

Parent Session

Ten:Ten
Resources

Aims and Outcomes:

- To explain what the **Statutory RSE and Health Education Guidance 2020** means for our school.
- To inform parents of your rights and responsibilities surrounding the PSHE/RSE your child receives.
- To develop an understanding of **Life to the Full**
- To know where further information about the programme content can be accessed.
- To share NEW statutory framework 2026 for RSE

What is RSE?

RSE stands for ‘Relationships and Sex Education’

The Government states:

The new curriculum will be compulsory from September 2020. Schools should start teaching from that date if they meet the statutory requirements.

New Statutory guidance will be compulsory from september 2026

Why do we need RSE in the curriculum?

The reason for including RSE or Relationship education in the PSHE curriculum came from concerns brought to the Department of Education by parents who felt that their children needed to be educated and aware of how to show respect and be safe regarding relationships.

Things to think about…

- Puberty is starting earlier – 1 in 4 girls started their periods before the subject was covered in school.
- Research shows that children with good RSE are less likely to be abused and less likely to experiment

- ***Is it better for children to learn about RSE from their teachers and parents than from their friends?***

Things to think about…

- 96% of 5-7 year olds have access to the internet.
- 76% of children 5-7 have their own personal tablet
- 56% of the children own their own phone

- Over 1 in 4 children have seen pornography by the age of 12.
- 60% of 11-12 year olds who have viewed pornography state it was accidental
- Both boys and girls, in all cultures, can be vulnerable to being sexually abused - NSPCC research suggests 1 in 20 children.

‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ Guidance 2026

The focus for primary relationships education should be on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.

Schools should be sensitive to pupils’ circumstances, recognising that families of many forms provide a nurturing environment for children, and can include single parent families, same-sex parents, families headed by grandparents, young carers, kinship carers, adoptive parents and foster parents/carers. Teaching should illustrate a wide range of family structures in a positive way, and care should be taken to ensure that children are not stigmatised based on their home circumstances.

What does the Guidance look like?

Primary

Relationships Education

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

Health Education

- Mental Wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body (including menstruation)

Secondary

Relationships and Sex Education

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

Health Education

- Mental Wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

What does the new guidance look like?

This is guidance that we must follow from September 2026

Primary

Relationships Education

- **Families and people who care for me**
- **Caring friendship**
- **Online safety and awareness**
- **Being safe**
- **Respectful, kind relationships**

Health Education

- **General wellbeing**
- **Physical health and fitness**
- **Healthy Eating**
- **Drugs, alcohol, tobacco and vaping**
- **Wellbeing online**
- **Health protection and prevention**
- **Personal safety**
- **Basic first aid**

How will we teach RSE at St Anne's?

- St Anne's will be using **Life to the Full**, produced by the Catholic educational organisation, Ten:Ten Resources.
- The **Life to the Full** programme is based on the structure of 'A Model Catholic RSE Curriculum' by the Catholic Education Service. This model curriculum was highlighted as a work of good practice by the Department of Education so we therefore have confidence that the programme will be fit for purpose in supporting the growth and development of your child.
- Ten:Ten also allows parents to access an online portal where you can access resources that the teachers will be using in class.


Life to
the Full

Module 1: Created and Loved by GOD

Story Sessions: Each learning stage focuses on a different Gospel story, which is repeated in various ways over the week, giving rise to times of discussion, imaginative reflection and creative response, for example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus' call personally. In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.



Module 1: Created and Loved by GOD

Early Years Foundation Stage:

- Our uniqueness in real terms
- Celebrating difference and individual gifts, talents and abilities
- Looking after and using our bodies (including vocabulary around this topic)
- The necessity of when and how to say sorry in relationships
- A basic exploration of Jesus's forgiveness and growing up as God's plan for us



Module 1: Created and Loved by GOD



Key Stage One:

- We are uniquely made by a loving God
- We have differences and similarities
- Key information about staying physically healthy
- Understanding feelings and emotions, including strong feelings such as anger
- The cycle of life from birth to old age

Module 1: Created and Loved by GOD

Lower Key Stage Two:

- Understanding differences
- Respecting our bodies
- Puberty and changing bodies
- Strategies to support emotional wellbeing including practicing thankfulness
- The development of pupils' understanding of life before birth



Module 1: Created and Loved by GOD



Upper Key Stage Two:

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girls' and boys' bodies
- Body image
- Strong emotional feelings
- The impact of the internet and social media on emotional well-being
- A more nuanced and scientific understanding of life in the womb and how babies are made
- Menstruation

Module 1: Created and Loved by GOD

Paradise Street is an original drama series for Upper Key Stage Two which follows the story of 4 friends – Finn, Leyla, Marcus and Siobhan – who have different personal and social experiences related to growing up and puberty. Each episode lasts about 10 minutes and is followed by a time of teacher-led discussion with the pupils. Each session also includes an episode of **Delving Deeper into Paradise Street** in which two presenters explore the issues in the drama and provide some teaching for pupils (which also acts as guidance and support for teachers). Each concludes with a time of personal writing in a Module 1 Workbook which will help the pupils to digest and personalise the teaching.





Dealing with challenging questions

We understand that you may have concerns about the questions that may arise in a RSE session.

There are several ways that staff will respond:

- In an age appropriate way.
- They will remind the child that their question relates to something they will learn about in subsequent years
- That if a child wants to, they could ask the teacher using an 'Ask it Basket' writing it down rather than asking in front of others.
- Teachers can share the childrens' questions with parents to ensure you can have conversations at home too

Can I withdraw my child from an RSE lesson?

You do not have the right to withdraw your child from a relationship education lesson but you do have the right to withdraw your child from some or all of a sex education lesson, with the exception of what is taught as part of the National Curriculum for Science.

In order for you to withdraw your child we ask that you complete a request to withdraw form. On the form you will be asked to state the lesson you would like your child to be withdrawn from and the reason why.

We have introduced this as a means of helping us monitor and better understand the reasons why parents choose to withdraw their children from specific sessions so that we can work together with families to make sure you are well informed about the curriculum content.

Online Parent Portal

The Online Parent Portal provides parents of children in schools who subscribe to **Life to the Full** with:

- Information about the programme children will be following;
- Access to resources;
- Suggestions for further activity at home.
- The online portal can be accessed via this link:

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

Then simply follow the links to the year group your child is in

School Username: st-anne-m8

School Password: mary-mum

Glory Be

to the Father
and to the Son
and to the Holy Spirit.
As it was in the beginning is now,
and ever shall be, world without end.
Amen



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