

**ENGLISH MARTYRS CATHOLIC PRIMARY SCHOOL**



**Relationship, Sex and Health Education Policy**

<b>Date of Approval</b>	<b>18.09.2025</b>
<b>Date of Next Review</b>	<b>18.09.2026</b>
<b>Review led by</b>	<b>Head Teacher</b>
<b>Approved by</b>	<b>FGB</b>
<b>This Policy should be read in conjunction with the following documents</b>	
<b>Notes</b>	<b>Annually</b>



**School Mission Statement**

**Our Mission statement demonstrates our commitment to inclusion at English Martyrs school:  
To accept each individual as they are and to enable them to develop their full potential within a  
Christ-centred, worshipping community in a spirit of love, happiness and understanding**

**'I have come that you might have life and have it to the full'**

*John 10:10*

This policy has been written in accordance with our school Mission Statement and our school values, which aim to provide an inspiring and relevant curriculum so that each individual can reach their full potential. We will ensure we create a safe working environment where there is mutual respect and trust amongst everyone.

### **Statutory Requirements**

At English Martyrs Catholic Primary School we must provide Relationships Education to all pupils as per section 34 of the Children and Social work act 2017.

In teaching Relationship and Sex Education, we must have regard to:

- Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.
- Statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A
- Statutory guidance from the Department for Education Equality Act 2010.

### **Consultation**

This policy is shared with both staff, governors and parents / carers. Due to the nature of our RSHE curriculum, and our desire that it should adapt to the needs of our current children and circumstances, we recognise the need for further parent consultation should we wish to make further changes in the future.

The RSHE subject leader, RSHE governor and headteacher have discussed the policy and the content of our curriculum, and decided to adopt the planning from the Ten Ten 'Life to the Full' programme, called 'Life to the Full Plus' as it is a comprehensive programme that covers all statutory RSE, and suits the Catholic ethos of our school community. This also reflects the guidance from the Diocese of Arundel and Brighton Education Service. The safeguarding lead and RSHE subject leader will continue to liaise with class teachers about the necessary adaptations to the curriculum as they arise.

### **Policy Development**

This policy has been developed in consultation with staff, pupils and parents following Catholic Education Service (CES) RSHE training. The policy and details of the content of the RSE curriculum will also be published on the school's web site and the policy is available to our Parishes, should they so wish.

### **Rationale:**

Catholic schools, like all other schools in England, are required to produce a bespoke written policy in consultation with parents/carers, following the [guidance](#) issued by the Department for Education on

Relationships Education and Relationships and Sex Education (RSE), there is no requirement to produce a separate policy for Health Education.<sup>1</sup>

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of all pupils.

In our Catholic schools any teaching or formation about human love, sexual relationships and human development must be rooted in the teaching of the Catholic Church and the emphasis placed on what it is to be truly human in Christ. The understanding and formation of respectful, loving relationships which exist within families and between friendships, presented within a positive framework of Christian virtue is core learning within an RSE curriculum in our Catholic schools.

A Catholic school's strong Catholic ethos must not be a barrier to effective RSE teaching and learning and must embrace everyone, regardless of their background and aim to educate the whole person. It must be taught to a high standard and hold the role of parents as primary educators of their children at its core. It must form part of the holistic education which seeks to form as well as inform all young people in preparation for adult life.

In collaboration with parents/carers, the Catholic school's purpose when teaching RSE is to 'show why the Church's teaching on matters relating to building loving relationships and the role of the sexual expression of love is liberating, rather than imprisoning. For us, sex education is a rootless and diminished field of study, unless it is situated more broadly in healthy, loving relationships.'<sup>2</sup>

Within the Catholic Church the foremost of all human loving relationships is marital love; a mutual commitment which is open to, especially but not exclusively, the gift of life. 'The Christian Tradition calls marriage between a man and a woman 'Holy Matrimony' and, between the baptised, a 'Sacrament'. This is because the two parts of God's self-portrait come together definitively. Two become one.'<sup>3</sup>

The Catholic Church teaches that through this sacramental understanding of marriage we can meet Christ by learning to love one another. 'The sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved his Church.'<sup>4</sup>

All Relationship, Sex and Health Education RSHE 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. It will also prepare pupils for life in modern Britain.

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<sup>1</sup> <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<sup>2</sup> Bishops' Conference of England and Wales: Learning to Love (March 2017) pg. 3 Paragraph 6

<sup>3</sup> Bishops' Conference of England and Wales: Learning to Love (March 2017) pg. 6 Paragraph 2

<sup>4</sup> CCC 1661

*“Love that leads to marriage is a gift from God  
and a great act of faith toward other human beings.” St. Pope John Paul II*

## **Defining relationship and sex education**

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”<sup>5</sup>

It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In primary schools the focus should be on “teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults”<sup>6</sup>

This would include the topics of:

- Families and the people of who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

## **Aim**

English Martyrs Catholic Primary School aims to provide a suitable programme that follows the statutory need to include RSHE into their curriculum and which meets the ethos of its Catholic identity and mission.

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the school’s provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today’s world.

Our School’s mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationship and Sex Education (RSE) using the diocesan recommended resources ‘Life to the Full Plus’ (by Ten Ten) we believe that we can promote the development of the whole child, so that all pupils can grow in *virtue, wisdom and stature*, understanding both

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<sup>5</sup> Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 4

<sup>6</sup> Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers Page 19

the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

### **Objectives of Relationship and Sex Education (RSE)**

- To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God.
- To help pupils develop an understanding that love is the central basis of relationships.
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect similarities and differences between people.
- To develop pupils' confidence in talking, listening, and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships.
- To offer sex education supported by the school's wider curriculum for personal, social and health education in consultation with parents/carers.
- To be able to know their body, learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) and say which part of their body is associated with each sense. Include the introduction of genitals if agreed after consultation with parents/carers and describe the changes to their body as humans develop to old age.
- To ensure that pupils are prepared for puberty and the opportunities, responsibilities and experiences that adult life will bring.
- To teach pupils the correct vocabulary to describe themselves and their bodies, to ensure that pupils know how to keep themselves safe, can protect themselves and ask for help and support when needed.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.
- To provide a framework in which sensitive discussions can take place.
- To help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- To give pupils an understanding of sexual development and the importance of health and hygiene.
- To create a positive culture around issues of relationships and sexuality.
- To recognise the importance of marriage and family life.
- To teach the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation in consultation with parents/carers

### **Curriculum**

At English Martyrs Catholic Primary School we have developed our curriculum with recommendations from the Diocesan Education Service to ensure that they meet with Catholic Church teaching.

After consultation with parents Relationship Sex Education will be covered using the Diocesan recommended resource TenTen 'Life to the Full Plus' this includes teaching about \*sexual intercourse when children are in Year 6. (See right of withdrawal)

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner and, dependent upon the question, may also contact parents / carers to let them know that their child has further questions outside of the scope of our curriculum that they may want to discuss at home. This is to ensure that children are fully informed and do not seek answers online.

### Delivery of Relationship, Sex and Health Education (RSHE)

We intend that the school's RSE shall be delivered with a cross curricular and integrated approach and embedded in the wider context of the school's Personal, Social and Health Education (PSHE) as delivered through 'Life to the Full Plus'.

All pupils will be taught the significant aspects of RSE that remain as statutory elements of the National Curriculum for Science. Parents are **unable** to withdraw pupils from these statutory sessions.

Specific pre-consulted Sex Education sessions and objectives will be taught discretely. These sessions and resources to be used to support them, will be signalled to parents / carers in advance.

Our RSHE teaching will ensure that content is inclusive and differentiated relevant to the age, experience and maturity of pupils. We will ensure that RSE is sensitive to the different needs of individual pupils, respect pupils' different abilities, levels of maturity and personal circumstances e.g., sexual orientation, faith and culture. 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, in particular those protected characteristics listed under the Equalities Act 2010.

The new statutory guidance for Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may not have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

Teaching will be whole class, mixed gender learning, with the opportunities for a separate boys and girls on occasion to facilitate the needs of the individual child if necessary or requested.

Children with Special Educational Needs and disabilities (SEND) will have support in varying ways depending upon their individual needs and in consultation with their parents/carers.

### **Equal Opportunities**

All RSE teaching in the first instance will be undertaken in a whole class context. All pupils will have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from parents/carers, outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

### **Safeguarding Procedures**

The school has procedures and policies in place to deal with any sensitive issues or pupils thought to be vulnerable. Where a teacher or member of staff suspects that a child or young person is a victim of, or is at risk of, abuse they are required to follow the school's safeguarding policy and immediately inform the designated senior member of staff responsible.

All staff will pass on any concerns of this nature to the designated safeguarding lead (DSL) in school. The members of staff who is the designated safeguarding lead is Helen Townsley (headteacher). Jodie Jobbings (SENCo) and Jane Winter (School Business Manager) are the deputy DSL.

### **Supporting pupils who are at risk**

Pupils will also need to feel safe and secure in the environment in which RSE takes place. Effective RSE will provide opportunities for discussion of what is and is not appropriate in relationships.

Teachers will need to be aware of the needs of their pupils before lessons and not let any fears and worries of their pupils go unnoticed.

### **Roles and responsibilities**

#### **Parents/carers**

The Church recognises parents/carers as the first and primary educators of their children and that it is their right and responsibility to inform and educate their children in matters relating to human relationships and sexual development. English Martyrs Catholic Primary school aims to assist and support parents/carers in this task and seek to work in close partnership with them.

Parents/carers will be fully informed about the right to request their child be withdrawn from Sex Education except in those elements which are required by the National Curriculum for Science, as English Martyrs Catholic Primary School, fully affirms the parents' right as first educators. In the unlikely event that a parent/carer wishes to withdraw their child they are asked to notify the school by contacting the Headteacher. Before granting any such request the Headteacher will discuss the request with both the parents/carers and, as appropriate, with the child, to ensure their wishes are understood and for the Headteacher to clarify the nature and purpose of the curriculum. English Martyrs will document this process, inform the governor responsible for RSHE and ensure a record is kept.<sup>7</sup>

## **Pupils**

Pupils at English Martyrs are expected to engage fully in RSHE teaching sessions and, when discussing issues related to RSHE, treat all others with dignity, respect and sensitivity.

## **Governors**

In accordance with the Education Act of 1996 the governing body has the responsibility to make and keep up to date the school's policy for RSE and ensure that the policy is consistent with other relevant whole school policies, e.g. SEND; Safeguarding; Anti-bullying. The governing body of English Martyrs will consult parents/carers of registered pupils/students at the school before making or revising the policy. The Governing Body will publish the policy on the school website and make copies available, free of charge to anyone who asks for one. The Governing Body will make known to parents/carers their right to withdraw their children from all or part of the RSE provided at English Martyrs, except for those parts included in the statutory National Curriculum for Science.

The named foundation governor, Heather Atkinson, has wider responsibilities in relation to maintaining and developing the Catholic ethos of the school. Heather Atkinson has added responsibilities to aid the implementation and development of the RSE policy and programme and will ensure that the curriculum and all resources are in line with Catholic teaching and diocesan directives.

## **Headteachers**

It is the responsibility of the Headteacher to ensure the implementation of the RSE policy and its integration into the whole school curriculum. The Headteacher and foundation governor responsible for RSE has appointed an appropriately trained RSE leader. Along with the foundation governor and lead teacher for RSE we will be responsible for the careful monitoring of teaching resources used.

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<sup>7</sup> [DfE Relationships Education, Relationships & Sex Education \(RSE\) Health Education Statutory Guidance \(2019\) Paragraph 45.](#)

## Lead teacher for RSE

The lead teacher will oversee curriculum planning, training and support for all teaching staff, liaise with any external visitors and monitor and evaluate any materials that will be used. Along with governors and the Headteacher, the lead teacher for RSE will ensure that there is a planned process for informing parents/carers about the teaching and learning of RSE in the school.

## Teaching staff and other adults

In a Catholic school all school staff are involved in developing the whole person and therefore Relationships and Sex Education is a whole school task. Staff at English Martyrs are role models to pupils/students in and around the school as well as in the classroom. All staff have a responsibility of care and to ensure the [safeguarding](#) of all pupils/students.<sup>8</sup> All staff will actively contribute to the physical, moral and spiritual wellbeing of their pupils/students and ensure that this is in line with the school's Catholic ethos and current legislation as well as fostering academic progress.

## What does outstanding RSE in Catholic schools look like?

In order for Catholic RSE to be fully effective it needs to:

- Be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- Involve parents/carers as they are primary educators of their child;
- Provide a positive view of human sexuality and dignity of the human person;
- Equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- Explore and promote virtues which are essential to promoting respect and dignity;
- Be delivered in an age appropriate way which reflects the development of each individual;
- Be part of the cross-curricular work in both primary and secondary schools;
- Be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;

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<sup>8</sup> <https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

- Be delivered by competent professionals who understand the Church's teaching.<sup>9</sup>

### Choosing and using resources, including working with external visitors

Whilst being mindful and taking due regard of what the law says about relationships, sex education and broader safeguarding issues, all materials used to support the teaching and learning of RSE at English Martyrs will be in accordance with the teachings of the Catholic Church. We are a community that provides opportunities for young people to engage with knowing what is right and wrong in law and we will support a good foundation of knowledge where pupils/students are encouraged to ask questions and engage in deeper discussion and debate, informing them on how to stay safe and take responsibility for their actions.

### Monitoring and Evaluation

The Headteacher, along with the foundation governor and lead teacher for RSE will be responsible for the careful monitoring of teaching resources used and take into account:

- The need to support parents/carers as the first educators of their child
- The need to support all teaching staff in delivering RSE programmes through excellent training and CPD
- That resources used are faithful to the teachings of the Catholic Church
- That resources used are appropriate for each age and stage of development of all pupils/students including those with SEND
- That the resources used provide clear and accurate knowledge and understanding of the Church's teaching on relationships, marriage and sexual love
- That resources help to provide pupils/students with a positive understanding of what constitutes good, safe, loving relationships

The Catholic Education Service has created a [model curriculum](https://www.catholiceducation.org.uk/schools/relationship-sex-education)<sup>10</sup> for both primary and secondary schools. It is expected that all schools in the diocese of Arundel & Brighton use this as a basis for developing their curriculum. Curriculum resources that can be used to support these materials are Life to the Full Plus (2023).

English Martyrs is committed to consulting the diocese if they are unsure of the suitability of any resources before using.

The delivery of RSHE is monitored by Helen Townsley and Heather Atkinson by undertaking learning walks, staff and pupil consultations, planning and work scrutinies and questionnaires.

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<sup>9</sup> Catholic Education Service England & Wales: <https://www.catholiceducation.org.uk/schools/relationship-sex-education>

<sup>10</sup> <http://catholiceducation.org.uk/schools/relationship-sex-education>

Pupils' development in RSE is monitored by class teachers on FFT as part of our internal informal assessment systems and using the Life to the Full assessment tasks, in addition to whole class books in each classroom.

### External visitors

It is important that any external visitor is clear about their role and responsibility while in the school. They will be made aware of the school's policy for RSE and the current curriculum programmes being used. All visitors will be guided when delivering any sessions to ensure that they are respectful of the teachings of the Catholic Church.

Further [guidance](#) can be found on the Catholic Education Service Website.<sup>11</sup> This checklist for external visitors and speakers will be completed by the appropriate officer in school prior to making contact with external speakers and organisations. This is to ensure the Catholic character of the school is preserved and developed.

### Dealing with sensitive issues and responding to questions

#### Pupils' questions

The governors of English Martyrs wish to promote a healthy, positive atmosphere in which RSE can take place. They want to ensure

- that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will
- be free from bullying or harassment from other children and young people.

#### Controversial or Sensitive issues

There will always be sensitive or controversial issues in the field of RSE. These may be matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSE programme.

The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

(See also Relationships Education, Relationships and Sex Education (RSE) and Health Education, Managing difficult questions, Page 23 for more detail)

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<sup>11</sup> <https://www.catholiceducation.org.uk/guidance-for-schools/governance/item/1003587-checklist-for-external-speakers-to-schools>

Teachers will use their professional judgement when addressing sensitive issues and will answer questions honestly but with due regard given to the nature of the question and the age and maturity of the questioner. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care.

In some cases, it may be inappropriate for the teacher to respond to a specific question and the pupil will be referred to his/her parents/carers if appropriate.

Teachers should never feel pressured into discussing their personal views or experiences and should always respect the sensitivity of their position as a teacher in a Catholic school.

## **CONFIDENTIALITY AND ADVICE**

All governors, all teachers, all support staff, all parents/carers and all pupils will be made aware of this policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the RSE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme.

Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstances they would have to inform others, e.g., parents, Headteacher, DSL, but that the pupils would always be informed first that such action was going to be taken.

This policy will be agreed annually by the governors and reviewed at least every three years.

The Governors of English Martyrs Catholic Primary School has formally adopted this policy for RSE. It will be reviewed by the Governors and Headteacher in conjunction with all staff on the date below.

Signed .....

**Chair of Governors**

Signed .....

**Headteacher**

Date .....

Date for Review .....

Resources

'Life to the Full' Ten:Ten

School website: <https://www.englishmartyrs.w-sussex.sch.uk/rshe/>