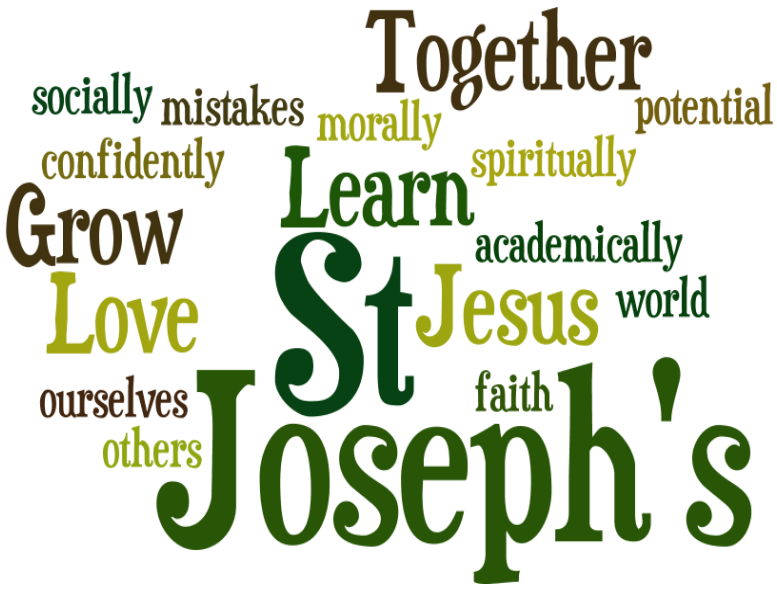
St. Joseph's
Catholic Primary School

Relationship and Sex Education (RSE) Policy



Date reviewed:	**Pentecost 2026**
Date approved:	**Pentecost 2026**
Date for next review:	**Bi-annually Pentecost 2028**

St Thomas Catholic Academies Trust
Catholic Diocese of Northampton

Mission Statement

At ST JOSEPH'S WE LOVE, LEARN AND GROW TOGETHER!

LOVE	LEARN	GROW
Love of our faith	Learn about our faith and Jesus	Spiritually
Love of Learning	Achieve our potential	Academically
Love life/the world	Learn from our mistakes	Morally
Love ourselves	Learn who we are / who I am	Confidently
Love others	Learn from others	Socially

Defining Relationship and Sex Education (RSE):

The DFE Guidance 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. It is also about the teaching of sex, sexuality and sexual health." (Sex and Relationship Education Guidance, DfEE, 2000). It is about the development of the pupil's knowledge and understanding of his or her as a sexual being and how it affects them.

The DFE identifies three main elements:

"Attitudes and values, personal and social skills, and knowledge and understanding."

Effective RSE programmes help learners to develop the skills and knowledge appropriate to their age, understanding and development to enable them to make responsible decisions about their relationships, sexual health and wellbeing.

Statutory Curriculum Requirements:

We are legally required to teach those aspects of RSE which are statutory parts of National Curriculum Science. However, the reasons for our inclusion of RSE go further.

Rationale:

"I have come that you might have life and have it to the full." (Jn 10:10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the uniqueness of the human person who is made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals. At the heart of the Christian faith is the Trinity, Father, Son and Spirit in communion, united in loving relationships and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in

the divine creativity. RSE therefore, will be placed firmly within the context of relationships as it is there that sexuality grows and develops.

Following the guidance of Bishops of England and Wales and as advocated by the DFE RSE will be firmly embedded in the PSHCE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as something that will be positive and show care and consideration for the future. This will show the potential for development, while enabling the dangers and risks involved to be understood and appreciated. All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. Support will be provided to help pupils deal with different sets of values.

Our programme encapsulates Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body. RSE will be taught in accordance with the principles set down in other relevant school policies such as Equal Opportunities and Inclusion. The school will use the Ten Ten Resource 'Life to the Full' to deliver RSE curriculum content within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.

Aim of RSE:

Our Mission Statement commits us to the education of the whole child (spiritual, intellectual, moral, social, cultural, emotional) and we believe that RSE is an integral part of this education. Furthermore, 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.

It is in this context that we commit ourselves: In partnership with parents, to provide children with a "positive and prudent sexual education" (Gravissimum Educationis 1) which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Objectives:

To develop the following attitudes and virtues:

- reverence for the gift of human sexuality and fertility;
- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;
- fidelity in relationships.

To develop the following personal and social skills:

- making sound judgements and good choices which have integrity and which are respectful of the individual's commitments;

- loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- managing conflict positively, recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;
- being patient and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;
- assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand:

- the Church's teaching on marriage and the importance of marriage and family life;
- the Church's teaching on relationships and the nature and meaning of sexual love;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;

Outcomes:

Inclusion and differentiated Learning:

We will ensure RSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances and is taught in such a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyberbullying), use of prejudice-based language and how to respond and ask for help.

Equalities Obligations:

The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all pupils, irrespective of disability, educational needs, age, race, nationality, ethnic or national origin, sex, gender, religion or whether they are looked after children. (As referred to in the school Equality policy/obligations)

Broad Content of RSE

Three aspects of RSE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross curricular dimension and a specific relationships and sex curriculum.

Life to the Full

Life to the Full is a fully resourced Scheme of Work in Relationships Education for Catholic primary schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning, in which pupils will revisit the same topics at an age appropriate stage through their school life.

The programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, equality and respect for all, family structures, trusted adults, consent, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God- created chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Our 'Life to the Full' programme will cover:

PSHE – TOPIC OVERVIEW				
TERM	**EYFS**	**KS1**	**LKS2**	**UKS2**
ADVENT 1	**EYFS Curriculum** Personal, Social & Emotional Development	**Module 1 – Unit 3** Emotional Well-Being	**Module 1 – Unit 3** Emotional Well-Being	**Module 2 – Unit 2** Personal Relationships
ADVENT 2		**Module 1 – Unit 4** Life Cycles	**Module 1 – Unit 4** Life Cycles	**Module 2 – Unit 3** Life Online
LENT 1	**Module 1 - Unit 2** My Body, My Health	**Module 2 – Unit 2** Personal Relationships	**Module 2 – Unit 2** Personal Relationships	**Module 2 – Unit 4** Keeping Safe
LENT 2	**Module 1 - Unit 3** Emotional Well-Being	**Module 2 – Unit 3** Life Online	**Module 2 – Unit 3** Life Online	**Module 3 – Unit 2** Living in the Wider World
PENTECOST 1	**Module 2 - Unit 2** Personal Relationships	**Module 2 – Unit 4** Keeping Safe	**Module 2 – Unit 4** Keeping Safe	**Module 1 – Unit 2** Me, My Body, My Health **Module 1 – Unit 3** Emotional Well-Being **Module 1 – Unit 4** Life Cycles
PENTECOST 2	**Module 2 – Unit 4** Keeping Safe	**Module 3 – Unit 2** Living in the Wider World	**Module 3 – Unit 2** Living in the Wider World	

Working with Parents

We recognise that parents (and other carers who stand in their place) are the primary educators of their children.

As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children. Therefore, the school will support parents and carers by providing material to be shared with their children at home and workshops to help parents/carers to find out more. This material is shared via the Parent Portal link.

Parents/carers will be informed when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Parents must be consulted before this policy is ratified by the governors. They will be able to view the resources used by the school in the RSE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed, though, parents have the right to withdraw their children from RSE except in those elements which are required by the National Curriculum Science scheme of work. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher.

Roles and Responsibilities:

Governors

In accordance with the Education Act, 1993 the governing body will keep up-to-date with the school's policy for RSE, in consultation with parents and will make copies available to them. They will make known to parents their right to withdraw their children from all or part of RSE provided at school except for those parts included in the statutory Science National Curriculum.

Teachers

All teachers have a responsibility of care; as well as fostering academic progress; they should actively contribute to the guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSE in accordance with the Catholic ethos of the school. When teaching sensitive topics, teachers use approaches such as distancing techniques, setting ground rules with the class to help manage sensitive discussion, and using question boxes to allow pupils to raise issues anonymously.

Parents

The school recognises that parents are the prime educators of their children and will seek to support them in their task. We will ensure that parents are kept informed of what is happening in RSE in terms of content, delivery and timing.

Monitoring and Evaluation

The RE subject leader, the PSHE subject leader and the Science subject leader will monitor provision of RSE in the school.

Date: June 2026

Review date: June 2028