



St. Anthony's Catholic Primary School



We are His body, living and learning as one.

RELATIONSHIPS AND SEX EDUCATION **POLICY**

Let your words teach and your actions speak

Document Record	
Title	Relationships and Sex Education Policy
Date	April 2026
Supersedes	N/A
Purpose	N/A
Date reviewed	April 2026
Date next review due	April 2027

Contents

1.	Aims.....	4
2.	Rationale.....	4
3.	Definition of Relationships and Sex Education.....	4
4.	Statutory Context.....	5
5.	Aims and Objectives.....	5
6.	Curriculum Framework and Content.....	6
7.	Pedagogy and Teaching Approach.....	7
8.	Inclusion and Equality.....	7
9.	Safeguarding and Confidentiality.....	7
10.	External Contributors.....	7
11.	Partnership with Parents and Carers.....	7
12.	Right to Withdraw.....	8
13.	Roles and Responsibilities.....	8
14.	Monitoring, Assessment and Review.....	8
15.	Links to Other Policies	8

1. Context, Mission and Ethos

This policy is underpinned by the Mission of St Anthony's Catholic Primary School and should be read in that context at all times. At St Anthony's, Christ is at the centre of all that we do. We recognise each child as a unique individual, created in the image and likeness of God, and we seek to educate the whole person: spiritually, intellectually, morally, socially, emotionally and physically.

Relationships and Sex Education (RSE) is an integral part of this mission. In a Catholic school, teaching about relationships and sexuality is rooted in the Church's understanding of what it means to be truly human and to live well in loving relationship with others. RSE is therefore taught within a positive framework of Christian values and virtues, helping children to grow in self-respect, emotional wellbeing and respect for others.

At St Anthony's, RSE supports pupils to develop the knowledge, understanding, skills and dispositions they need to form healthy, respectful and life-giving relationships, now and in the future. It supports them to become confident, resilient and compassionate people, able to make informed and moral decisions, and fully prepared for life in modern Britain.

2. Rationale

'I have come that you may have life, and have it to the full' (John 10:10)

We are committed to Relationships and Sex Education because of our Christian beliefs about God and about the human person. The belief in the inherent dignity of each person, made in the image and likeness of God, underpins our whole approach to education and to RSE specifically.

RSE in our school is rooted in the Church's moral teaching and presented positively as good news about the meaning of human love. It emphasises the importance of marriage and family life, while acknowledging and respecting the variety of family circumstances from which our pupils come. Through RSE we aim to help children understand themselves, their bodies and their emotions, and to develop the personal and social skills needed to live safely and well in relationship with others.

3. Definition of Relationships and Sex Education

Relationships and Sex Education (RSE) is lifelong learning about physical, moral, social and emotional development. It is about the understanding of oneself as a relational being, called to live in right relationship with self, others and God.

High-quality RSE enables children and young people to develop the knowledge and skills they need to make informed, ethical and responsible decisions about their

wellbeing, health and relationships. In primary school, RSE focuses on teaching the building blocks of positive relationships, including family and friendships, emotional literacy, respect, personal safety and appropriate boundaries.

4. Statutory Context

This policy reflects the statutory requirements for Relationships Education and Health Education, as set out by the Department for Education, and complies with all relevant legislation and guidance. Relationships Education and Health Education are compulsory for all primary-aged pupils.

Some aspects of RSE are also statutory as part of the National Curriculum for science. Parents do not have the right to withdraw their child from these statutory elements.

Sex education that goes beyond the statutory science curriculum is not compulsory in primary schools. Parents have the right to request withdrawal from these non-statutory elements, as outlined later in this policy.

5. Aims and Objectives

At St Anthony's, our RSE programme aims to help pupils:

- grow in self-respect and self-worth, recognising that they are created in the image and likeness of God;
- understand the importance of loving, healthy and respectful relationships;
- appreciate the significance of marriage and family life;
- develop emotional literacy, resilience and empathy;
- understand their bodies and the changes that occur as they grow and develop;
- recognise risk and know how to keep themselves safe, including online;
- understand the influence of the media and peer pressure and develop strategies to respond appropriately;
- recognise and challenge discrimination, bullying and prejudicial behaviour;
- prepare for life in modern Britain.

We are committed to meeting the needs of all pupils, regardless of background, ability, culture, faith, family circumstances or sexual orientation, while remaining faithful to the teachings of the Catholic Church.

6. Curriculum Framework and Content

St Anthony's follows the Catholic Education Service (CES) model of RSE, structured around three core themes that are progressive and developmental in nature:

Created and Loved by God

This theme focuses on the individual: understanding personal dignity, self-worth, emotional wellbeing, physical health, life cycles and human development.

Created to Love Others

This theme explores relationships with others, including family life, friendships, respect, forgiveness, boundaries, personal safety and appropriate behaviour.

Created to Live in Community

This theme focuses on relationships within the wider world, including the Church, local and global communities, justice, responsibility and service to others.

These themes are revisited and deepened as children progress through EYFS, Key Stage 1 and Key Stage 2, ensuring learning is age-appropriate, coherent and cumulative.

RSE is delivered through the Diocesan-approved programme Ten:Ten – Life to the Full, which fully reflects CES guidance and Church teaching. The programme integrates prayer, scripture and the development of virtue alongside high-quality PSHE content.

7. Pedagogy and Teaching Approach

RSE at St Anthony's is:

- Progressive and developmental, reflecting pupils' age, maturity and lived experiences;
- Adaptive and inclusive, meeting the needs of all pupils, including those with SEND;
- Cross-curricular, making links with RE, science, PSHE and the wider curriculum;
- Integrated, working in partnership with parents and carers;
- Co-ordinated, led and monitored effectively by school leaders;
- Balanced, providing clear, factual and scientific information where appropriate, while remaining rooted in Catholic teaching.

Teaching strategies include discussion, reflection, use of stories and film, circle time, distancing techniques, and agreed ground rules to ensure a safe and respectful learning environment.

All staff delivering RSE receive appropriate training and support and are expected to uphold the Catholic ethos of the school.

8. Inclusion and Equality

We are committed to ensuring that RSE is accessible to all pupils. Teaching is sensitive to pupils' different abilities, levels of maturity and personal circumstances and is delivered in a way that does not discriminate or marginalise.

RSE supports pupils to understand and respect difference and to recognise and challenge discrimination, bullying and prejudice-based language. Lessons are adapted where necessary to support pupils with additional needs, rather than excluding them from RSE.

9. Safeguarding and Confidentiality

Pupils have a right to feel safe and secure during RSE lessons. Effective RSE provides opportunities to explore what is and is not appropriate in relationships and may lead to safeguarding disclosures.

All staff are trained in safeguarding procedures and understand their responsibilities. Any concerns arising during RSE lessons are dealt with in accordance with the school's safeguarding policy. Staff do not offer unconditional confidentiality and make this clear to pupils, explaining that concerns about safety must be shared with the Designated Safeguarding Lead.

10. External Contributors

External visitors, such as health professionals, may support the delivery of RSE where appropriate. All external contributors work within the framework of this policy, follow school safeguarding procedures and adhere to Catholic teaching. They supplement, but do not replace, teacher-led RSE.

11. Partnership with Parents and Carers

We recognise parents and carers as the primary educators of their children. As a Catholic school, we work in partnership with parents to support them in this role.

Parents are consulted on the RSE policy and curriculum and have opportunities to view resources and discuss content. They are informed in advance when sensitive aspects of RSE are taught.

12. Right to Withdraw

Parents have the right to request that their child be withdrawn from non-statutory elements of sex education that are not part of the National Curriculum for science. Requests should be made in writing to the headteacher.

Relationships Education, Health Education and statutory science content are compulsory and pupils cannot be withdrawn from these areas.

13. Roles and Responsibilities

- **Governing Body:** approves and reviews the RSE policy and ensures statutory compliance.
- **Headteacher:** has overall responsibility for implementation.
- **RSE / PSHE Coordinator:** supports staff and monitors provision.
- **All Staff:** model positive relationships and deliver RSE in line with this policy.

14. Monitoring, Assessment and Review

The RSE programme is monitored and evaluated through lesson observations, planning scrutiny, pupil voice and staff feedback. The policy is reviewed annually in consultation with staff, governors, parents and, where appropriate, pupils.

15. Links to Other Policies

This policy should be read alongside the school's policies on:

- PSHE
- Safeguarding and Child Protection
- Behaviour
- Anti-bullying
- E-safety
- SEND and Inclusion