



POLICY FOR RELATIONSHIPS AND SEX EDUCATION St Mary's Catholic Primary School

Relationships and Sex Education (RSE) Policy

Reviewed: November 2025 | **Next Review:** September 2027

1. Introduction

In partnership with pupils and their parents, St Mary's Catholic Primary School Governors and staff set out our intentions regarding Relationships and Sex Education (RSE). Our policy defines the purpose, principles, and implementation of RSE at our school, in line with:

- Catholic teaching on the dignity of the human person (Catechism of the Catholic Church, 2331–2400)
- Diocese of Westminster Protocols on RSE (2024)
- Department for Education statutory guidance for RSE and Health Education (2019, updated)
- Ten:Ten *Life to the Full* programme (Diocese-approved resource)

RSE is delivered as part of the PSHE framework, integral to the spiritual, moral, social, and cultural education of pupils, and promotes human flourishing in line with diocesan guidance.

2. Consultation and Review

Consultation with stakeholders ensures the policy meets both diocesan expectations and community needs:

- Questionnaires and workshops with parents and carers
- Staff consultation on curriculum content
- Consultation with the Governing Body

The policy is formally reviewed every two years by the Headteacher, RSE/RE Leader, Governors, staff, and parents. Interim monitoring is undertaken annually to ensure continued compliance with diocesan guidance.

3. Definition of RSE

The DfE defines RSE as “lifelong learning about physical, moral, and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care.” At St Mary’s , RSE:

- Develops pupils’ knowledge of themselves as sexual beings, called to live in right relationships with self and others
- Supports moral decision-making in line with Catholic teaching
- Encourages respect, dignity, and understanding of human sexuality as a gift from God

RSE at our school emphasises **attitudes and values, personal and social skills, and knowledge and understanding**, in accordance with diocesan protocols.

4. Statutory Requirements

Our RSE curriculum includes all statutory elements of the National Curriculum Science for pupils aged 5–11 and the Health Education guidance issued by the Department for Education.

5. Rationale

“I have come that you might have life and have it to the full” (John 10:10)

Our RSE programme:

- Is rooted in the belief that every human person is made in the image and likeness of God
- Presents sexuality positively within the context of loving relationships
- Embeds Catholic virtues (faithfulness, chastity, integrity, prudence, mercy, compassion)
- Promotes the importance of marriage and family life
- Encourages respect for the dignity of all, including pupils’ own identity and that of others

6. Values and Virtues

Our RSE promotes:

- Respect for human sexuality and fertility
- Joy in the goodness of creation and the human body
- Responsibility for actions and their impact on others
- Fidelity, love, and commitment in relationships

Virtues are explicitly taught and explored across all year groups, using age-appropriate content from Ten:Ten *Life to the Full*.

7. Objectives

Attitudes and Virtues:

- Reverence for human sexuality
- Respect for all human beings
- Celebrating self-giving love and family life

Personal and Social Skills:

- Making responsible, ethical decisions
- Forming friendships and loving relationships free from exploitation
- Managing emotions, conflict, and relationships constructively
- Building resilience and self-esteem
- Understanding media, peer, and internet pressures

Knowledge and Understanding:

- Church teaching on relationships, love, and marriage
- Physical and emotional changes at puberty
- Human reproduction in line with Catholic principles
- Roles of virtue and moral conscience in human living

8. Inclusion and Equalities

RSE is sensitive to pupils' different abilities, maturity levels, faiths, cultures, sexual orientation, and gender identity. It is taught in a way that avoids discrimination and promotes dignity and respect. This is consistent with the **Equalities Act 2010** and diocesan guidance.

9. Curriculum and Resources

- RSE is delivered through **Ten:Ten Life to the Full**, approved by the Diocese of Westminster.
- The programme is embedded across PSHE, RE, and the wider curriculum, and includes statutory science content.
- Teaching methods include: discussion, reflection, experiential learning, role-play, group work, project learning, and values clarification.

10. Parents and Carers

Parents are the primary educators of their children. The school supports parents by:

- Providing information about curriculum content and resources
- Offering workshops to help parents discuss RSE at home

- Informing parents in advance of sensitive topics

Parents have the right to withdraw their child from non-statutory aspects of RSE. Requests are made to the Headteacher, and alternative resources are provided to support learning at home.

11. Safeguarding and Confidentiality

- Teachers and staff follow the school safeguarding policy.
- Pupils are informed that confidentiality cannot be guaranteed in cases of abuse, harm, or illegal activity.
- Disclosures are shared with the **Designated Safeguarding Lead (DSL)** following diocesan safeguarding procedures.

12. External Visitors

- Visitors must follow diocesan and school guidance.
- Lessons remain teacher-led; external input complements and does not replace teacher delivery.
- Visitors follow agreed ground rules and ensure teaching aligns with Catholic principles.

13. Monitoring and Evaluation

- The **RSE Leader** and link Governor monitor provision using:
 - Lesson plans and samples of pupils' work
 - Pupil and parent questionnaires
 - Staff feedback
- Evaluation is guided by the **Diocesan Catholic RSE Quality Standard** and reported to the Governing Body.

14. Governance and Staff Responsibilities

Governing Body:

- Approve and monitor policy
- Ensure diocesan alignment and statutory compliance
- Establish a link governor for RSE

Headteacher:

- Oversee implementation, liaise with governors, Diocese, and local authority

RSE/PSHE Leader:

- Provide guidance and training to staff
- Lead curriculum development and review

All Staff:

- Deliver RSE in line with Catholic teaching
- Act as role models for healthy relationships

15. Policy Publication

- Policy is available on the school website and in the school office
- All staff are briefed on policy content and responsibilities
- Policy review involves governors, staff, parents, and diocesan guidance