



Review Initiated by	Headteacher
Last Review	Summer 2025
Next Review	Summer 2026

SAINT CHRISTINA'S SCHOOL: RELATIONSHIP AND SEX EDUCATION (RSE) POLICY

This policy was drafted in consultation with staff, governors, and parents. It is publicly available on the school website and stored in the Policy Library. This policy applies to all pupils from the Early Years Foundation Stage through to Key Stage 2.

1. Mission Statement

Ad finem fidelis*
We share and care and forgive
For that is how Christ teaches us to live

At Saint Christina's we're a part of God's family,
Where we live and learn and play in harmony.
Everybody here strives to follow Christ's way,
In all that they think and do and say.

At Saint Christina's we're a part of God's family,
We respect diversity and individuality.
We seek to excel in all that we do,
Grow in God's love and embrace Christ's teaching, too!

At Saint Christina's we pray and grow together,
Treating everybody like a sister or a brother.
We learn tolerance and co-operation,
Embracing people from every nation

**Faithful to the end*

1.1. This policy should be read in conjunction with:

- DfE Statutory Guidance entitled 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (2019)
- Diocesan Guidance and Catholic Education Services RSE materials

1.2. The policy will be used by:

- Teachers, to guide planning and delivery of RSE in line with Catholic teaching and statutory expectations
- Parents, to understand the content and values underpinning the RSE curriculum
- External visitors and professionals, to ensure their contributions align with our aims, objectives, and values

Equal Opportunities

At Saint Christina's School we are committed to ensuring equality of education and opportunity for all pupils, staff, parents and carers receiving services from the School, irrespective of age, disability, race, religion or belief, sex, sexual orientation, gender reassignment, pregnancy / maternity or marriage / civil partnership. We aim to develop a culture of inclusion and diversity in which all those connected with the School feel proud of their identity and able to participate fully in School life.

2. Introduction

- 2.1 Any teaching about love and relationships at Saint Christina's must be firmly rooted in Catholic teaching. RSE is taught within a positive framework of Christian virtue and is centred on what it means to be truly human, created in the image and likeness of God. We recognise that RSE is not just about physical development, but about formation of the whole person — morally, spiritually, emotionally, and socially — in accordance with the teachings of Christ.

3. Defining relationship and sex education

- 3.1. The Department for Education (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."
- 3.2. In Catholic schools, RSE is about much more than biological knowledge — it is about the development of the whole child. It helps children understand the dignity of the human person, the importance of living in right relationship with others, and the values that underpin healthy, loving relationships.
- 3.3. The DfE identifies three key components of RSE:
 - Attitudes and values
 - Personal and social skills
 - Knowledge and understanding

4. Rationale

- 4.1 Saint Christina's is fully committed to meeting the statutory requirements for Relationships Education and Health Education, as outlined in the DfE's 2019 guidance.
- 4.2 As a Catholic school, our reasons for including Relationships and Sex Education go deeper. Rooted in the Gospel values and the teachings of the Church, our approach recognises the inherent dignity of each person and reflects the belief that we are created in the image and likeness of God.
- 4.3 As Christ said in John's Gospel: "I have come that you might have life and have it to the full." (John 10:10)
- 4.4 RSE at Saint Christina's is taught as part of our commitment to nurturing the whole child: physically, emotionally, morally, intellectually, socially, and spiritually. In doing so, we prepare pupils to form strong, healthy relationships and live out their vocation with integrity and joy.
- 4.5 We teach that gender and sexuality are gifts from God, and that relationships are to be lived in the context of love, mutual respect, and the common good. This education is embedded within PSHE and wider school life, including RE, Science, and the example we model in our interactions with one another.

5 Values and virtues

- 5.1 RSE at Saint Christina's is rooted in the Catholic understanding of the human person as created, loved, and called by God. We believe that every person is made in the image and likeness of God and therefore has inherent dignity and worth.
- 5.2 Our programme reflects and promotes the values essential to forming loving and respectful relationships. It recognises the importance of marriage and family life and encourages children to develop the virtues that help them live out God's call to love others.
- 5.3 The following virtues are explicitly taught and modelled through RSE:
- Faithfulness – staying true in friendship and commitment
 - Integrity – living honestly and authentically
 - Prudence – making wise and thoughtful choices
 - Mercy and compassion – treating others with kindness, empathy, and forgiveness

6. Aim of RSE at Saint Christina's

Our Mission Statement commits us to educating the whole child: spiritually, physically, intellectually, morally, socially, emotionally, and culturally. RSE plays an essential role in this formation.

Working in partnership with parents, we aim to provide a positive and prudent education in relationships and human sexuality, rooted in Catholic values and adapted to children's maturity and needs.

We aim to:

- Nurture pupils' self-worth and dignity
- Help children grow in knowledge, understanding, and emotional literacy
- Teach the importance of love, trust, and responsibility in relationships
- Promote a Catholic understanding of marriage, family life, and human sexuality
- Support children in building healthy, respectful friendships and relationships

7. Objectives of RSE

Through our RSE programme, children will:

- Develop reverence for the gift of human life and sexuality
- Understand their own worth and that of others
- Take responsibility for their actions and recognise their impact
- Recognise and value their sexual identity and the uniqueness of others
- Understand the importance of lifelong, self-giving love in relationships
- Appreciate the role of marriage and family in God's plan
- Cultivate humility, empathy, forgiveness, and compassion
- Build self-esteem, resilience, and confidence
- Learn how to manage conflict and emotions appropriately
- Identify safe and unsafe behaviours, online and offline

- Be prepared for puberty and the physical and emotional changes it brings
- Understand the Church's teaching on relationships, sexuality, and love

8. Outcomes and Inclusion

At Saint Christina's, RSE is inclusive, developmentally appropriate, and accessible to all pupils. We are committed to ensuring that the needs of every child are met, including those with additional learning needs, those from diverse cultural backgrounds, and those with different personal or family circumstances.

Lessons will help children:

- Recognise and respect difference and diversity
- Understand the impact of discrimination, prejudice, bullying (including online and prejudice-based language)
- Know how to seek help and support when they or others are experiencing harm

Teaching will be tailored to take account of pupils' maturity, abilities, and individual contexts — including SEND, cultural background, and family structure — and will always be rooted in the dignity of each person as a child of God.

9. Programme Content and Delivery

At Saint Christina's, we follow the Ten:Ten Life to the Full Plus scheme — a fully-resourced and age-appropriate programme for Catholic primary schools that fulfils statutory Relationships and Health Education requirements.

The programme is delivered through a spiral curriculum, meaning key themes are revisited each year with increasing depth and complexity, appropriate to pupils' age and stage of development.

Teaching includes:

- Personal health and wellbeing
- Emotional literacy and managing strong feelings
- Personal safety and identifying trusted adults
- Body changes, puberty, and life cycles
- Online safety and the impact of social media
- Healthy friendships and family relationships
- Love, marriage, and the gift of new life

In Upper Key Stage 2, when teaching topics related to puberty, menstruation, and physical changes, pupils are taught in single-gender groups to ensure a comfortable and supportive learning environment. This allows pupils to ask questions more freely and explore these topics with sensitivity.

All pupils are taught the same curriculum content, regardless of grouping. Lessons are always taught in line with the school's Catholic ethos and the belief in the dignity of the human person.

RSE is also embedded across the wider curriculum and school life:

- RE supports a moral and spiritual understanding of human relationships
- Science teaches biological aspects of growth and reproduction
- PSHE promotes emotional wellbeing, resilience, and safe choices
- PE and assemblies develop teamwork, empathy, and respect for others

10. Module Overview

Our Ten:Ten programme is structured as follows:

Module 1: Created and Loved by God

- Religious understanding
- Me, my body, my health
- Emotional wellbeing
- Life cycles

Module 2: Created to Love Others

- Religious understanding
- Personal relationships
- Keeping safe

Module 3: Created to Live in Community

- Religious understanding
- Living in the wider world

11. Teaching Strategies

A variety of active, engaging methods are used, including:

- Ground rules established at the start of each year
- Scenario-based learning and thought experiments
- Whole-class and small-group discussion
- Project learning and reflection
- Brainstorming, role play, film, and media
- Values clarification (e.g. exploring terms like honesty, respect, compassion)

Lessons are designed to be interactive, respectful, and responsive to the maturity and needs of each class.

12. Assessment

Assessment in RSE is primarily formative and reflective. It helps staff to understand what children have learned, how they are engaging with key concepts, and how to support their further development.

Pupils are assessed through:

- Class discussion and group work
- Questioning and contributions during lessons
- Reflective tasks and personal responses
- Participation in Ten:Ten's baseline and end-of-unit activities, which are built into the scheme

As with all areas of PSHE, assessment in RSE does not involve grading or formal testing. The focus is on understanding, empathy, respectful dialogue, and growing in knowledge of self and others. Staff may make brief observation notes or reflections to help track progress and inform future teaching.

Teachers may also record reflections, pupil contributions, or key learning moments in class PSHE books, which serve as working records of the children's development across the year.

13. Parents and Carers

At Saint Christina's, we recognise that parents are the primary educators of their children, especially in matters of relationships and moral development.

As a Catholic school, we aim to support parents in this vocation by:

- Providing clear information about the RSE curriculum
- Offering opportunities to view materials and resources
- Inviting parents to engage in workshops or information sessions
- Encouraging continued conversations at home

Parents will be informed in advance when more sensitive topics — such as puberty or reproduction — are being taught. They will be offered the opportunity to discuss the material and how it will be delivered.

In line with statutory guidance:

- Parents do not have the right to withdraw their child from Relationships Education or Health Education, which are compulsory in all primary schools.
- Parents do have the right to request withdrawal from any specific sex education content that falls outside of the Science National Curriculum.

Where such a request is made, the Headteacher will meet with the parent to discuss their concerns. If withdrawal is agreed, materials will be offered to support parents in delivering the content at home. The pupil will be withdrawn until the request is withdrawn or the Headteacher deems otherwise.

We believe that the classroom is a safe and supportive environment for RSE to be taught in a way that reflects our school's values and ethos.

14. Balanced curriculum

While RSE at Saint Christina's is firmly rooted in the teachings of the Catholic Church, we ensure that pupils are offered a balanced, inclusive, and age-appropriate programme.

Pupils are given accurate scientific knowledge alongside opportunities to explore ideas, ask questions, and hear a range of perspectives — always within a safe, respectful, and values-based environment.

Our teaching:

- Promotes Catholic virtues such as honesty, dignity, empathy, and responsibility
- Encourages children to make informed, moral decisions
- Provides clear information about the law, rights, and responsibilities relating to relationships, health, and personal safety

Presenting a range of viewpoints does not mean promoting behaviour that goes against Catholic teaching. Rather, it helps children to understand the world around them, respect others, and live out their beliefs with compassion, courage, and clarity.

15. Responsibility for Delivery

RSE is a whole-school responsibility and is delivered by a range of staff across the curriculum. This includes:

- RE teachers providing spiritual and moral context
- Science teachers delivering biological content
- PSHE teachers addressing emotional wellbeing, safety, and relationships
- Those leading assemblies and chapel services, reinforcing messages of love, respect, and dignity

All staff are expected to model respectful, caring relationships in their daily interactions. Teachers delivering RSE are supported with clear planning, high-quality resources, and training where needed.

The PSHE/RSE Coordinator, alongside the Headteacher and SLT, ensures consistency, quality, and alignment with Catholic teaching across the programme.

16. External Visitors:

From time to time, we invite external visitors — such as healthcare professionals, online safety educators, or charity representatives — to support and enrich our RSE provision.

All visitors are:

- Carefully vetted and supervised
- Subject to a risk assessment carried out in advance of their visit
- Briefed on the content and purpose of their session
- Expected to support the values and aims of the RSE programme
- These sessions are always planned in partnership with school staff and are designed to enhance, not replace, the core curriculum. A member of school staff is always present to support the session, manage follow-up, and ensure safeguarding procedures are followed.

17. Roles and Responsibilities

Governors

- Approve and review the RSE policy in consultation with staff and parents
- Ensure the policy reflects the school's Catholic ethos and statutory duties
- Appoint a link governor to monitor the implementation and evaluation of RSE
- Ensure the policy aligns with related school policies (e.g. SEND, Safeguarding)
- Ensure parents are informed of their right to withdraw their child from elements of sex education that are not part of the Science curriculum

Headteacher

- Has overall responsibility for implementing the policy
- Liaises with governors, parents, the Diocese, and external agencies as needed
- Ensures staff are supported and trained to deliver the RSE programme

PSHE/RSE Coordinator

- Oversees the day-to-day implementation of the RSE programme
- Supports staff with planning, delivery, and appropriate training
- Monitors the impact of the programme and reports to SLT and governors

All Staff

- Are responsible for delivering RSE in line with the school's Catholic values
- Act as role models for healthy, respectful relationships
- Contribute to the school's wider pastoral and safeguarding provision
- Are supported with appropriate resources and professional development

All staff have had the opportunity to contribute to the development of this policy and are expected to be familiar with its content.

18. Relationship to other policies and curriculum subjects

RSE is delivered primarily through PSHE but is also embedded across the wider curriculum and aligned with the following policies:

- Safeguarding and Child Protection
- Anti-Bullying
- Behaviour and Exclusions
- SEND
- Equal Opportunities

Pupils with additional needs will be supported with differentiated resources and teaching approaches. Content and delivery will be adapted to ensure all pupils can access and engage with the curriculum appropriately.

RSE also complements learning in:

- **Science** (e.g. human development, reproduction, hygiene)

- **RE** (e.g. human dignity, moral choices, vocation)
- **Computing** (e.g. online safety, consent)
- **PE** (e.g. health and body awareness)

19. Children's Questions and Sensitive Issues

Children are encouraged to ask questions and express their views during RSE lessons. A safe and respectful learning environment is created by agreeing classroom ground rules at the start of each year.

Sensitive or controversial topics may arise due to pupils' lived experiences or maturity levels. Staff are trained to manage such moments with compassion and discretion, using strategies such as:

- Pausing a discussion to follow up privately
- Referring safeguarding concerns immediately to the DSL
- Returning to a topic in a future session with appropriate support

We believe that open, age-appropriate conversations are essential to safeguarding and educating the whole child.

20. Confidentiality and Advice

All staff, pupils, and parents are made aware of the boundaries of confidentiality in RSE.

Teachers will always act in the best interest of the child and will **not promise confidentiality**, particularly where safeguarding concerns are raised. Pupils are informed that disclosures may need to be shared with the Designated Safeguarding Lead.

Pupils are encouraged to talk to their parents or trusted adults about any questions or worries. Where appropriate, staff may also refer pupils to the school's pastoral support systems or external services.

21. Monitoring and Evaluation

This policy was written in line with guidance from the Catholic Education Service (CES) and reflects consultation with staff, governors, and parents.

Monitoring and evaluation are carried out by the Headteacher, RSE Coordinator, and SLT, and include:

- Reviewing planning, lesson resources, and pupil work
- Pupil conferencing and staff feedback
- Parent feedback following information evenings or sensitive topic units

The RSE programme is formally reviewed annually to ensure alignment with statutory guidance, school ethos, and pupil needs.

Governors have overall responsibility for reviewing the effectiveness of the programme and ensuring that it is implemented faithfully and respectfully.

APPENDIX 1: Life To The Full Programme of Study

Life to the Full - Overview

Ten:Ten
Resources

EYFS

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
EYFS	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Handmade With Love	Session 1 I Am Me	Session 1 I Like, You Like, We All Like!	Session 1 Growing Up	Session 1 Role Model	Session 1 Who's Who?	Session 1 What is the Internet?	Session 1 Safe Inside and Out	Session 1 God is Love	Session 1 Me, You, Us
		Session 2 Heads, Shoulders, Knees and Toes	Session 2 All the Feelings!			Session 2 You've Got A Friend In Me	Session 2 Playing Online	Session 2 My Body, My Rules	Session 2 Loving God, Loving Others	
		Session 3 Ready Teddy?	Session 3 Let's Get Real			Session 3 Forever Friends		Session 3 Feeling Poorly		
								Session 4 People Who Help Us		

Life to the Full - Overview

Ten:Ten
Resources

KS1

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KS1	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Let the Children Come	Session 1 I am Unique	Session 1 Feelings, Likes and Dislikes	Session 1 The Cycle of Life	Session 1 God Loves You	Session 1 Special People	Session 1 Real Life Online	Session 1 Good and Bad Secrets	Session 1 Three In One	Session 1 The Communities We Live In
		Session 2 Girls and Boys	Session 2 Feeling Inside Out	Session 2: Beginnings and Endings		Session 2 Treat Others Well...	Session 2 Rules To Help Us	Session 2 Physical Contact	Session 2 Who is My Neighbour?	
		Session 3 Clean and Healthy (My Body)	Session 3 Super Susie Gets Angry			Session 3 ...and Say Sorry		Session 3 Harmful Substances		
								Session 4 Can You Help Me? (Part 1)		
								Session 5 Can You Help Me? (Part 2)		

Life to the Full - Overview

LKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
LKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Get Up!	Session 1 We Don't Have to Be the Same	Session 1 What Am I Feeling?	Session 1 Life Cycles	Story Sessions Jesus, My Friend	Session 1 Family, Friends and Others...	Session 1 Sharing Online	Session 1 Safe in My Body	Session 1 A Community of Love	Session 1 How Do I Love Others?
	Session 2 The Sacraments	Session 2 Respecting Our Bodies	Session 2 What Am I Looking at?	Session 2 A Time for Everything		Session 2 When Things Feel Bad	Session 2 Chatting Online	Session 2 Drugs, Alcohol and Tobacco	Session 2 What is the Church?	
		Session 3 What is Puberty?	Session 3 I am Thankful					Session 3 First Aid Heroes		
		Session 4 Changing Bodies								
		Session 5 Male/ Female Discussion Groups (optional)								

Life to the Full - Overview

UKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
UKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Calming the Storm	Session 1 Gifts and Talents	Session 1 Body Image	Session 1 Making Babies (Part 1)	Session 1 God is Calling You	Session 1 Under Pressure	Session 1 Sharing Isn't Always Caring	Session 1 Types of Abuse	Session 1 The Holy Trinity	Session 1 Reaching Out
		Session 2 Girls' Bodies	Session 2 Peculiar Feelings	Session 2 Making Babies (Part 2)		Session 2 Do You Want A Piece of Cake?	Session 2 Cyberbullying	Session 2 Impacted Lifestyles	Session 2 Catholic Social Teaching	
		Session 3 Boys' Bodies	Session 3 Emotional Changes	Session 3 Menstruation		Session 3 Self-Talk		Session 3 Making Good Choices		
	Session 4 Spots and Sleep	Session 4 Seeing Stuff Online	Session 4 Hope Beyond Death		Session 4 Build Others Up		Session 4 Giving Assistance			