

Parent Guidance on Sex Education in Life to the Full

Purpose of this Guidance:

The updated 2026 RSHE Statutory Guidance for Relationships, Sex and Health Education (RSHE) places greater emphasis on schools clearly communicating with parents about curriculum content and identifying which elements of the curriculum constitute Sex Education.

The following information is intended to support Parents understanding what content in Life to the Full Secondary can be considered to contain Sex Education.

Your child's school have a responsibility to:

- Classify curriculum content as sex education or otherwise;
- Communicate this clearly to parents;
- Communicate about making decisions regarding withdrawal requests
- Ensuring compliance with their own RSHE policy and statutory requirements.

At Ten Ten Resources, we recognise that parents are the first and best educators of their children and have the right to make decisions in what they believe are the best interests of their children. We also believe we have a responsibility to your child's school to assist them with communicating with you about matters of this sensitive nature, to support communication and transparency.

Withdrawal from Sex Education:

In Secondary Schools in England, parents have the right to request that their child is withdrawn from Sex Education delivered as part of RSHE. There is no right to withdraw from Sex Education content that forms part of the National Curriculum for Science, or from Relationships Education and Health Education.

According to the RSHE Guidance, schools should ensure that parents understand which lessons contain Sex Education and when these lessons will be taught. This is why they have chosen to share this information with you.

Year 11 and Student Requests to Receive Sex Education:

Parents may request withdrawal from Sex Education up until three terms before their child turns 16.

After this point, if a student wishes to receive Sex Education rather than remain withdrawn, the school should make appropriate arrangements in line with the statutory guidance.

Schools remain responsible for managing this process in accordance with their RSHE Policy.

Additional Note for Year 11 Lessons

For students who have previously been withdrawn from Sex Education, schools should ensure they are aware of their right to request to receive Sex Education in accordance with statutory guidance once they are within three terms of turning 16.

Understanding the Life to the Full Curriculum Labels:

Life to the Full uses three advisory labels to help schools review curriculum content.

Label 1: Content that is primarily Sex Education

These lessons contain content that would generally be regarded as Sex Education and are the lessons most likely to be relevant when schools are considering withdrawal requests.

Schools should normally regard these lessons as containing significant Sex Education content and parents may reasonably request their child be withdrawn from them.

Label 2: Content that contains some elements of Sex Education

These lessons contain some discussion of sexuality, sexual development, conception, pregnancy or related themes, but the lesson focus may also include Relationships Education, Health Education, Science or wider personal development themes.

Schools should review these lessons carefully and determine how they wish to classify them within their own curriculum. Schools may reasonably conclude that as the content is less directly about Sex Education, that it is sufficiently important that withdrawal would not be appropriate.

Label 3: Content that contains some elements of Sex Education but also includes important safeguarding, legal or other information

These lessons contain some Sex Education-related content but are primarily focused on safeguarding, abuse prevention, online safety, exploitation, consent, health or legal knowledge.

Schools may reasonably conclude that the safeguarding, legal or protective content is sufficiently important that withdrawal would not be appropriate. Schools should make these decisions in accordance with their RSHE policy and statutory guidance.

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Label	Theme	Notes
Label 1: Content that is primarily Sex Education	7.4 Where We Come From	Includes information on sexual union, conception and pregnancy
	8.3 Sexual Feelings	Includes discussion of sexual desire and managing sexual feelings
	9.3 In Control of My Choices	Includes managing feelings of lust, desire and self-mastery
	9.4 Fertility and Contraception	Includes information on contraception and fertility
	10.1 Authentic Freedom	Includes discussion of sex and the Catholic understanding of sexual relationships
Label 2: Content that contains some elements of Sex Education	7.2 Changing Bodies	Includes puberty and physical development
	8.4 Before I was Born	Includes conception and pregnancy within a wider life-cycle context
	8.7 Wider World	Includes Same-sex attraction, homophobic bullying and protected characteristics. This includes very brief mention of homosexual sex and other sex acts that would fall outside the Church's definition of true, life-giving love.
	9.1 The Search for Love	Includes discussion on love, romance and sexual relationships
	9.2 Love People, Use Things	Includes discussion of love, sex and relationships
	10.5A Pregnancy and Abortion	Includes conception, pregnancy, abortion and ethical discussion relating to human life.

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Label 3: Content that contains some elements of Sex Education but also includes important safeguarding, legal or other information	8.6 Think Before You Share	Sharing sexual images, sexting and online safety.
	9.5B Understanding Consent	Includes consent, sharing sexual images and online behaviour
	9.6 Safe and Smart Online	Includes information and guidance about 'sextortion' and online exploitation
	9.7 Human Rights - And Wrongs	Includes sexual assault, exploitation and rape
	10.5B Abuse	Includes information about sexual grooming, coercive control and stalking
	10.6 Online Influences	Includes information about deepfakes, online misogyny and online grooming
	10.7 Solidarity	Includes information about FGM, honour-based violence and human trafficking
	11.4 Family Planning and Fertility	Includes information on contraception and methods of family planning including Natural Family Planning.
	11.5A Sexual Health	Includes information relating to Sexually Transmitted Infections.
	11.5B Pornography	Includes information on the harms and risks of pornography.
	11.5C Coercive Control	Includes information on Coercive Control including sexual violence and rape.