

# St Mary's Catholic Primary School, South Moor, Stanley

*Policy for Relationships Education, Relationships and Sex Education (RSE) and Health Education – Updated for DfE Statutory Guidance (July 2025)*

**Status: DRAFT** – Issued for Parent Consultation & Pending Governor Ratification (March 2026)

**Policy Owner:** Headteacher / RSHE Lead

**Policy Date:** January 2026

**Review schedule:** This policy will be reviewed every three years, or earlier if there are changes to DfE statutory RSHE guidance or relevant legislation.

School Mission Statement – ‘Growing together in the friendship of faith’

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional). We believe that Relationships Education, RSE and Health Education is integral to this education. We will endeavour to raise pupils’ self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.

## Rationale

We are involved in Relationships Education, RSE and Health Education because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in our Catholic school. Our approach is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals. All teaching will be in accordance with the Church’s moral teaching, emphasising the central importance of marriage and family life whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from.

## Legal framework and status of this policy

- This policy reflects the Department for Education (DfE) statutory guidance ‘Relationships Education, Relationships and Sex Education (RSE) and Health Education’ (July 2025), issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996. Schools must have regard to this guidance.
- The 2025 guidance applies to all schools in England and is for governing bodies, proprietors, headteachers, principals, senior leadership teams and teachers. It replaces the 2019 guidance and will be introduced from 1 September 2026. We will use 2025 guidance immediately to shape provision and prepare for full implementation.
- This policy should be read alongside: Keeping Children Safe in Education (KCSIE), Equality Act 2010, our Safeguarding & Child Protection Policy, Behaviour Policy, Anti-bullying Policy and Online Safety Policy, and (locally) Diocesan guidance for Catholic schools.

## Who this policy is for

Governing body, headteacher and senior leaders; all teaching and support staff; parents/carers; external contributors; and where appropriate, pupils.

## Aims of Relationships Education, RSE and Health Education

- develop respect for the dignity of every human being in self and others;
- support pupils to form healthy, loving relationships, manage emotions and resolve conflict;
- build resilience and the ability to resist harmful pressures, including online;
- ensure pupils know the correct names for body parts and understand privacy, boundaries and how to get help;
- teach the physical and emotional changes of puberty and, where policy permits, teach sex education at primary in an age-appropriate, values-led way;
- promote personal safety (including road, water, rail and fire safety) and mental wellbeing;
- embed equality, inclusion and safeguarding throughout, in line with the law.

## Curriculum content and sequencing (Primary)

Our programme is built on the DfE 2025 content and sequenced to start early, revisit core knowledge and build skills over time. It covers:

- Relationships education: families and people who care for me; caring friendships; respectful relationships; online relationships; being safe (including recognising abuse and how to report it).
- Health and wellbeing: 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 (puberty).
- Language for safeguarding: correct terminology for body parts (penis, vulva, vagina, testicles, scrotum, nipples) and understanding that these parts are private.
- Personal safety: fire safety; water, road and rail safety; and safe travel.
- Digital literacy and online safety, including recognising misinformation and harmful content; responding to unkind/abusive behaviours; and seeking help.

Primary sex education: In addition to statutory science and relationships content, the governing body has decided that our school will/does not deliver additional non-statutory sex education at primary. Where delivered, parents have the right to request withdrawal for their child from this specific content (see 'Parents' right to request withdrawal').

## Inclusion, equality and differentiated learning

RSHE will be sensitive to pupils' different abilities, needs and lived experiences, including SEND and those with social, emotional or communication needs. We will avoid stereotypes and ensure materials are accessible (e.g. visual supports, repetition, overlearning and pre-teaching of key vocabulary for pupils working below age-related expectations). Our teaching will reflect the law,

including differences in rights based on sex and gender reassignment, and will not promote any contested viewpoints as fact.

### **Statutory curriculum requirements**

We will teach all statutory content for Relationships Education and Health Education in primary, and all National Curriculum science content on the human body, reproduction and puberty. Parents do not have a right to withdraw from statutory Relationships Education or National Curriculum science.

### **Working with parents and carers**

Parents/carers are the primary educators of their children. We will consult parents on this policy and curriculum, publish this policy on our website, and make all teaching materials available for parents to view on request. We will not enter into contractual arrangements with external providers that prevent parent access to materials.

### **Parents' right to request withdrawal from sex education (primary)**

Parents may request withdrawal of their child from any non-statutory sex education at primary (i.e., content beyond the National Curriculum science). Requests should be made in writing to the Headteacher. The school will discuss the request, explain the curriculum, and provide alternative appropriate work. There is no right to withdraw from Relationships Education or statutory science.

### **Teaching and learning**

RSHE will be taught predominantly by class teachers, supported by the RSHE Lead. We use 'Life to the Full' (Ten Ten Resources) to deliver our Catholic RSHE programme, supplemented with age-appropriate resources for safety education and online safety. Ground rules, question boxes and signposting to support will be used to create a safe learning environment. External visitors will enhance but never replace teacher-led learning and must align with Catholic principles and our safeguarding policy.

### **Online safety and contemporary risks**

Teaching will address exposure to harmful online content (including pornography), misogyny and harmful influencers; respectful online behaviour; and strategies to report and block. Vocabulary, scenarios and critical-thinking activities will be used to build pupils' confidence to seek help.

### **Safeguarding, confidentiality and signposting**

RSHE is a safeguarding priority. Staff cannot promise confidentiality where there are safeguarding concerns and will follow our Child Protection procedures. Lessons will include how to ask for help from trusted adults and services. Any concerns or disclosures will be passed immediately to the Designated Safeguarding Lead (DSL).

## Assessment, monitoring and evaluation

The RSHE Lead will monitor planning, delivery and pupil work. Governors will receive an annual report on RSHE, including curriculum compliance, staff training and pupil voice. Impact will be evaluated through teacher assessment, pupil self-reflection and parent feedback.

## Roles and responsibilities

- Governing Body: approves policy; ensures compliance with statutory guidance; monitors provision; appoints a link governor for RSHE; ensures transparency with parents.
- Headteacher: has overall responsibility for policy implementation, staffing, training and liaison with parents, governors and the Diocese.
- RSHE Lead: oversees curriculum mapping and resources; supports staff; quality assures delivery; coordinates consultation and evaluation.
- All staff: model positive relationships; deliver RSHE in line with this policy and safeguarding procedures; refer concerns to the DSL.

## Managing sensitive or difficult questions

We will use agreed ground rules, developmentally appropriate responses and professional judgement. Where a question is not appropriate to address in a whole-class context, staff will follow up individually and inform parents/carers where necessary.

## Staff training and support

We will provide regular CPD for staff to ensure confident, accurate and sensitive delivery, including safeguarding, SEND adaptations, online safety and handling difficult conversations.

## Implementation timeline (transition to 2025 guidance)

1. Autumn 2025: Policy updated; curriculum audit against 2025 guidance; consultation with parents and governors; staff CPD.
2. Spring–Summer 2026: Sequencing refinements; resource updates; pilot lessons and pupil voice; publish finalised policy and long-term overview.
3. From 1 September 2026: Full implementation and annual reporting to governors.

## Programme and resources

Core programme: Life to the Full (Ten Ten Resources). Supplementary materials will be selected to address safety education and online safety, ensuring openness with parents and alignment with this policy. External agencies will be carefully vetted.

## Appendix A – Summary mapping: 2025 RSHE content to our curriculum (Primary)

- Correct terminology for body parts and privacy: Added to KS1–KS2 vocabulary and safeguarding lessons; reinforced through PSHE and science.
- Personal safety (fire, water, road, rail, safe travel): Embedded within Health and Wellbeing units with local context and emergency services input.

- Online safety, harmful content and influencers: Updated scenarios and reporting pathways; explicit signposting; parental engagement materials.
- Respectful relationships and challenging misogyny: Age-appropriate activities on kindness, respect and bystander skills; link to anti-bullying work.
- Mental wellbeing and help-seeking: Routine emotion check-ins; regulation strategies; local and national support routes.

#### **Appendix B – Statutory references and related guidance**

- DfE (2025) Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory guidance.
- Equality Act 2010.
- Keeping Children Safe in Education (most current version).
- DfE Education Hub (2025): RSHE guidance – what parents need to know.

#### **Appendix C – Parent consultation and transparency**

We will publish this policy on the school website; share termly curriculum overviews; offer preview sessions for parents to view materials; and provide clear routes for questions and feedback.

**Next Review:** March 2029