Sacred Heart Catholic Primary School

Relationships and Sex Education (RSE) Policy

Policy Contact Person:	Mrs Sue Allen
Review Frequency:	Annually
Signed by Approver:	Mr Richard Parker-Harding
Date Agreed/Signed:	July 2026
Next Review Date:	July 2027
Signed original stored in Headteacher's Office	

Foreword from Bishop Richard Moth

"The Church as a mother is under an obligation to provide for its children an education by virtue of which their whole lives may be inspired by the spirit of Christ."[1]

These words, from Decree of the Second Vatican Council on Education, speak of the motivation for our Catholic schools. Our schools are places where the relationship with Christ, to which all are called, enables those we educate to take their place in the Church and Society conscious of their dignity as children of God.

Our schools provide the "principal means of helping parents to fulfil their role in education."[2] In entrusting their children to our schools, parents provide them with the best possible start in life, grounded in the deepening of their faith through prayer and the recognition of the presence of God in all things.

Our belief in the unique dignity of the human person as made in the image and likeness of God underpins the approach to all education in our Catholic schools. To this end, Relationships and Sex Education (RSE) is rooted in the Catholic Church's teaching of the human person and firmly embedded in the Religious Education framework as it is concerned primarily with nurturing the human wholeness of our pupils.

I am pleased to commend this RSE policy to you and am confident you will find it both invaluable and reassuring as you prepare for the new academic year.

With every Blessing,

+Richard

[1] VATICAN II, Declaration *Gravissimum Educationis* on Christian Education, n.3. (GE)

[2] Code of Canon Law, c. 796§1.

Our Mission

At Sacred Heart School we strive to:

Know and love our God.

Grow in knowledge, skills and understanding.

Learn what is right and wrong.

Be kind, helpful and thoughtful,

and try to live as Jesus teaches us.

We love, we learn, we respect and we serve with Jesus at the heart of our school

Our Motto

"EXCELLENCE THROUGH FAITH AND LEARNING"

We love, learn, respect and serve with Jesus at the heart of our school.

We love, learn, respect and serve with Jesus at the heart of our school.

Our mission at Sacred Heart Catholic Primary School is underpinned by the Gospel Values.

We LOVE each other as Jesus loves us and celebrate our unique and diverse school community.

We LEARN to follow spiritually in Jesus' footsteps and know that he guides us in all we do.

We RESPECT ourselves, our peers and members of the local and global communities that we live and participate in.

We SERVE each other as Jesus taught us to do.

Sacred Heart Catholic Primary School

Relationships and Sex Education (RSE) Policy 2026–2028

Policy Lead: Mrs Tessa Courtney Bennett

Review Frequency: Annually

Ratified By: Local Governing Committee

Review Date: July 2027

Foreword

At Sacred Heart Catholic Primary School we believe pupils make progress when outstanding behaviour creates a climate where lessons are entirely focused on learning. We achieve this by inspiring, motivating and challenging our pupils. Each child is nurtured in their relationship with Christ and enabled to recognise their dignity as a child of God. Relationships and Sex Education (RSE) forms an important part of this mission because it supports the development of the whole person and promotes healthy, respectful relationships rooted in Gospel values.

Mission Statement

We love, learn, respect and serve with Jesus at the heart of our school.

At Sacred Heart Catholic Primary School:

We LOVE each other as Jesus loves us.

We LEARN to follow spiritually in Jesus' footsteps.

We RESPECT ourselves, others and our communities.

We SERVE each other as Jesus taught us.

Our approach to Relationships and Sex Education reflects these values and contributes to the spiritual, moral, physical, emotional, social and intellectual development of every child.

Introduction

The overall responsibility for teaching children about relationships, human development and sexuality belongs primarily to parents and carers. Sacred Heart Catholic Primary School works in partnership with families to provide an age-appropriate programme of Relationships and Sex Education that reflects both the teachings of the Catholic Church and statutory requirements.

We believe that every human person is created in the image and likeness of God. Therefore, every child is worthy of love, dignity, respect and protection. Our RSE curriculum is rooted in Catholic teaching and seeks to nurture human flourishing through positive, healthy and respectful relationships.

Statutory Framework

This policy complies with:

- Education Act 1996
- Education Act 2002
- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (July 2025), for implementation from September 2026.

Relationships Education and Health Education are compulsory for all primary-aged pupils. Parents do not have the right to withdraw children from these elements of the curriculum. Parents may request withdrawal from any non-statutory sex education content delivered beyond the National Curriculum for Science.

Rationale

"I have come that they may have life and have it to the full." (John 10:10)

We are involved in RSE because of our Christian belief in the dignity and value of every human person. Our programme is designed to help children: understand that they are created, chosen and loved by God; develop positive relationships; grow in self-respect and respect for others; learn how to keep themselves safe; prepare for the physical and emotional changes of growing up; become responsible members of society.

All teaching will be consistent with Catholic moral teaching whilst respecting the experiences and backgrounds of all pupils and families.

Programme for Delivering RSE

Sacred Heart Catholic Primary School uses Ten:Ten's Life to the Full programme to deliver Relationships Education and Health Education.

Life to the Full:

- is approved for use in Catholic schools;
- follows the Catholic Education Service model curriculum;
- fulfils statutory Relationships Education and Health Education requirements;
- adopts a spiral curriculum so learning is revisited and deepened appropriately throughout primary school.

Topics include:

- **family life;**
- **friendships;**
- **emotional wellbeing;**
- **online safety;**
- **personal safety;**
- **trusted adults;**
- **creation and life cycles;**
- **growing and changing bodies;**
- **puberty and periods;**
- **media influences;**
- **safeguarding;**
- **the common good and living in the wider world.**

The programme is underpinned by the belief that every child is a beloved child of God.

Parents can access the Parent Portal via the website to look at the content of lessons and understand the delivery of the subject. https://www.tentenresources.co.uk/information-for-parents/

Aims and Objectives

The aims of RSE at Sacred Heart are:

- To encourage growth in self-respect and self-worth.
- To help pupils recognise the value and dignity of every person.
- To support pupils in developing loving and respectful relationships.
- To develop confidence in discussing feelings and relationships.
- To prepare pupils for puberty and adolescence.
- To help pupils identify risks and seek help when necessary.
- To promote physical, emotional and mental wellbeing.
- To equip pupils for the opportunities and responsibilities of later life.
- To support safeguarding through education.

Curriculum Content

By the end of Key Stage Two, pupils will have learnt about:

- Families and Caring Relationships:
  - the importance of family life;
  - stable and loving relationships;
  - different family structures;
  - marriage and lifelong commitment;
  - caring responsibilities and mutual respect.

- Caring Friendships:
  - qualities of healthy friendships;
  - kindness, loyalty and trust;
  - managing disagreements;
  - recognising unhealthy friendships;
  - how to seek support when needed.

- Respectful Relationships:
  - self-respect and respect for others;
  - courtesy and good manners;
  - challenging stereotypes and bullying;
  - recognising discrimination;
  - understanding personal boundaries.

- Online Safety:
  - responsible online behaviour;
  - privacy settings and digital footprints;
  - age restrictions on social media;
  - online scams and misleading content;
  - risks associated with sharing images;
  - artificial intelligence and AI-generated content;
  - how to report concerns and seek help online.

- Being Safe:
  - body ownership and personal privacy;
  - appropriate and inappropriate contact;
  - recognising unsafe situations;
  - trusted adults and reporting concerns;
  - safeguarding and abuse prevention;
  - online exploitation awareness.

- Health and Wellbeing:
  - physical and mental health;
  - emotional wellbeing;
  - resilience;

- bereavement and loss;
- healthy eating;
- exercise and fitness;
- sleep and healthy routines;
- vaping awareness;
- online gaming and gambling risks;
- puberty and menstrual health.

Equalities and Inclusion

Sacred Heart Catholic Primary School is committed to promoting the dignity and value of every person.

Teaching will:

- comply with the Equality Act 2010;
- be inclusive and age-appropriate;
- respect protected characteristics;
- challenge prejudice and discrimination;
- recognise the diverse experiences and backgrounds of pupils and families;
- reflect the Catholic understanding of human dignity.

Appropriate adaptations will be made to ensure pupils with SEND can fully access the curriculum.

Roles and Responsibilities

Governors will:

- approve and monitor this policy;
- ensure statutory compliance;
- ensure parents understand withdrawal rights;
- monitor the effectiveness of provision.

The Headteacher has overall responsibility for:

- implementation of the policy;
- staff training;
- communication with parents;
- quality assurance and monitoring.

Life Skills/RSE Lead will:

- coordinate provision;
- support staff;
- monitor curriculum delivery;
- provide advice and training.

All staff are expected to:

- model positive relationships;
- contribute to pupils' personal development;
- follow safeguarding procedures;
- teach within the Catholic ethos of the school.

Parents and Carers

We recognise parents and carers as the primary educators of their children.

The school will:

- consult parents regarding policy and provision;
- provide information about curriculum content;
- enable parents to view teaching materials;
- notify parents when sensitive aspects are taught;
- support parents in discussing RSE at home.

Parents may request withdrawal from non-statutory sex education. Requests should be made in writing to the Headteacher. Pupils cannot be withdrawn from Relationships Education, Health Education or National Curriculum Science.

External Visitors

External agencies and health professionals may contribute to the RSE programme.

All visitors must:

- enhance, not replace, teacher-led learning;
- follow safeguarding procedures;
- adhere to school policies;
- support the Catholic ethos of the school;
- understand their responsibilities regarding disclosures and confidentiality

Managing Sensitive Issues

RSE may involve discussion of sensitive topics.

Teachers will:

- establish clear ground rules;
- create a respectful and supportive environment;
- use age-appropriate teaching methods;
- answer questions honestly and appropriately;
- manage disclosures according to safeguarding procedures.

No promise of absolute confidentiality can be given where safeguarding concerns arise.

Safeguarding

RSE is a key element of safeguarding.

Teaching will help pupils:

- recognise abuse and exploitation;
- understand their right to be safe;
- identify trusted adults;
- report concerns confidently;
- understand online risks and harmful behaviours.

Any disclosure made by a pupil will be dealt with in accordance with the school's Safeguarding and Child Protection Policy.

Monitoring, Review and Evaluation

The RSE/Life Skills Lead and Headteacher will monitor provision through:

- planning scrutiny;
- lesson observations;
- pupil voice activities;
- parental feedback;
- staff feedback;
- review of teaching resources.

This policy will be reviewed annually or sooner in response to changes in legislation, diocesan guidance or statutory requirements.

Related Policies

This policy should be read alongside:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Online Safety Policy
- PSHE Policy
- Equality Policy
- SEND Policy
- RE Policy

Adopted: September 2026

Next Review: January 2028

This policy reflects the Catholic ethos of Sacred Heart Catholic Primary School and the statutory DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance applicable from 1 September 2026.

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