OUR LADY AND ST ROSE OF LIMA CATHOLIC PRIMARY SCHOOL

RELATIONSHIPS, SEX & HEALTH EDUCATION (RSHE) POLICY

Autumn 2026

"Learning, Living, Loving together in Christ."

Policy owner	Headteacher / RSHE Lead
Approval	Governing Body
Approved	October 2026
Next review	Autumn 2027

1. Background and Policy Intent

At Our Lady and St Rose of Lima Catholic Primary School, Relationships, Sex and Health Education (RSHE) is an integral part of our mission to educate and form the whole child. Our approach is rooted in the dignity of every human person, created in the image and likeness of God, and in our school mission: "Learning, Living, Loving together in Christ."

Parents and carers are, and remain, the primary educators of their children. The school supports parents in this responsibility and recognises the importance of close partnership, particularly in relation to sensitive aspects of personal development.

The term RSHE is used throughout this policy in line with national and Catholic education terminology. At primary level, OLSR provides statutory Relationships Education and Health Education, together with the relevant National Curriculum Science. The school does not provide additional sex education beyond this statutory primary curriculum.

This policy has been developed with regard to the Department for Education statutory guidance effective from 1 September 2026, current safeguarding guidance, the Equality Act 2010, the Catholic Education Service (CES) framework for Catholic RSE and relevant guidance from Birmingham Diocesan Education Service.

2. Implementation, Consultation and Review

This policy is developed in consultation with parents and carers, staff and governors. It will be ratified by the Governing Body and published on the school website.

The policy will be reviewed annually, or sooner if there are significant changes to legislation, statutory guidance, Catholic Education Service or Birmingham Diocesan Education Service guidance, safeguarding expectations or the school curriculum.

Details of the RSHE curriculum and information for parents will be made available through the school's usual communication channels and website.

3. Defining RSHE at OLSR

High-quality RSHE supports pupils' moral, social, mental, spiritual and physical development and gives them the knowledge and skills needed to form positive relationships, make informed and ethical decisions, care for their health and wellbeing and keep themselves and others safe.

In primary school, the principal focus is on the building blocks of positive relationships and healthy development. This includes families and people who care for us, caring friendships, respectful relationships, online relationships, being safe, mental and physical wellbeing, growing and changing, and puberty. These areas are taught principally through the progressive, spiral Life to the Full Plus programme, supported by relevant learning across the wider curriculum.

OLSR does not provide additional sex education. Teaching about puberty, menstruation, changing bodies, correct anatomical vocabulary, personal hygiene, privacy, boundaries and safeguarding forms part of statutory Health Education and/or relevant Science and is not treated as an additional sex-education programme.

4. Statutory Curriculum Requirements

Relationships Education and Health Education are statutory at primary school. Pupils are also entitled to the relevant statutory National Curriculum Science.

OLSR will ensure that all statutory primary content is taught in an age-appropriate, developmentally appropriate and inclusive way. The school's decision not to provide additional sex education does not reduce pupils' entitlement to statutory teaching about relationships, health, safeguarding, puberty, changing bodies or relevant Science.

There is no parental right to withdraw a child from statutory Relationships Education, Health Education or National Curriculum Science.

5. Catholic Rationale

"I have come that you might have life and have it to the full." (John 10:10)

We are involved in RSHE because of our Christian beliefs about God and the human person. The unique dignity of every person, made in the image and likeness of God, underpins all education in a Catholic school. Our approach is therefore rooted in Catholic teaching and presented within a positive framework of Christian ideals.

At the heart of Christian life is the Trinity: Father, Son and Holy Spirit in loving communion. Human beings are created for relationship. RSHE therefore supports pupils to understand themselves and others and to grow in relationships characterised by love, dignity, compassion, faithfulness, honesty, responsibility and respect.

All RSHE will be taught in accordance with the Catholic character of the school. It will emphasise the importance of marriage and family life while recognising that every pupil and family has a fundamental right to dignity and respect, whatever their circumstances.

Our provision seeks to nurture the whole person: spiritual, physical, intellectual, moral, social, cultural and emotional. It supports pupils to flourish and to grow as discerning disciples who recognise their own dignity and the dignity of others.

6. Values and Virtues

Our RSHE programme promotes Catholic values relating to the dignity of the human person, stable and loving relationships, marriage and family life. It also promotes virtues that help pupils respond to God's call to love others and respect the dignity of the human body.

These include faithfulness, integrity, prudence, mercy, compassion, honesty, responsibility and respect. These values connect with the Catholic virtues, Catholic Social Teaching and the wider Catholic life and mission of OLSR.

7. Aims and Objectives

Through RSHE, OLSR aims to help pupils:

- recognise their God-given dignity and the dignity of every other person;
- develop positive, caring, respectful and safe relationships;
- understand the importance of family life, commitment, marriage and stable loving relationships within Catholic teaching;
- develop self-respect, self-esteem, resilience, empathy, compassion and responsibility;
- understand their emotions and develop appropriate ways of managing them;
- recognise healthy and unhealthy relationships and know how to respond to unsafe or inappropriate behaviour;
- understand privacy, personal boundaries, appropriate and inappropriate touch and how to seek help;

- develop the knowledge and confidence needed to stay safe online and offline;
- understand age-appropriate aspects of health, growth, puberty and changing bodies;
- develop respect for difference and learn to reject bullying, prejudice and discriminatory behaviour;
- make informed, ethical and responsible choices;
- prepare for the opportunities, responsibilities and experiences of life in modern Britain.

8. Curriculum Content

RSHE is taught progressively and at an age-appropriate level. The statutory primary curriculum includes:

- families and people who care for us;
- caring friendships;
- respectful relationships;
- online relationships and online safety;
- being safe, including privacy, boundaries and appropriate and inappropriate contact;
- recognising bullying, prejudice, discrimination and harmful behaviour;
- trusted adults, reporting concerns and continuing to seek help until heard;
- mental wellbeing, emotions and resilience;
- physical health, healthy lifestyles, hygiene and personal safety;
- growing and changing bodies;
- puberty and associated physical and emotional changes;
- menstruation and menstrual wellbeing;
- correct anatomical vocabulary where required for health and safeguarding;
- relevant age-appropriate learning within National Curriculum Science.

OLSR does not add a separate programme of sex education to this statutory primary provision.

9. Programme and Resources

Our Lady and St Rose of Lima Catholic Primary School follows Life to the Full Plus, produced by Ten Ten Resources, as the main programme through which RSHE is taught across the school. Life to the Full Plus is a Catholic programme which supports the delivery of Relationships, Sex and Health Education within the context of the teachings of the Catholic Church and a Catholic understanding of the human person.

Life to the Full Plus provides the structure, progression and principal teaching resources for our RSHE curriculum. It follows a spiral approach to learning: key themes and concepts are revisited at an age-appropriate level as pupils move through the school, enabling knowledge, understanding, skills and vocabulary to deepen and develop over time. School leaders and teachers ensure that delivery remains appropriate to pupils' age and developmental stage, statutory primary requirements, safeguarding needs and the Catholic character of the school.

Through Life to the Full Plus, pupils learn progressively about personal health and wellbeing, emotions, relationships, family life, trusted adults, privacy and personal boundaries, online safety, growing and changing bodies and puberty. The programme is underpinned by the Catholic understanding that every person is created and loved by God and possesses unique and inherent dignity. OLSR does not provide additional sex education beyond the school's statutory primary curriculum.

Life to the Full Plus is the main source of RSHE teaching at OLSR and is complemented by relevant learning through Religious Education, Science, Computing, PE, safeguarding education and the wider curriculum. Together, these provide a coherent and age-appropriate programme supporting pupils' spiritual, moral,

social, emotional and physical development. Teaching approaches may include discussion, reflection, stories, scenarios, group work, role play, film and video, individual tasks and pupil voice.

10. Puberty and Changing Bodies

Teaching about puberty and changing bodies is part of statutory Health Education and relevant Science. It is an important element of preparing pupils safely and confidently for the physical and emotional changes of growing up.

Pupils will be taught sensitively and at an appropriate stage about growth, the main physical and emotional changes associated with puberty, menstruation, personal hygiene and correct anatomical vocabulary. Teaching will promote dignity, reassurance, health, safety and respect.

The school will make appropriate arrangements to support pupils experiencing menstruation and will ensure that pupils know where to seek practical help or reassurance.

11. Inclusion and Adaptive Teaching

RSHE is an entitlement for all pupils. Teaching will be sensitive to pupils' different abilities, maturity, personal circumstances, family backgrounds, faith and culture.

Pupils with SEND will receive appropriately adapted teaching and support. Staff may adapt vocabulary, resources, pace, teaching approaches and opportunities for repetition or rehearsal while preserving pupils' entitlement to essential knowledge about relationships, health and safety.

The school recognises that some pupils with SEND may be particularly vulnerable to bullying, exploitation or abuse. Teaching will therefore give appropriate attention to boundaries, privacy, communication, recognising unsafe situations and seeking help.

12. Equality, Diversity and Respect

The school and Governing Body will fulfil their duties under the Equality Act 2010 and the Public Sector Equality Duty. RSHE will be taught in a way that does not unlawfully discriminate against, harass or victimise pupils.

Every pupil will be treated with dignity and respect. Teaching will challenge bullying, prejudice, discriminatory language and harmful stereotypes. Where protected characteristics are relevant to statutory curriculum content, safeguarding or pupils' lived experience, they will be addressed factually, sensitively and in an age-appropriate manner.

As a Catholic school, OLSR will clearly identify when teaching reflects the distinctive Catholic understanding of the human person, marriage, family and relationships. Pupils will also learn to treat with respect people whose beliefs, family circumstances or experiences differ from their own.

13. Online Relationships and Safety

Digital relationships and online safety are an important part of RSHE and link closely with Computing, Online Safety and safeguarding.

Pupils will be taught age-appropriately about privacy, personal information, online boundaries, harmful content and contact, age restrictions, pressure to share information or images, people misrepresenting themselves online, the permanence and reach of online content, and how to block, report and seek help.

Where safeguarding requires it, teaching may address inappropriate or sexualised online content in a protective and age-appropriate way. This is safeguarding education and does not create an additional sex-education programme.

14. Parents and Carers

Parents and carers are the primary educators of their children. OLSR is committed to working in partnership with them and to being transparent about the content and purpose of RSHE.

Parents will be consulted before this policy is ratified and when substantial changes are proposed. They will be informed when more sensitive aspects of the curriculum, including puberty and changing bodies, are to be taught so that they can support their child's learning and conversations at home.

Parents and carers may ask to view the resources used within the RSHE programme. Where materials are subject to copyright or licensing restrictions, the school will make appropriate arrangements for them to be viewed rather than copied. Copyright will not be used as a reason to prevent parents from understanding what their child is taught.

15. Parental Right to Withdraw

Parents and carers do not have the right to withdraw their child from statutory Relationships Education, Health Education or National Curriculum Science.

At Our Lady and St Rose of Lima Catholic Primary School, we follow Life to the Full Plus as our main programme for RSHE. Our curriculum provides statutory Relationships Education and Health Education, together with relevant National Curriculum Science. OLSR does not currently provide additional sex education beyond this statutory primary curriculum. There is therefore currently no additional sex education provision from which parents may request withdrawal.

Should the school consider introducing additional sex education in the future, parents and carers would be consulted, this policy and the RSHE curriculum would be reviewed, and parents would have the statutory right to request that their child be withdrawn from some or all of that additional sex education. In a primary school, such a request must be granted, except in relation to content taught as part of the National Curriculum for Science.

16. Balanced and Age-Appropriate Curriculum

RSHE will be taught in accordance with Catholic teaching while ensuring pupils receive accurate factual information and the knowledge they need to stay safe, healthy and respectful of others.

Teaching will distinguish appropriately between factual information, the law and the Catholic faith position. Learning about the existence of different families, beliefs or viewpoints does not mean promoting a particular lifestyle or behaviour.

Content will be appropriate to pupils' age and developmental stage. Teachers will exercise professional judgement within the agreed curriculum and will not introduce material simply because it arises in an unplanned question where that material would be inappropriate for the class.

17. Children's Questions

OLSR seeks to create a healthy and positive atmosphere in which pupils feel able to ask questions without fear of embarrassment, bullying or harassment.

Questions about planned RSHE content will be answered honestly, sensitively and in an age-appropriate manner. If a question concerns additional sex-education content that is outside OLSR's planned primary curriculum, staff will not develop it into whole-class teaching. Where appropriate, the pupil will be encouraged to discuss the matter with a parent or carer.

Teachers may give a brief, factual and age-appropriate response where this is necessary to correct a harmful misconception, protect a child or meet a safeguarding need. Questions that indicate possible abuse, exploitation or other safeguarding concerns will be acted upon immediately in accordance with the Safeguarding and Child Protection Policy.

18. Safeguarding, Confidentiality and Advice

Effective RSHE is an important part of safeguarding. It gives pupils opportunities to understand what is and is not appropriate in relationships and helps them develop the vocabulary and confidence needed to report concerns.

Pupils will learn about privacy, boundaries, appropriate and inappropriate contact, trusted adults and how to seek help. They will be taught that they should continue to seek help until they are heard.

Staff cannot offer unconditional confidentiality. Where a pupil discloses information that indicates that they or another child may be at risk of harm, staff must follow the school's safeguarding procedures and report the concern immediately to the Designated Safeguarding Lead or a Deputy DSL.

Staff will receive appropriate training and support to manage sensitive questions and disclosures confidently and consistently.

19. External Visitors

External visitors and health professionals may be used where they add appropriate expertise to the planned RSHE curriculum. Their contribution will complement, not replace, teacher-led provision.

The school will check the suitability and credentials of visitors and review proposed content and resources in advance. Visitors must follow school safeguarding procedures and their contribution must be age-appropriate, accessible and consistent with the Catholic character of the school and this policy.

External visitors will not introduce additional sex-education content outside OLSR's agreed curriculum.

20. Roles and Responsibilities

Governing Body

- approve and keep this policy under review;
- ensure that the policy meets statutory requirements and reflects the Catholic character of the school;
- ensure that the policy is available to parents and published on the school website;
- ensure that parents are appropriately consulted;
- maintain oversight of curriculum coverage, safeguarding, equality, SEND and the suitability of resources;
- receive appropriate information about monitoring and evaluation.

Headteacher

The Headteacher has overall responsibility for implementing this policy and for ensuring statutory compliance, Catholic alignment, appropriate parental engagement, staff training and liaison with governors, Birmingham Diocesan Education Service and other relevant agencies.

RSHE Lead

The RSHE Lead, working with the Headteacher and other relevant leaders, supports staff in implementing the policy, maintains oversight of the progressive and spiral delivery of Life to the Full Plus and the wider RSHE curriculum, monitors resources and statutory coverage, coordinates evaluation and supports professional development.

All Staff

RSHE is a whole-school responsibility. All staff contribute to the physical, moral, social, emotional and spiritual wellbeing of pupils and are expected to model respectful, healthy relationships. Staff teaching RSHE will follow the agreed curriculum, Catholic ethos and safeguarding procedures.

21. Monitoring, Assessment and Evaluation

The RSHE Lead and Headteacher will monitor provision through appropriate activities including review of the progressive, spiral delivery of Life to the Full Plus, curriculum and planning review, scrutiny of pupils' learning, learning walks, pupil voice, staff discussion, resource review and consideration of parental feedback.

Monitoring will consider statutory coverage, progression, age appropriateness, accessibility for pupils with SEND, safeguarding, the suitability of resources, consistency with Catholic teaching and staff confidence.

Assessment will be proportionate to the subject and used to establish whether pupils have secured the knowledge and understanding intended by the curriculum. Findings will inform curriculum development, professional development and future policy review.

The Governing Body will receive sufficient information to fulfil its oversight responsibilities.

22. Relationship to Other Policies and Curriculum Subjects

RSHE is closely connected to Religious Education, Science, Computing, PE, safeguarding, personal development and the wider Catholic life and mission of the school.

This policy should be read alongside the Safeguarding and Child Protection Policy, Online Safety Policy, Computing Policy, Science curriculum, SEND Policy, Equality Policy, Behaviour Policy, Anti-Bullying Policy and Religious Education Policy.

23. References and Guidance

- Department for Education: Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, effective from 1 September 2026.
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.
- National Curriculum in England: Science programmes of study.
- Equality Act 2010 and the Public Sector Equality Duty.
- Department for Education: Keeping Children Safe in Education (current edition).
- Catholic Education Service: RSE Model Framework Policy to Support Schools, March 2026.
- Catholic Education Service: A Model Framework for Catholic Primary RSE, March 2026.
- Catholic Bishops' Conference of England and Wales guidance on Relationships and Sex Education in Catholic schools.
- Birmingham Diocesan Education Service guidance and Catholic education resources.
- Ten Ten Resources: Life to the Full Plus.