



Relationships and Sex Education

Parent/Carer Information Evening

Wednesday 9 September 2026





What is Relationships and Sex Education?

Since September 2020, Relationships Education has been compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) for all pupils receiving secondary education. Health Education is now compulsory in all schools too.

- In [primary schools](#), the subjects should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.
- At [secondary school](#), teaching builds on the knowledge acquired at primary and develops pupils' understanding of health, with an increased focus on risk areas such as drugs and alcohol, as well as introducing knowledge about intimate relationships and sex and how to have positive and healthy sexual relationships.

The [relationships, sex and health education guidance](#) sets out the legal duties schools must comply with when teaching RSE and RSHE, as well as setting out some more detailed expectations of school, including teaching these subjects in an age appropriate way.



What is Relationships and Sex Education?

Why it's important

Children and young people are growing up in an increasingly complex world and they need to know how to be safe and healthy. RSHE helps them embrace the challenges of creating a happy and successful adult life. These subjects support children and young people to develop healthy relationships, and to keep themselves and others safe, both on and offline.

RSHE should be a key pillar in any school's plan for creating an inclusive, safe and respectful school environment where bullying, sexual violence or sexual harassment is not tolerated.

It also provides pupils with the knowledge that will enable them to make informed decisions about their wellbeing.



Secondary School

At secondary school relationships and sex education covers content on a wider range of key topics including consent, sexual exploitation, online abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships.

Pupils should be taught the facts and the law about sex, sexuality, sexual health and gender identity in an age-appropriate and inclusive way. There should be an equal opportunity to explore the features of stable and healthy same-sex relationships.

Health education focuses on enabling pupils to make well-informed, positive choices for themselves, and includes teaching about the impact of puberty. The curriculum covers mental health and will support young people to recognise and manage any wellbeing issues as well as how they can seek support as early as possible.





RSE in a Catholic academy



It is our legal and moral duty to educate our students in Relationships and Sex Education. We are asked by Vatican authorities to instil:

Respect for our own **identity** and that of others.

Courage to **accept differences** in families and relationships.

Recognition of others as fellow travellers through this spiritual journey of life.



What does outstanding RSE in Catholic school look like?



- Be **faithful to the Church's** vision of human wholeness whilst recognising the contemporary context in which we live today;
- **Involve parents** as they are primary educators of their child;
- Provide a **positive view** of human sexuality and dignity of the human person;
- Equip young people with the ability to make **practical judgments** about the right thing to do in particular circumstances;
- Explore and **promote virtues** which are essential to **promoting respect and dignity**;
- Be delivered in an **age appropriate way** which reflects the development of the child;
- Be part of the **cross-curricular** work in both primary and secondary schools;
- Be sensitive to the needs of the **individual pupil** and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- Be delivered by competent professionals who understand the Church's teaching.

Openness - Respect - Tolerance

Love for our neighbour

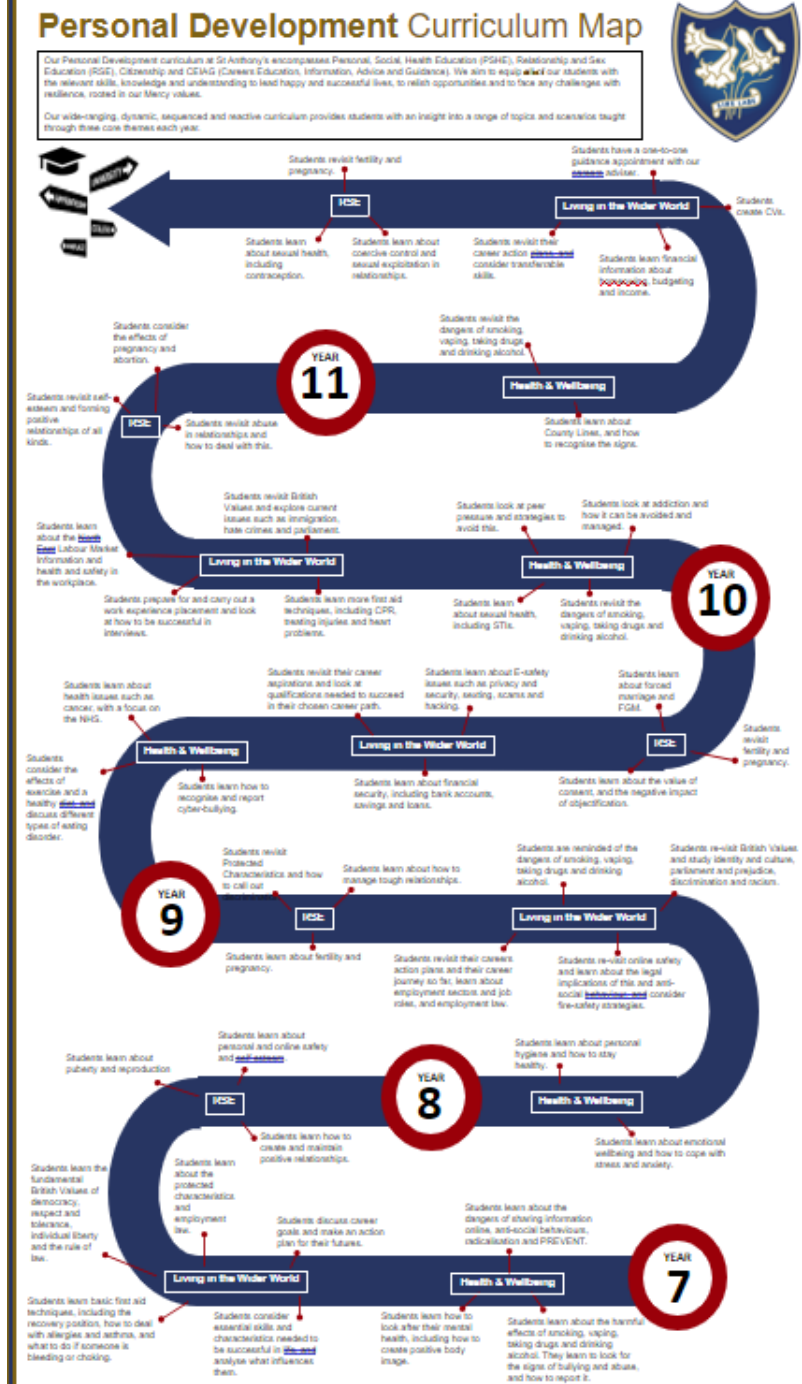
Rooted in Gospel values

‘Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. This approach is compatible with the guidance issued by the DfE’. – Catholic Education Service



How do we construct the course content?

- We look at the DFE guidance for each year group and the advice from the Catholic Education Service (CES).
- We cross-check this against issues arising from our local context and we seek feedback from students.
- All topics are studied objectively and openly and we always explore Catholic perspectives, highlighting the fact that everyone is made in God's image no matter their gender, sexuality, family background or identity.
- We use Ten:Ten resources which are approved by the Bishops Conference of England and Wales and we tailor them around issues relevant to our students.
- Students receive lessons of RSE each year (part of our PD curriculum taught on Friday p1).
- Additional: School Nurse (Wednesday).





Life to the Full - Parents

Online Parent Portal

The Online Parent Portal is a tool that provides parents with information about the Life to the Full programme content that their children will be following in school. They can also access suggestions for further discussion at home linked to the sessions taught in school.



Access the Online Parent Portal

Your parents will need their online Parent Portal username and password to access the portal. These details are set up by your Account Administrator.

At parents/carers you have access to a dedicated Parent Portal where you can view the content students are covering:

<https://www.tentenresources.co.uk/parent-portal/>

Username: st-anthonys-sr2

Password: song-13-sr2

Year 7: Scheme of Learning



Year 7

	Focus	Theme Title	Description
Theme 1	Religious Understanding	Who Am I?	Our core identity is that each of us is a completely unique person, a unity of body and soul, created and loved by God.
Theme 2	My Body	Changing Bodies	Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.
Theme 3	Emotional Well-Being	Healthy Inside And Out	Thinking about self-esteem helps us consider its impact and how to nurture it.
Theme 4	Life Cycles	Where We Come From	Sexual intercourse is revealed as more than just a physical act, but a gift from God for married couples, an expression of love and His plan for how babies are made.
Theme 5	Personal Relationships	Family and Friends	Reflecting on different types of friendship and family structure opens up strategies for managing behaviour through consideration of thoughts, feelings and actions.
Theme 6	Keeping Safe	My Life on Screen	Online lives need safeguarding, just like in real life.
Theme 7	Wider World	Living Responsibly	Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.

Year 8: Scheme of Learning



Year 8

	Focus	Theme Title	Description
Theme 1	Religious Understanding	Created and Chosen	Becoming aware of our uniqueness can help us open up to God who is the ground of our being and the One who loves us.
Theme 2	My Body	Appreciating Differences	Understanding our identity means appreciating male/female differences and learning to accept the invitation from God to root our identity in who he created us to be.
Theme 3	Emotional Well-Being	Feelings	Managing sexual feelings requires self-control, self-respect and patience.
Theme 4	Life Cycles	Before I Was Born	Contemplating life in the womb reveals that it is both beautiful and fragile.
Theme 5	Personal Relationships	Tough Relationships	In the real world of relationships, we can always be better at living with tolerance, kindness and forgiveness.
Theme 6	Keeping Safe	Think Before You Share	Image sharing and anything in word, speech or action that reduces people to objects dishonours their God-given dignity.
Theme 7	Wider World	Wider World	Recognizing the sin of unjust discrimination in our world helps us challenge and change our own behaviour in school and in our everyday life.

Year 9: Scheme of Learning



Year 9

	Focus	Theme Title	Description
Theme 1	Religious Understanding	The Search for Love	Beyond romantic feelings and desires, there is a deeper kind of love based on a decision to sacrifice for the good of the other.
Theme 2	My Body	Love People, Use Things	Consumerism can lead to objectification and this could cause us to treat people the way we treat things.
Theme 3	Emotional Well-Being	In Control of My Choices	Desire and attraction can affect the decisions made in relationships and effort and perseverance are needed to prevent them be dominated by lust.
Theme 4	Life Cycles	Fertility and Contraception	Fertility is a gift and responsibility and consideration is given to how methods for managing conception fit with God's plan for sex.
Theme 5	Personal Relationships	Commitment and Marriage	Commitment can take on many forms in different relationships, including sexual relationships and marriage.
Theme 6	Keeping Safe	Understanding Consent	Consent is not just gaining permission for something but involves complexities in both its giving and receiving.
Theme 7	Wider World	Human Rights - And Wrongs	Sexual exploitation brings to light our human rights and responsibilities and the ways they are violated by sexual harassment, assault and rape.

Year 10: Scheme of Learning



Year 10

	Focus	Theme Title	Description
Theme 1	Religious Understanding	Authentic Freedom	Making a loving gift of self is an ideal worth holding out for, one which leads to real freedom.
Theme 2	My Body	Self-Image	Understanding our dignity allows us to appreciate our bodies in the right way.
Theme 3	Emotional Well-Being	Beliefs, Values, Attitudes	Making good moral choices depends on building confidence, integrity and understanding.
Theme 4	Life Cycles	Parenthood	While we sometimes take parents for granted, parenthood impacts us in so many ways. It is the responsibility of a lifetime.
Theme 5	Personal Relationships	Pregnancy and Abortion	Pregnancy is an invitation to discover the challenge of responding with love to the gift of life.
Theme 6	Keeping Safe	Abuse	Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.
Theme 7	Wider World	Solidarity	Love means building peace and living in solidarity with all of God's creation, in particular the poor, marginalised and oppressed.

Year 11: Scheme of Learning



Year 11

	Focus	Theme Title	Description
Theme 1	Religious Understanding	Self-Worth	This theme invites students to consider how they respect themselves and others, and the role God can play within that.
Theme 2	My Body	Addiction	In this theme, students hear the story of Dina, who overcame severe drug addiction through the help of family, community, responsibility and faith.
Theme 3	Emotional Well-Being	Eating Disorders	This theme invites students to consider their own deepest needs and the complexities and contradictions within themselves.
Theme 4	Life Cycles	Birth Control	This theme holds fertility up as a precious gift to be protected, nurtured and valued.
Theme 5	Personal Relationships	Pornography	This theme looks at 'adult content' in an adult way: asking questions about how it affects people's behaviour, how it affects the way people think about themselves, others and their relationships.
Theme 6	Keeping Safe	STIs	In this theme, students meet Bobbi, who was raised in East London with strong Indian cultural values. She describes how she felt torn between two worlds: wanting to push boundaries, but also feeling a lot of pressure to not bring shame on her culture, her community and her family.
Theme 7	Wider World	Coercive Control	In this final theme of the Year 11 programme, Mairi and Nathan explain how we are a social species: isolation is not in our nature. Our longing for intimate, exclusive relationships is a beautiful thing, but one that can make us vulnerable.



'This is a happy school, with respectful relationships.'

-Ofsted, January 2023



'Pupils, including those in the sixth form, know how to keep themselves safe, including when online. They know the importance of healthy relationships and important concepts'.

-Ofsted, January 2023



'The uniqueness of every pupil is celebrated and nurtured.'

-Ofsted, January 2023



Thank you

Helpful links/documents:

<https://educationhub.blog.gov.uk/2023/03/10/what-do-children-and-young-people-learn-in-relationship-sex-and-health-education/>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://www.tentenresources.co.uk/parent-portal/>

https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE_primary_schools_guide_for_parents.pdf

https://st-anthonys-academy.com/wp-content/uploads/2023/11/Draft_St-Anthonys-RSE-Policy-1-1_watermark-2.pdf

Any further questions/feedback:

Please email Laura Dudley: ldudley@staga.co.uk