



Relationships, Sex and Health Education (RSHE) Policy

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1. Policy Statement

At St Francis Catholic Primary School, Relationships, Sex and Health Education (RSHE) is an essential and integral part of our curriculum. Rooted in the teachings of the Catholic Church, our RSHE provision supports the formation of the whole child—spiritually, morally, emotionally, socially and physically.

This policy has been developed in consultation with:

- Parents and carers
- School staff
- St Francis Governing Body

Christ's relationship with His Church is our model for all relationships. This understanding shapes the way we teach children about themselves, others, and the wider world. Our approach affirms the dignity of every human person, created and loved by God.

St Francis uses **Life to the Full**, a programme produced by Ten Ten Resources in partnership with the DfE and CES. From September 2026, **all statutory RSHE content is included within the core Life to the Full programme**, ensuring full compliance with the updated statutory guidance.

All resources used:

- Reflect Catholic moral teaching
- Affirm family life
- Are age-appropriate and developmentally appropriate
- Use accurate, respectful language
- Are shared with parents in advance
- Are approved by the Headteacher, RE Lead and Governing Body

2. Rationale

Our RSHE curriculum is rooted in the belief that every person is made in the image and likeness of God. Following the guidance of the Bishops of England and Wales and the DfE, RSHE is embedded within PSHE, RE and wider school life.

RSHE at St Francis:

- Promotes human flourishing
- Encourages positive, healthy relationships

- Supports children to understand their bodies, emotions and wellbeing
- Helps pupils recognise risks and stay safe
- Teaches respect, responsibility and compassion

Sex education is taught in accordance with Catholic teaching, emphasising the importance of marriage, family life, and loving, stable relationships. All pupils are respected regardless of family background.

3. Statutory Curriculum Requirements

In line with the Education Act (1996) and Learning and Skills Act (2000):

- All primary schools must teach the statutory elements of RSHE, including body parts, puberty, reproduction in plants and animals, online safety, physical health, mental wellbeing and personal safety.
- Parents may withdraw their child from **non-statutory sex education**, but **not** from statutory science or health education content.
- Schools must consult parents on RSHE content and delivery.

4. Sex Education

Sex education at St Francis is delivered through Life to the Full and includes:

- Puberty and bodily changes
- Menstrual wellbeing
- Where babies come from (Year 6)
- How babies are made (Year 6)
- Understanding the human life cycle
- Respecting the body as a gift from God

Teaching is spiral, age-appropriate and rooted in Catholic values.

5. Key Decisions

- **Year 1:** NSPCC PANTS – “Privates are private”
- **Year 4:** Children learn the correct scientific vocabulary for genitalia and take part in Ten Ten’s introductory session that provides a base-level understanding of what puberty means. Full puberty teaching begins in Year 5.”

- **Year 5:** Puberty (boys and girls taught separately where possible)
- **Year 6:** Puberty, conception, and how babies are made

Parents will be informed in advance and may withdraw from non-statutory elements.

The 2026 statutory update introduces new content, including:

- Healthy eating and nutrition
- Oral hygiene
- Sun safety
- Germs, viruses and hygiene
- Physical activity and risks of inactivity
- Sleep
- Vaccinations
- Loneliness and emotional wellbeing
- Balancing needs in relationships
- Recognising risk (roads, railways, water, fire)
- Expanded online safety and wellbeing online

These are now included within the core Life to the Full programme.

6. Sensitive Issues

Sensitive topics are taught with care, in line with Catholic teaching and children's developmental readiness. Personal questions are directed to parents as primary educators. Ten Ten's parent resources support families in continuing conversations at home.

7. Inclusion and Differentiated Learning

RSHE is accessible to all pupils, including those with SEND. Teaching is:

- Sensitive
- Age-appropriate
- Developmentally appropriate
- In line with the SEND Code of Practice

8. Equalities Obligations

In line with the Equalities Act 2010, St Francis strives to do the best for all pupils regardless of disability, SEND, race, nationality, sex, gender identity, religion, sexual orientation or family circumstance.

9. Curriculum Provision

RSHE is delivered through:

- Discrete lessons
- Cross-curricular links
- School events and celebrations
- Liturgies and assemblies
- 3 hours of directed RSHE/PSHE per term

10. Teaching and Learning

We use a range of strategies including:

- Active learning
- Discussion and circle time
- Role-play
- Story-based learning
- Videos and creative content from Ten Ten
- Liturgy and prayer

Written work is recorded in RSHE books which follow pupils through the school.

11. External Visitors

Visitors (e.g., school nurse, emergency services) may support delivery but never replace teacher-led sessions. All visitors:

- Follow school policies
- Use agreed ground rules
- Teach in line with Catholic principles

- Avoid filming incidents or encouraging disclosures

12. Assessment and Reporting

Assessment focuses on:

- Knowledge and understanding
- Ability to apply learning
- Development of skills and attitudes
- Understanding of help-seeking behaviours
- Awareness of early signs of physical or emotional difficulty

Assessment does not judge personal worth or family circumstances.

13. Roles and Responsibilities

Governors

Ensure the policy is up to date, Catholic in ethos, and compliant with statutory guidance.

Headteacher

Oversees implementation and liaises with governors, parents and external agencies.

RSHE Leaders (PSHE & RE Leads)

Support staff, provide training, and ensure high-quality delivery.

All Staff

Teach RSHE in line with Catholic ethos and safeguarding expectations.

Parents

Primary educators of their children; consulted and informed about content.

Pupils

Expected to engage respectfully, listen to Church teaching, and develop understanding of themselves and others.

14. Confidentiality and Safeguarding

RSHE may lead to disclosures. Staff:

- Cannot promise confidentiality

- Must follow safeguarding procedures
- Report concerns to the Designated Safeguarding Leads

Review

Updated for statutory RSHE changes (2026). Next review: Autumn 2026.