and inclusion
- Anti-bullying (including cyberbullying)
- Online safety and digital behaviour
- Personal safety, boundaries and reporting concerns

Sex Education (Primary)

- Delivered in Years 5 and 6 in line with Catholic teaching
- Linked to the Science curriculum (puberty and reproduction)
- Focuses on **dignity, relationships and the value of life**

Parents have the **right to request withdrawal** from sex education (excluding statutory Science content).

Health Education (Statutory)

Covers:

- Mental wellbeing and emotional literacy
- Physical health, exercise and nutrition
- Online wellbeing
- Hygiene and disease prevention
- Basic first aid

Delivery of RSHE

RSHE is delivered through:

- The **Ten:Ten Life to the Full Programme**
- Religious Education
- Science
- PSHE
- Whole school ethos and daily interactions

Teaching is:

- Age-appropriate
- Inclusive
- Sensitive to pupils' needs and backgrounds
- Delivered in a safe, supportive environment

Ten:Ten Life to the Full Programme

At SS John and Monica's, we use the **Ten:Ten Life to the Full programme**, which is:

- Approved by the **Catholic Bishops' Conference of England and Wales**
- Recommended by the Diocese
- Fully aligned with statutory RSHE requirements

The programme is structured around a **spiral curriculum**, meaning learning is revisited and deepened as pupils progress through school.

Key Features of the Programme

- Rooted in a **Catholic understanding of the human person**
- Integrates **spiritual, moral, social and emotional development**
- Combines **video content, discussion, prayer and reflection**
- Encourages pupils to explore **real-life situations in a safe environment**

Core Themes

The programme is divided into three main modules:

1. **Created and Loved by God**
 - Self-worth, identity and dignity
 - God's love for each individual
2. **Created to Love Others**
 - Relationships, friendships and community
 - Respect, empathy and forgiveness
3. **Created to Live in Community**
 - Responsibility, citizenship and the wider world

- Understanding relationships in society

Each lesson includes:

- Activities
- Discussion opportunities
- Reflection
- Prayer

This ensures a **holistic and engaging approach** to RSHE.

Parents and Carers

We recognise that parents are the **primary educators** of their children.

In line with statutory guidance:

- Parents have been **fully consulted** in the development and review of this policy, including the adoption of the Ten:Ten programme
- Feedback from parents has been considered by governors prior to ratification
- Parents are informed about curriculum content, especially **sensitive topics**
- All RSHE materials are **available to parents on request or via the school website**
- Workshops and information sessions are offered to support parents

Parents have the **right to request withdrawal** from sex education, and this will be discussed with the Headteacher to ensure an informed decision.

We believe that the classroom is the **safest and most appropriate environment** for this learning, and we work in partnership with parents to support children's development.

Safeguarding

RSHE plays a key role in safeguarding by helping pupils:

- Recognise unsafe situations
- Understand boundaries and consent (age-appropriate)
- Know how to report concerns

All staff follow the school's **Safeguarding Policy**, and any concerns are passed to the **Designated Safeguarding Lead (DSL)**.

Sensitive Issues

Sensitive topics are addressed:

- Carefully and professionally
- In an age-appropriate way
- With respect for different viewpoints

Ground rules are used to ensure a **safe and respectful classroom environment**.

Assessment

Assessment is carried out through:

- Ten:Ten programme activities
- Pupil discussion and reflection
- Teacher assessment

This ensures learning is **progressive and effective**.

Roles and Responsibilities

Governors

- Ensure compliance with statutory guidance
- Monitor and evaluate provision
- Ensure parental consultation

Headteacher

- Oversees implementation
- Supports staff and parents

Teachers

- Deliver RSHE effectively
- Maintain safe learning environments
- Respond to safeguarding concerns

Parents

- Support learning at home
- Engage with school provision

Monitoring and Evaluation

The programme is monitored by:

- Headteacher
- RE Lead
- PSHE Lead

Evaluation includes:

- Pupil voice
- Parent feedback
- Staff review

Review

Date: July 2026

Review Date: July 2028

