RELATIONSHIPS AND SEX EDUCATION (RSE) POLICY

Approved by the Local Academy Committee: 7 October 2026

Next Review: July 2028

SCHOOL MISSION STATEMENT

'Jesus is always my friend'

At St Marie's Catholic Primary School, we believe that every child is created in the image and likeness of God and is loved unconditionally. Our mission is to provide a caring, nurturing and faith-filled environment where every child is encouraged to grow spiritually, academically, emotionally and socially.

Relationships and Sex Education (RSE) is an important part of this mission. Through our Catholic ethos and curriculum, we seek to help children develop healthy relationships, respect themselves and others, understand how to keep themselves safe, and recognise the dignity and value of every person.

Consultation

This policy has been developed and reviewed following the publication of the updated Department for Education statutory guidance on Relationships, Sex and Health Education (2025), which came into effect in September 2026.

St Marie's Catholic Primary School is committed to working in partnership with parents and carers, who are the first educators of their children.

A consultation took place during July 2026, providing parents and carers, pupils, staff, governors and the wider school community with an opportunity to share their views on the updated policy.

Feedback received during the consultation was carefully considered, including comments about the teaching of personal safety and the use of BigTalk Education.

Following the consultation, the updated Relationships and Sex Education Policy was formally approved by the Local Academy Committee on 7 October 2026.

A summary of the consultation feedback and outcomes is included in Appendix 1.

Catholic Vision for Relationships and Sex Education

Relationships and Sex Education at St Marie's is rooted firmly within the teachings of the Catholic Church.

We believe that every person has inherent dignity because each person is created and loved by God.

Our programme seeks to help children:

- recognise their own worth
- value others
- develop loving and respectful relationships
- understand the importance of family life
- appreciate the virtues of kindness, compassion, forgiveness and respect
- make wise and responsible choices

RSE is therefore much more than learning about human reproduction. It is about forming young people who are capable of living healthy, respectful and faith-filled lives.

Statutory Curriculum Requirements

This policy reflects:

- Department for Education Relationships, Sex and Health Education Statutory Guidance (2025)
- Catholic Education Service Model RSE Framework
- Equality Act 2010
- Keeping Children Safe in Education
- National Curriculum for Science

The school delivers all statutory Relationships Education and Health Education requirements within the context of Catholic teaching.

Aims of RSE

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL'

(Jn.10.10)

The aim of Relationships and Sex Education at St Marie's is to help children:

- understand that every person is unique and loved by God
- build positive friendships and relationships
- develop confidence and self-esteem
- recognise appropriate and inappropriate behaviour
- understand how to stay safe, both online and offline
- understand physical and emotional changes as they grow
- respect diversity and treat others with dignity

- appreciate the importance of marriage and family life within Catholic teaching
- know where to seek help if they are worried or unsafe

Our RSE Curriculum

Relationships and Sex Education at St Marie's Catholic Primary School is delivered through Life to the Full Plus by Ten Ten Resources. This programme is based on the Catholic Education Service Model RSE Curriculum and has been updated to reflect the Department for Education's statutory Relationships, Sex and Health Education guidance (2025).

Life to the Full Plus provides a carefully sequenced curriculum from EYFS to Year 6, organised around three recurring themes:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

These themes enable pupils to develop age-appropriate knowledge, skills and understanding relating to personal development, healthy relationships, emotional wellbeing, online safety, keeping safe and living as members of God's family.

Relationships and Sex Education is delivered through a whole-school approach which includes classroom teaching, Religious Education, Science, Computing, safeguarding, assemblies, collective worship and the wider Personal Development curriculum.

The school uses correct anatomical vocabulary in an age-appropriate manner to support safeguarding, health education and respectful communication.

The programme is supplemented by:

- BigTalk Education's Growing Up Safe programme
- National Curriculum Science
- Religious Education
- Computing, including Project Evolve
- safeguarding and personal development activities
- assemblies and collective worship

Together these provide a comprehensive Relationships, Sex and Health Education curriculum which reflects the Catholic ethos of the school and meets statutory requirements.

This integrated approach ensures that pupils receive a coherent and progressive programme of Relationships, Sex and Health Education throughout their time at St Marie's.

A full curriculum map is provided in Appendix 2.

Inclusion and Adaptive Teaching and learning

We recognise that pupils come from a wide range of family backgrounds and have differing needs, abilities, levels of maturity, faiths, cultures and life experiences. Teaching is adapted appropriately so that every pupil can access the curriculum, participate fully and flourish. Lessons will also help children to realise the

nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help.
Teachers are responsible for knowing their pupils and using a range of strategies to remove barriers to learning. Adaptations may include adjustments to instruction, scaffolding, modelling, questioning, resources, task design, classroom environment, and the use of assistive technology where appropriate.

Equalities Obligations

St Marie's Catholic Primary School is committed to meeting its responsibilities under the Equality Act 2010. We strive to ensure that every pupil is treated with dignity, respect and fairness, and that no pupil experiences discrimination.

Parents and Carers

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. Parents/carers will be informed by letter 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 and carers were consulted as part of the review of this policy in July 2026. The school will continue to consult parents and carers whenever significant changes to the policy or RSE programme are proposed, and as part of future monitoring, review and evaluation.

Our aim is to work closely with parents and carers so that they understand the school's RSE programme and feel confident that it meets their children's needs.

The school is committed to being open and transparent with parents about Relationships and Sex Education. Parents are invited to view curriculum materials, including Life to the Full Plus and BigTalk Education resources, either through the providers' parent portals, school presentations or by arrangement with the school. Copyright restrictions will be respected when sharing resources.

Parents are encouraged to discuss Relationships and Sex Education at home, and the school will support families in continuing these conversations in an age-appropriate way.

Right to Withdraw

Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher. Before agreeing any request, the Headteacher will meet with parents to discuss the nature and purpose of the curriculum and ensure

they understand which elements are statutory and which are not. The school will provide support by providing material for parents to help the children with their learning.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed.

SAFEGUARDING, CONFIDENTIALITY AND SUPPORTING PUPILS

The safety and wellbeing of every child is at the heart of Relationships and Sex Education at St Marie's Catholic Primary School.

Our RSE curriculum helps children develop the knowledge, understanding and confidence to build healthy relationships, recognise situations that may place them at risk, and know how and where to seek help if they are worried or feel unsafe.

Creating a Safe Learning Environment

RSE is taught in a safe, respectful and supportive environment where pupils are encouraged to ask questions and take part in discussions appropriate to their age and level of understanding. Teachers establish clear ground rules to promote respectful dialogue and ensure that all pupils feel valued and listened to.

Children are never expected to share personal experiences during lessons. Where sensitive topics are discussed, teachers use age-appropriate teaching strategies that allow pupils to explore issues in a way that protects privacy and promotes understanding.

Responding to Questions

Children are encouraged to ask questions about relationships, health and growing up. Teachers will answer questions honestly, sensitively and in a manner appropriate to the age and maturity of the children.

There may be occasions when a question is more appropriately answered individually, deferred until a later stage of learning, or discussed with parents or carers. Where a question raises a safeguarding concern or suggests that a child may be at risk of harm, staff will follow the school's safeguarding procedures.

Confidentiality

Whilst every effort is made to respect pupils' privacy, staff cannot offer complete confidentiality where there are concerns that a child may be at risk of harm or where a safeguarding disclosure is made.

If a pupil shares information that indicates they or another person may be at risk, staff have a legal duty to pass this information to the school's Designated Safeguarding Lead (DSL) so that appropriate support can be provided. Wherever appropriate, pupils will be informed that this information needs to be shared.

Safeguarding

Effective Relationships and Sex Education plays an important role in safeguarding children by helping them to:

- understand healthy and unhealthy relationships
- recognise inappropriate, abusive or unsafe behaviour
- know how to stay safe, including online
- understand the importance of consent, respect and personal boundaries in an age-appropriate way
- identify trusted adults they can talk to if they are worried

- know how to seek help and support when needed

Any concerns or disclosures arising from RSE lessons will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Supporting Pupils

We recognise that discussions during RSE may raise personal questions or concerns for some children. Staff are sensitive to the individual needs, maturity and personal circumstances of all pupils and will provide appropriate pastoral support where required.

Children are taught that abuse is never their fault and that they should continue to seek help until they are listened to.

Where necessary, pupils will be supported through the school's pastoral and safeguarding systems, working in partnership with parents, carers and external agencies where appropriate.

External Visitors

St Marie's Catholic Primary School recognises that external visitors can make a valuable contribution to pupils' learning by bringing specialist knowledge and expertise to particular aspects of Relationships and Sex Education (RSE).

External visitors are used to enhance the school's RSE programme and do not replace the school's planned curriculum or the professional role of teachers. All RSE remains the responsibility of the school and is delivered within the context of our Catholic ethos and values.

The school works with BigTalk Education, whose Growing Up Safe programme complements our core Ten Ten Life to the Full Plus curriculum by providing age-appropriate sessions that support pupils' understanding of personal safety, healthy relationships, growing up, and keeping themselves safe.

All external visitors are carefully selected and must:

- support the aims and values of the school
- work within the school's Relationships and Sex Education Policy
- provide lesson plans and resources to the school in advance where appropriate for review
- deliver learning that is appropriate to the age and maturity of pupils
- comply with the school's safeguarding and child protection procedures
- understand that any safeguarding concerns or disclosures arising during sessions must be reported immediately to the Designated Safeguarding Lead (DSL)
- work alongside school staff, who remain responsible for behaviour management, safeguarding and the overall learning experience

Teachers are always present during sessions delivered by external visitors and will follow up learning where appropriate to reinforce key messages and respond to any questions that arise.

Parents are informed in advance when external visitors are delivering RSE sessions and are welcome to view information about the programme or discuss the content with the Headteacher.

All resources used by external providers are reviewed by the school to ensure they are accurate, age-appropriate, inclusive and consistent with the school's Catholic ethos and this policy.

ROLES AND RESPONSIBILITIES

Local Academy Committee (Governors)

The Local Academy Committee has overall responsibility for ensuring that the school's Relationships and Sex Education (RSE) policy complies with statutory requirements and reflects the Catholic ethos of the school.

Governors are responsible for:

- approving and reviewing the RSE Policy
- ensuring that the policy is available to parents and carers
- ensuring that the RSE curriculum meets statutory requirements and reflects Catholic teaching
- monitoring the implementation and effectiveness of the policy
- ensuring that parents understand their right to request withdrawal from the non-statutory elements of sex education
- receiving reports on the delivery and evaluation of the RSE curriculum
- ensuring that curriculum content and teaching materials remain aligned with current statutory guidance.

Headteacher

The Headteacher has overall responsibility for the implementation of this policy and for ensuring that Relationships and Sex Education is delivered effectively across the school.

The Headteacher works in partnership with St Clare Catholic Multi Academy Trust and the Diocese of Hallam to ensure that the school's RSE curriculum remains compliant with statutory guidance and reflects Catholic teaching.

The Headteacher will:

- ensure that the RSE curriculum is implemented consistently
- support staff in delivering high-quality RSE
- work in partnership with parents, governors and the Diocese
- ensure that safeguarding procedures are followed at all times
- oversee the monitoring and review of the policy

PSHE/RSE Lead

The PSHE/RSE Lead is responsible for coordinating the delivery of the RSE curriculum and supporting colleagues in its implementation.

This includes:

- planning and reviewing the curriculum
- supporting staff with resources and training
- monitoring curriculum coverage and progression
- evaluating the effectiveness of the programme through monitoring and pupil voice
- ensuring that curriculum resources remain up to date and reflect statutory guidance

All Staff

Relationships and Sex Education is a whole-school responsibility.

All staff are expected to:

- promote the Catholic ethos and values of the school
- foster an environment of dignity, respect and inclusion
- deliver RSE in accordance with this policy and the school's curriculum
- maintain high standards of safeguarding and confidentiality
- respond appropriately to any concerns or disclosures in line with the school's Safeguarding and Child Protection Policy

Related Policies

This policy should be read alongside the following school policies:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Online Safety Policy
- Personal Development Policy
- SEND Policy
- Equality Information and Objectives
- Anti-Bullying Policy

APPENDIX 1: CONSULTATION

St Marie's Catholic Primary School recognises that parents and carers are the first educators of their children. In developing this Relationships and Sex Education (RSE) Policy, the school has sought the views of parents, pupils, staff and governors in accordance with statutory guidance.

The purpose of this consultation was to ensure that the policy reflects the school's Catholic ethos, meets statutory requirements and supports the needs of our school community.

Stakeholder	Consultation Activity	Date	Outcome
Parents and Carers	Draft RSE Policy published on the school website. Parents invited to submit comments via email or in writing.	3 – 31 July 2026	Feedback received and considered.
Pupils	School Council discussion and age-appropriate pupil voice activities regarding relationships, safety and wellbeing.	July 2026	Pupil views gathered as part of the consultation.
Staff	Review of the updated statutory guidance, curriculum mapping and draft policy.	July 2026	Staff consulted and given the opportunity to contribute to the policy review.
Local Academy Committee	Review of the draft policy and consultation feedback prior to adoption.	7 October 2026	Policy formally approved.
Diocese of Hallam / St Clare Catholic Multi Academy Trust	Policy based on the Catholic Education Service Model RSE Policy and Trust guidance to ensure compliance with Catholic teaching and statutory requirements.	Summer 2026	Policy reflects Catholic teaching and statutory requirements.

Consultation Feedback and Outcomes

The school received positive feedback from parents and governors about the updated policy, particularly its Catholic ethos, age-appropriate curriculum and commitment to safeguarding.

The following points were raised during the consultation:

Teaching Correct Anatomical Vocabulary

One parent highlighted the importance of teaching children the correct names for body parts from an early age to support their health, wellbeing and safeguarding.

The school recognises the importance of using correct anatomical vocabulary in an age-appropriate way. This is reflected in the policy and the school's RSE curriculum.

BigTalk Education

Some parents raised concerns about the content and age-appropriateness of aspects of the BigTalk Education programme, particularly in the younger year groups.

These concerns were considered by the Headteacher and shared with the Local Academy Committee.

At its meeting on 7 October 2026, governors agreed that BigTalk Education continued to make a valuable contribution to the school's curriculum, particularly in supporting children's understanding of human

biology, personal safety and safeguarding. Governors agreed that the school should continue using BigTalk Education alongside Life to the Full Plus.

Governor Feedback
Governors welcomed the policy's clear Catholic ethos, its coverage of statutory requirements and its commitment to working openly with parents and carers.

Consultation Outcome
Following consideration of the consultation feedback, the Local Academy Committee formally approved the Relationships and Sex Education Policy on 7 October 2026, without amendments.

The school remains committed to working in partnership with parents and carers and will continue to review its RSE curriculum to ensure that it meets statutory requirements, reflects Catholic teaching and supports the needs of all pupils.

APPENDIX 2: RELATIONSHIPS AND SEX EDUCATION CURRICULUM MAPPING

Curriculum Overview

Relationships and Sex Education at St Marie's Catholic Primary School is planned as a coherent, progressive curriculum. Life to the Full Plus provides the core programme of study. This is complemented by BigTalk Education, National Curriculum Science, Religious Education, Computing (including Project Evolve), and the wider Personal Development curriculum to ensure that pupils receive a comprehensive education rooted in Catholic teaching and fully aligned with statutory requirements.

Our curriculum is delivered through a combination of:

- Ten Ten – Life to the Full Plus, which provides the school's core Relationships, Sex and Health Education curriculum. The programme is based upon the Catholic Education Service (CES) Model RSE Framework and has been updated to reflect the Department for Education's statutory Relationships, Sex and Health Education guidance (2025). It provides a fully planned, progressive curriculum from EYFS to Year 6 organised around the three themes Created and Loved by God, Created to Love Others and Created to Live in Community.
- BigTalk Education – Growing Up Safe, which provides specialist age-appropriate teaching that complements our core curriculum.
- National Curriculum Science.
- Religious Education.
- Computing (including Project Evolve and Online Safety) - Online safety is taught progressively through Life to the Full Plus, Project Evolve, Computing and BigTalk Education, including digital citizenship, respectful online relationships, critical evaluation of online information, privacy, online harms and reporting concerns.
- Collective Worship, assemblies and wider safeguarding and personal development activities.

Together these elements provide pupils with a progressive, age-appropriate curriculum that develops knowledge, understanding, skills and values throughout their time at St Marie's.

Ten Ten – Life to the Full Plus
Life to the Full Plus forms the foundation of the school's Relationships and Health Education curriculum.

The programme:

- follows the Catholic Education Service Model RSE Curriculum.
- reflects Catholic teaching and values.
- provides full coverage of the statutory Relationships Education and Health Education curriculum;
- is organised through the three themes Created and Loved by God, Created to Love Others and Created to Live in Community.
- develops pupils' understanding of emotional wellbeing, healthy relationships, online safety, personal safety, puberty and growing up through a progressive spiral curriculum.
- includes the additional classroom resources and enrichment materials available through Life to the Full Plus.

The school follows the published Ten Ten pathway appropriate for each year group.
The detailed curriculum mapping supplied by Ten Ten is available to parents on request.

BigTalk Education – Growing Up Safe

To complement our core Life to the Full Plus curriculum, St Marie's works in partnership with BigTalk Education, whose Growing Up Safe programme provides specialist age-appropriate sessions that reinforce key messages relating to personal safety, healthy relationships, puberty, safeguarding and keeping safe.

The programme has been updated to reflect the Department for Education's July 2025 statutory guidance and follows a spiral curriculum, revisiting key themes throughout a child's primary education while increasing depth and complexity as pupils mature.

The programme complements classroom learning by reinforcing children's understanding of:

- healthy relationships
- personal safety
- online safety
- puberty
- growing up
- safeguarding
- seeking help from trusted adults.

BigTalk Education sessions reinforce and consolidate learning from Life to the Full Plus, enabling pupils to revisit important safeguarding themes through specialist workshops delivered by experienced educators.

Teaching staff remain with their classes throughout BigTalk sessions, enabling them to support pupils, reinforce learning and continue discussions as part of the wider curriculum.

Curriculum Coverage

Life to the Full Plus is organised around three recurring themes which are revisited each year, allowing pupils to develop their knowledge and understanding progressively as they mature:

- Created and Loved by God – understanding ourselves, our bodies, emotional wellbeing and life cycles.
- Created to Love Others – developing healthy relationships, understanding online safety and learning how to keep safe.
- Created to Live in Community – understanding our place within our families, communities and God's world.

The programme follows a spiral curriculum, revisiting key concepts with increasing depth and complexity from EYFS to Year 6.

Relationships and Sex Education at St Marie's is delivered through the following curriculum areas:

Curriculum Area	**Delivered Through**
Relationships Education	Life to the Full Plus
Health Education	Life to the Full Plus
Catholic teaching on relationships	Life to the Full Plus and Religious Education
Personal safety	Life to the Full Plus, BigTalk Education and safeguarding curriculum

Healthy relationships	Life to the Full Plus and BigTalk Education
Online safety	Life to the Full Plus, Computing (Project Evolve) and BigTalk Education
Puberty	Life to the Full Plus, BigTalk Education and National Curriculum Science
Human reproduction	National Curriculum Science, where applicable, supported by age-appropriate teaching through Life to the Full Plus and BigTalk Education.
Emotional wellbeing	Life to the Full Plus, BigTalk Education and wider Personal Development curriculum

Delivery Model

Year Groups	**Delivery**
EYFS	Life to the Full Plus taught through class teacher-led lessons
Years 1–6	Life to the Full Plus taught through planned lessons across the year
Annually	BigTalk Education specialist sessions
Throughout school	RE, Science, Computing (Project Evolve), safeguarding, assemblies and wider Personal Development

The school follows the published Life to the Full Plus programme pathway appropriate for each year group. The programme is delivered progressively from EYFS to Year 6 and is supplemented by annual BigTalk Education sessions and wider Personal Development provision.
The annual BigTalk Education sessions are carefully planned to complement this learning and reinforce key safeguarding and personal development themes.

Detailed curriculum mapping documents supplied by Ten Ten and BigTalk Education are available on request.

<u>Curriculum Enrichment</u>
The following additional learning opportunities enhance the statutory curriculum:

Year Group	Additional Provision
FS1/FS2	BigTalk Growing Up Safe, NSPCC Speak Out Stay Safe, safeguarding curriculum and age-appropriate Personal Development activities.
Year 1	BigTalk Growing Up Safe
Year 2	BigTalk Growing Up Safe
Year 3	BigTalk Growing Up Safe
Year 4	BigTalk Growing Up Safe
Year 5	BigTalk Growing Up Safe
Year 6	BigTalk Growing Up Safe, transition programme

Mapping Documentation
Representative curriculum resources are available for parents and carers to view on request.