



Growing, loving and learning in the arms of Mary'

R(S)HE Policy

Relationship and Sex Education Policy

Author: Martin Clephane

Date: October 2026

Review date: September 2028

Rationale:

'I have come that you might have life and have it to the full'

(John 10:10)

Mission and Ethos

Rooted in the Catholic faith, St Mary's Catholic Primary School promotes the dignity of every person as a unique child of God. Our mission is to nurture the whole child, supporting their spiritual, physical, intellectual, moral, social, cultural and emotional development. Relationships and Sex Education (RSE) is an integral part of this mission, helping pupils to grow in faith, respect, responsibility, wellbeing and healthy relationships.

Through our BREW Curriculum (Belief, Rights, Environment and Wellbeing), pupils deepen their understanding of Catholic values, recognise the dignity and rights of others, understand their responsibilities within the wider world and develop the knowledge, skills and values needed to flourish.

Our approach to RSE is rooted in the belief that every person is created in the image and likeness of God. Delivered within a framework of Gospel values, RSE promotes respect, compassion, inclusion, personal safety and healthy relationships.

In accordance with the teachings of the Catholic Church, RSE emphasises the importance of family life, marriage and loving relationships, while supporting pupils to develop emotional wellbeing, respectful behaviour and an age-appropriate understanding of relationships in both the online and offline world.

Statutory Framework

This policy has been developed in accordance with the Department for Education's statutory guidance Relationships Education, Relationships and Sex Education (RSE) and Health Education, the requirements of Keeping Children Safe in Education, the Equality Act 2010, and the teachings of the Catholic Church.

Aim of Relationships and Sex Education (RSE)

In partnership with parents and carers, St Mary's Catholic Primary School aims to provide a positive, age-appropriate and faith-centred Relationships and Sex Education programme. Rooted in Catholic teaching and the dignity of the human person, RSE supports pupils to develop healthy relationships, personal safety, emotional wellbeing and an age-appropriate understanding of family life and God's plan for human relationships.

Through the principles of our BREW Curriculum (Belief, Rights, Environment and Wellbeing), pupils are encouraged to develop their values and beliefs, recognise their rights and responsibilities, care for God's creation and promote their own wellbeing and that of others.

Through RSE, pupils will be encouraged to:

- recognise their value and dignity as unique individuals created in the image and likeness of God;
- develop respect, empathy, responsibility and compassion towards others;
- build healthy, positive and respectful relationships;
- develop self-confidence, resilience and emotional wellbeing;
- understand personal safety, boundaries and the importance of seeking help when needed;
- appreciate the importance of family life, marriage and loving relationships;
- understand the physical and emotional changes associated with growing up and puberty;
- develop an age-appropriate understanding of human reproduction through the Science curriculum and the school's RSE programme;
- make informed and responsible choices;
- stay safe and responsible in both online and offline environments.

Delivery of RSE

Relationships and Sex Education is delivered through:

- the Catholic life and ethos of the school;
- the wider curriculum, including Religious Education, PSHE and Science;
- Ten:Ten Life to the Full programme

The Life to the Full programme forms the core of our RSE curriculum and is delivered in accordance with Catholic teaching and statutory Relationships Education requirements. Where additional coverage is needed, learning is enhanced through dedicated Collapsible Curriculum Weeks and other planned curriculum opportunities, ensuring that all statutory requirements are met.

RSE is further enriched through the school's BREW Curriculum (Belief, Rights, Environment and Wellbeing), providing opportunities for pupils to explore faith, personal responsibility, human dignity, care for creation and positive wellbeing through cross-curricular learning.

Teaching is delivered primarily by class teachers, supported by external professionals where appropriate. Any contribution from external agencies will complement the school's planned curriculum and be delivered in accordance with the Catholic ethos and values of St Mary's Catholic Primary School.

Roles and Responsibilities

Governors

The Governing Body is responsible for ensuring that this policy reflects the Catholic ethos of the school and complies with statutory requirements. Governors will monitor the implementation and effectiveness of the RSE curriculum, including its impact on pupils' learning and wellbeing, and ensure that parents are informed of their rights regarding withdrawal from non-statutory sex education.

The designated Link Governor for RSE is Claire Dodd, who supports the monitoring and evaluation of the programme, including curriculum content, resources and policy review.

Governors will also ensure that the school fulfils its responsibilities under the Equality Act 2010 and promotes an inclusive environment in which every child is valued, respected and supported to flourish.

Headteacher

The Headteacher has overall responsibility for the implementation and monitoring of this policy, ensuring that RSE is delivered in accordance with statutory requirements, Catholic teaching and the school's safeguarding procedures. The Headteacher will work closely with governors, staff, parents, the Diocese and relevant external agencies to ensure high-quality provision and continuous development of the RSE curriculum.

PSHE/RSE Lead

The PSHE/RSE Lead is responsible for coordinating the RSE curriculum, supporting staff in its delivery, monitoring teaching and learning, reviewing resources and ensuring that the policy and curriculum remain up to date with current guidance, statutory requirements and best practice.

Staff

RSE is a whole-school responsibility. All staff contribute to fostering the values, attitudes and skills that underpin healthy relationships and positive wellbeing. Staff are expected to model respectful relationships and support the delivery of RSE in a manner that reflects the Catholic ethos of the school, while maintaining a safe, inclusive and supportive learning environment.

Parents and Carers

Parents and carers are the primary educators of their children and are valued partners in the delivery of RSE. The school will keep parents informed about the programme and provide opportunities to view resources and discuss curriculum content. Parents wishing to discuss any aspect of RSE, including the right to withdraw their child from non-statutory sex education, should contact the Headteacher or PSHE/RSE Lead.

Inclusion and Equality

St Mary's Catholic Primary School is committed to ensuring that Relationships and Sex Education (RSE) is accessible, inclusive and appropriate for all pupils. In line with Catholic teaching, the dignity of the human person and equality legislation, we promote respect, compassion and the value of every individual.

All pupils will receive RSE, with teaching adapted where necessary to meet individual needs, including those with Special Educational Needs and Disabilities (SEND). We recognise that pupils develop at different rates and may require differing levels of support to access and engage with the curriculum. Where appropriate, specialist advice will be sought to ensure that all pupils can participate fully and achieve positive outcomes.

Teaching approaches, resources and learning activities will be adapted to support individual needs and enable pupils to develop age-appropriate knowledge, understanding and skills. Through an inclusive curriculum, pupils will be encouraged to value diversity, show kindness and empathy, build healthy relationships, and understand the importance of personal dignity, safety and wellbeing.

In keeping with our Catholic ethos, we celebrate the unique gifts of every child and strive to ensure that all pupils feel valued, included and supported to flourish.

Programme and Resources

Further information about the school's RSE curriculum, including the Life to the Full programme provided by Ten:Ten Resources and any supplementary materials used during Collapsible Curriculum Weeks, can be found in the appendices to this policy. All resources are reviewed regularly to ensure they are age-appropriate, accurate and consistent with statutory guidance and the Catholic ethos of the school.

Staffing

All staff play an important role in supporting RSE. Through their interactions and teaching, they promote positive values, attitudes and relationship skills. Staff receive appropriate training and guidance to ensure that RSE is delivered confidently, sensitively and in accordance with Catholic teaching and statutory requirements.

Safeguarding

At St Mary's Catholic Primary School, creating a safe and supportive learning environment is central to the delivery of RSE. Through age-appropriate teaching, pupils develop an understanding of healthy relationships, personal safety, boundaries and how to seek help when needed.

RSE includes learning about online safety, inappropriate content, image sharing, cyberbullying, child-on-child abuse and the importance of reporting concerns to trusted adults. Pupils are taught how to stay safe, recognise risks and access support. This includes understanding how to seek help from trusted adults both within and beyond the school community.

Any safeguarding concerns arising from RSE lessons will be managed in accordance with the school's Safeguarding and Child Protection Policy and referred to the Designated Safeguarding Lead (DSL).

Sensitive Issues

RSE may explore sensitive topics that reflect pupils' differing experiences, backgrounds and stages of development. These issues will be discussed in an age-appropriate, respectful and supportive environment, consistent with the Catholic ethos of the school.

Agreed ground rules will help create a safe classroom climate where pupils feel confident to ask questions, express opinions respectfully and seek support when needed. Staff will respond to questions honestly and appropriately, taking account of pupils' age, maturity and understanding.

Confidentiality

Teachers cannot offer complete confidentiality to pupils. Any information that suggests a pupil may be at risk of harm will be dealt with in accordance with the school's Safeguarding and Child Protection Policy. Pupils will be made aware of these safeguarding responsibilities.

External Agencies

Appropriately qualified external agencies and health professionals may be invited to support aspects of RSE and health education. Any contribution will complement, not replace, the school's planned curriculum and will be delivered in line with the Catholic ethos, safeguarding procedures and curriculum objectives of St Mary's Catholic Primary School.

A member of school staff will always be present during sessions, and all resources will be reviewed in advance to ensure they are appropriate and consistent with statutory requirements.

Right to Withdraw

Parents have the right to request that their child be withdrawn from non-statutory sex education elements of the RSE curriculum. Parents cannot withdraw their child from statutory Relationships Education or National Curriculum Science content.

St Mary's Catholic Primary School encourages all pupils to participate fully in the RSE programme. Parents wishing to discuss any aspect of the curriculum, including withdrawal requests, should contact the Headteacher or PSHE/RSE Lead. Requests for withdrawal should be made in writing, and appropriate supervised alternative provision will be made.

Relationships to Other Policies and Initiatives

Relationships and Sex Education (RSE) forms part of the school's wider Personal, Social, Health and Economic (PSHE) curriculum and is closely linked to Religious Education, Science and the Catholic life of the school. It supports pupils' personal development, wellbeing, safeguarding and spiritual growth, helping them to build healthy relationships, make informed choices and understand personal safety, both online and offline.

RSE also contributes to the school's BREW Curriculum through the themes of Belief, Rights, Environment and Wellbeing, encouraging pupils to recognise their value as children of God, respect the dignity and rights of others, care for creation and contribute positively to their communities.

This policy should be read alongside the following school policies and guidance documents:

- Safeguarding and Child Protection Policy
- Special Educational Needs and Disabilities (SEND) Policy
- Religious Education Policy
- Behaviour and Anti-Bullying Policy
- Online Safety (E-Safety) Policy

- PSHE Policy
- British Values Statement
- Spiritual, Moral, Social and Cultural (SMSC) Development Guidance
- Equality and Accessibility Policies
- Confidentiality Policy

Together, these policies ensure that RSE at St Mary's Catholic Primary School is delivered within a safe, inclusive, faith-centred and legally compliant framework that promotes the dignity, wellbeing and flourishing of every child.

APPENDIX 1 -Statutory Coverage of Relationships Education, RSE and Health Education

Introduction

The table below demonstrates how the statutory requirements for Relationships Education, Health Education and the National Curriculum for Science are met through the school's Life to the Full programme provided by Ten:Ten Resources, the wider curriculum and dedicated Collapsible Curriculum Weeks where additional coverage is required.

Statutory Theme	Coverage
Families and People Who Care for Me	Life to the Full, Religious Education and PSHE
Caring Friendships	Life to the Full, PSHE and Catholic Life of the School
Respectful Relationships	Life to the Full, Religious Education, PSHE and Behaviour Curriculum
Online Relationships	Life to the Full, Online Safety Curriculum and Collapsible Curriculum Weeks
Being Safe	Life to the Full, PSHE and Safeguarding Curriculum
Mental Wellbeing	Life to the Full, PSHE and Wellbeing Activities
Internet Safety and Harms	Online Safety Curriculum, Life to the Full and Collapsible Curriculum Weeks
Physical Health and Fitness	PE Curriculum and PSHE
Healthy Eating	Science and PSHE
Drugs, Alcohol and Tobacco Education	PSHE and Health Education
Health and Prevention	Science and PSHE
Basic First Aid	PSHE and Wider Curriculum Opportunities
Growing and Changing	Science and Life to the Full
Puberty Education	Science and Life to the Full
Human Reproduction	National Curriculum Science and Life to the Full
Personal Safety and Safeguarding	Life to the Full, PSHE and Safeguarding Curriculum
Bullying and Cyberbullying	PSHE, Behaviour Curriculum and Online Safety Curriculum
Personal Boundaries, Consent and Seeking Help	Life to the Full, PSHE and Collapsible Curriculum Weeks

Additional Curriculum Coverage

The Life to the Full programme forms the core of RSE provision at St Mary's Catholic Primary School. Where content is not fully addressed through the programme, or where pupils would benefit from additional learning opportunities, it will be supplemented through:

- Collapsible Curriculum Weeks
- PSHE lessons
- Religious Education
- Science lessons
- Online Safety education
- Assemblies and themed curriculum events
- External professional support, where appropriate

This approach ensures that all statutory requirements are met while remaining consistent with the Catholic ethos, values and mission of St Mary's Catholic Primary School.

APPENDIX 2 - Key Themes Covered Across the Curriculum

Through the RSE curriculum, pupils will develop knowledge, understanding and skills in relation to:

Relationships

- Healthy and respectful relationships
- Family life and friendships
- Caring for others
- Respecting differences
- Positive behaviour and healthy choices

Personal Development

- Personal dignity and self-worth
- Emotional wellbeing and resilience
- Growing and changing
- Puberty and human development
- Building confidence and self-esteem

Personal Safety

- Personal safety and safeguarding
- Online relationships and digital citizenship
- Privacy and image sharing
- Anti-bullying, including cyberbullying
- Understanding personal boundaries and consent
- Seeking help from trusted adults

Catholic Life and Values

- Catholic teaching on relationships and family life
- Human dignity and respect for all
- Compassion, kindness and empathy
- Inclusion and equality
- Responsible citizenship

BREW Curriculum

Belief - Developing faith, values, spirituality and understanding of Catholic teaching.

Rights - Recognising the dignity, rights and responsibilities of all people.

Environment - Respecting God's creation and understanding our responsibility as stewards of the world.

Wellbeing - Promoting emotional, physical, social and spiritual wellbeing.

APPENDIX 3

Life to the Full Curriculum Overview

The Life to the Full programme provided by Ten:Ten Resources is structured around three core themes, each rooted in Catholic teaching and the understanding that every person is created and loved by God.

Created and Loved by God

This theme helps pupils to:

- Develop a positive understanding of their identity and self-worth.
- Recognise that they are uniquely created and loved by God.
- Understand emotional and physical wellbeing.
- Learn about growth, development and healthy lifestyles.
- Develop an age-appropriate understanding of puberty and human development.

Created to Love Others

This theme helps pupils to:

- Build healthy, respectful and loving relationships.
- Understand friendship, family life and community.
- Recognise the importance of kindness, empathy and forgiveness.
- Develop personal safety skills, including online safety.
- Understand personal boundaries and where to seek help or support.

Created to Live in Community

This theme helps pupils to:

- Understand their responsibilities towards others.
- Recognise their role within local and global communities.
- Develop an awareness of social responsibility and citizenship.
- Care for God's creation and the wider world.
- Live out Gospel values through service and stewardship.

St Mary's Curriculum Enhancement

At St Mary's Catholic Primary School, the Life to the Full programme is enhanced through our BREW Curriculum (Belief, Rights, Environment and Wellbeing) and dedicated Collapsible Curriculum Weeks, ensuring that all statutory Relationships Education, Health Education and National Curriculum Science requirements are fully met whilst reflecting the distinctive Catholic ethos of the school.

Additional Curriculum Opportunities

In addition to the Life to the Full programme, pupils participate in:

- Planned PSHE lessons
- Religious Education

- Science lessons
- Online Safety education
- Assemblies and collective worship
- Themed curriculum events
- Collapsible Curriculum Weeks

Collapsible Curriculum Weeks

Collapsible Curriculum Weeks provide opportunities to revisit, reinforce and extend key aspects of the curriculum where additional coverage or consolidation is required. They ensure that all statutory objectives are fully met while enabling pupils to explore topics in greater depth, including:

- Personal safety
- Healthy relationships
- Online safety
- Emotional wellbeing
- Growing and changing
- Human development
- Safeguarding and seeking help

APPENDIX 4

Policy Approval and Review

Item	Details
Policy Title	Relationships and Sex Education (RSE) Policy
School	St Mary's Catholic Primary School
Approved By	Governing Body
Link Governor for RSE	Claire Dodd
Headteacher	Martin Clephane
PSHE/RSE Lead	Claire Clinton
Date Approved	September 2026
Review Date	September 2028

Ratification

This policy was approved by the Governing Body of St Mary's Catholic Primary School and will be reviewed every two years, or sooner if required by changes in legislation, statutory guidance or diocesan recommendations.

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Review Date: September 2028
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