

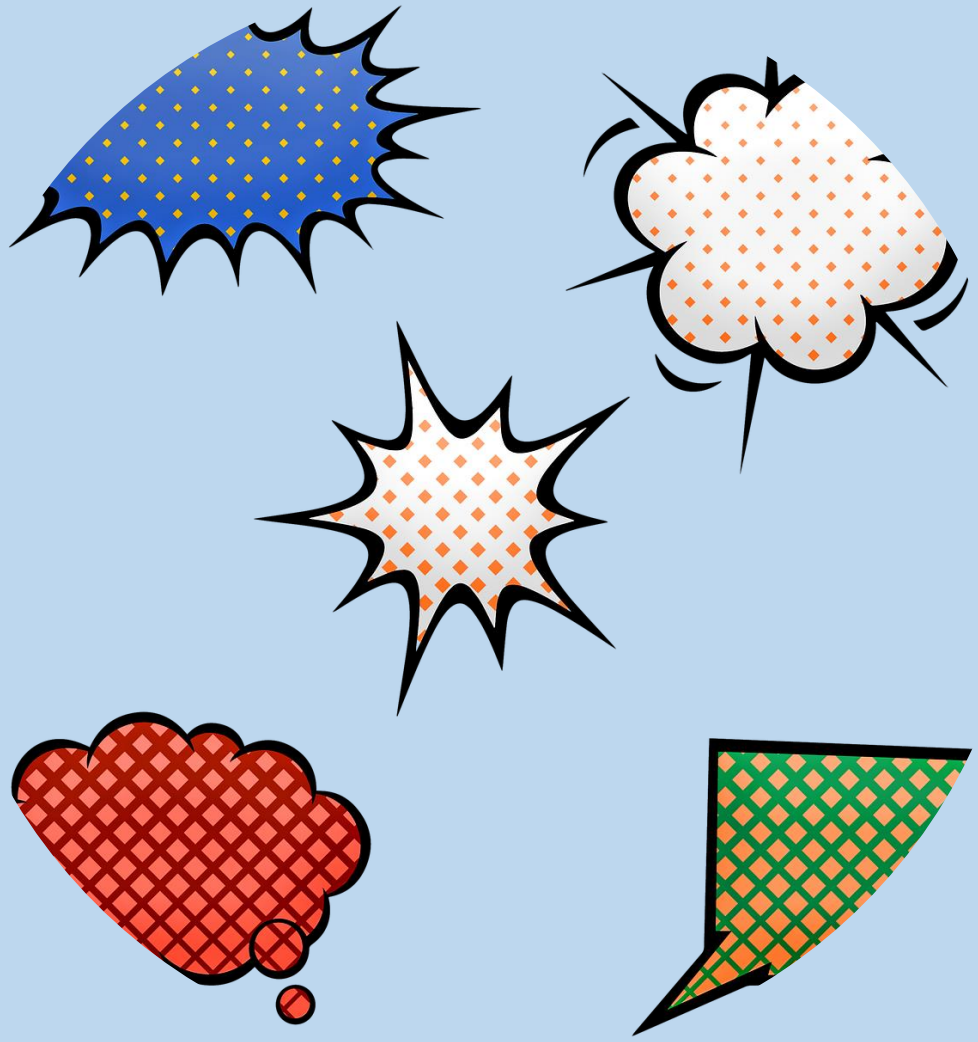
RSHE at Our Lady & St Joseph Primary School

Objectives:

- To explore why RSE is important.
- To share the statutory requirements of RSE.
- To share the Curriculum and supporting documents from the Catholic Education Service.
- To give and overview of the policy consultation process.

What do you want for your children?

What do your children need?



Why is RSE important?

- Majority of parents support RSE.
- Some parents say that RSE was the responsibility of parents, and that they welcome the right they have (enshrined in current law) to withdraw their child from Sex education lessons
- Most of the young people disagreed, stressing that their parents have not in fact taught them!
- Many parents/carers don’t discuss RSE as much as they wish to!

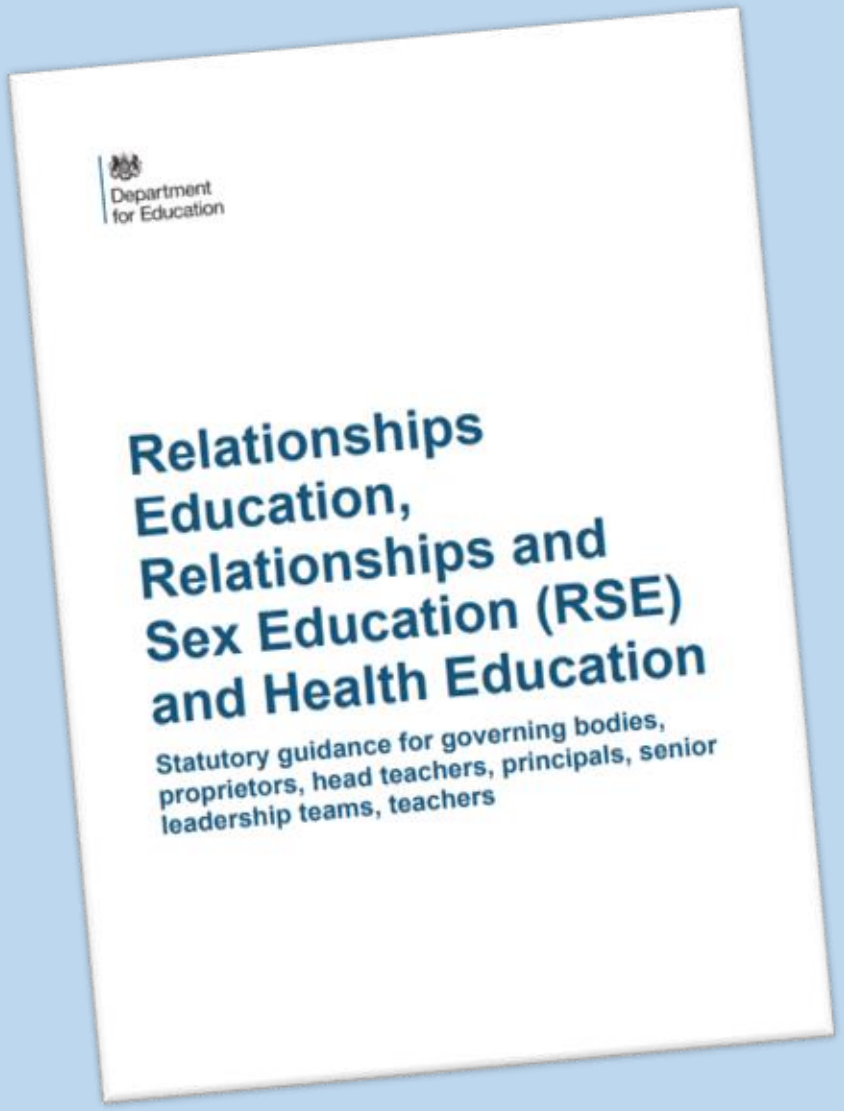
The world in which they live

- Social media
- Celebrity culture & Media influences
- Unrealistic body images –TV, advertising, online
- AI and deep fakes
- Access to pornography
- Online safety & behaviour, sexting, vulnerability to grooming
- Impact above all on children and young people’s attitudes, behaviour and values

What we can offer through RSE:

- Understanding their value and the values of others.
- Instilling confidence and self-esteem.
- Reliable, correct information in a safe learning environment
- Knowing how to keep safe and how to get help.
- Helping with peer pressure.
- Learning how to make sensible and informed decisions in a changing cultural climate.
- Understanding the positive impact of loving God, self, neighbour and our common home.

Statutory RSE



Primary Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them.

In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further details by searching **'relationships, sex and health education'** on GOV.UK.

Primary Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

You can find further details by searching **'relationships, sex and health education'** on GOV.UK.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

(The science curriculum in all primary schools also includes content on human development, including reproduction, which there is no right to withdraw from.)

Vision for Relationship and Sex Education in Westminster Catholic Schools

It is our vision for Relationship and Sex Education in Catholic Schools in the Diocese of Westminster that pupils would learn how to foster healthy relationships and friendships in light of the wisdom of the Church.

Pupils will flourish when they truly understand their innate human dignity, love and appreciation of themselves, including respect for their bodies, and the way they were made by God.

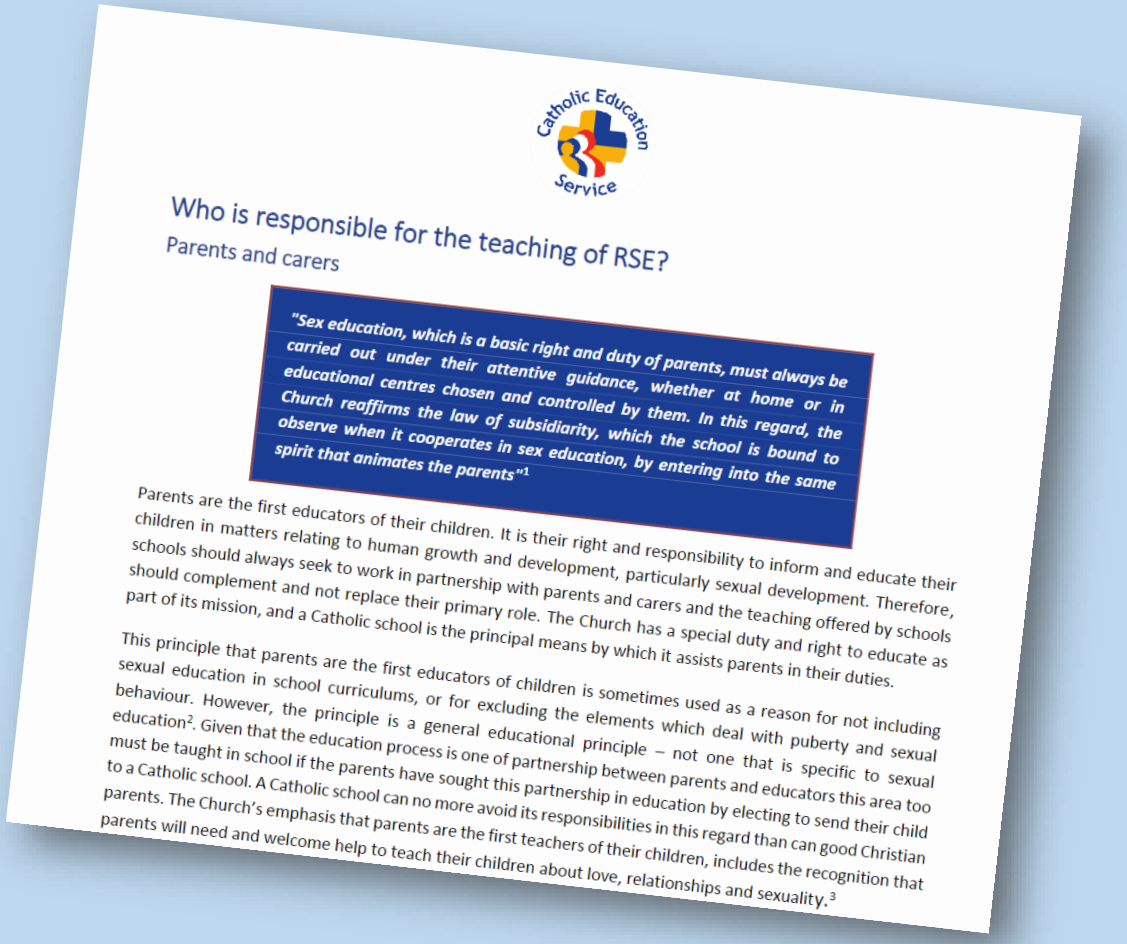
Pupils will learn to make sensible and informed decisions in a changing cultural climate, focussing on the virtues, such as patience and chastity, that ultimately lead to true happiness.

Sacred Scripture is key to this vision and the message Jesus gave us to love God, self, neighbour and our common home.

RSE in our schools must always remain faithful to the teaching of the Church, recognising the diversity o pupils' situations. We aim to be sensitive to each individual, ensuring that their physical and emotional well-being and their safety are of paramount importance.

Who is responsible for the teaching of RSE?

- Parents
- Governors
- Headteacher
- Teachers and other staff
- Visitors and external speakers
- Parish and diocese



Catholic Education Service

Who is responsible for the teaching of RSE?

Parents and carers

> *"Sex education, which is a basic right and duty of parents, must always be carried out under their attentive guidance, whether at home or in educational centres chosen and controlled by them. In this regard, the Church reaffirms the law of subsidiarity, which the school is bound to observe when it cooperates in sex education, by entering into the same spirit that animates the parents"*[1]

Parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matters relating to human growth and development, particularly sexual development. Therefore, schools should always seek to work in partnership with parents and carers and the teaching offered by schools should complement and not replace their primary role. The Church has a special duty and right to educate as part of its mission, and a Catholic school is the principal means by which it assists parents in their duties.

This principle that parents are the first educators of children is sometimes used as a reason for not including sexual education in school curriculums, or for excluding the elements which deal with puberty and sexual behaviour. However, the principle is a general educational principle – not one that is specific to sexual education[2]. Given that the education process is one of partnership between parents and educators this area too must be taught in school if the parents have sought this partnership in education by electing to send their child to a Catholic school. A Catholic school can no more avoid its responsibilities in this regard than can good Christian parents. The Church's emphasis that parents are the first teachers of their children, includes the recognition that parents will need and welcome help to teach their children about love, relationships and sexuality.[3]

Partnership with parents

- Primary educators of children
- Unique knowledge of your children
- Ability to have regular conversations
- Impart our shared values.
- Teach alongside the school.
- RSE most effective when reinforced at home and elsewhere.

- Some parents find it difficult or lack confidence.
- Some homes are unable to provide this.
- Some children prefer these conversations outside the home

Include here how you are going to work with parents to equip them
Ask what they need in consultation

DfE- Parents rights

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum.

Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.



You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content.

Schools are required to ensure their teaching reflects the age and religious background of their pupils.

DfE - Right to withdraw your child- Primary

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

Life to the Full is intended to be a partnership between home, school and church. We know that Catholic schools already do fantastic partnership work with parents and their local Church, so this programme is intended to fit in with and support those partnerships.

Knowing that the English and Welsh government have statutory requirements for Relationships, Sex and Health Education (schools in England) and Relationships and Sexuality Education (schools in Wales), but that faith schools are able to teach RSHE/RSE in line with their faith's beliefs can sometimes feel a bit confusing and overwhelming, especially when schools want to communicate clearly with parents.

What is covered by statutory RSHE/RSE and what does this mean in terms of what schools can and should teach, and what right do parents have to withdraw their children from lessons?

Schools in England

In primary schools, the subject is entitled 'Relationships and Health Education'. There is no compulsory mention of the word 'sex' in the subject for primary schools. This means that 'sex education' is an optional subject. In secondary schools, the subject is entitled 'Relationships, Sex and Health Education'. Here, 'sex education' is a compulsory element of the statutory curriculum.

Parents in England have the right to withdraw their children from lessons that teach 'Sex Education'. They can do so up to three terms before their children reach the age of 16 (even though sex education is part of the statutory curriculum for secondary schools).

Programme STRUCTURE

- EYFS
- Key Stage One
- Lower Key Stage Two
- Upper Key Stage Two

Module 1
Created and Loved by God

Units:

- Religious Understanding
- Me, My Body, My Health
- Emotional Well-being
- Life cycles

Module 2
Created to Love Others

Units:

- Religious Understanding
- Personal Relationships
- Life Online
- Keeping Safe

Module 3
Created to Live in Community

Units:

- Religious Understanding
- Living in the Wider World

Module 1: Created and Loved by GOD

Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

Module 1: Created and Loved by GOD

Story Sessions: Each learning stage focuses on a different Gospel story, which is repeated in various ways over the week, giving rise to times of discussion, imaginative reflection and creative response, for example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus' call personally. In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.



Module 1: Created and Loved by GOD

Early Years Foundation Stage:

- Our uniqueness in real terms
- Celebrating difference and individual gifts, talents and abilities
- Looking after and using our bodies (including vocabulary around this topic)
- The necessity of when and how to say sorry in relationships
- A basic exploration of Jesus's forgiveness and growing up as God's plan for us



Module 1: Created and Loved by GOD



Key Stage One:

- We are uniquely made by a loving God;
- We have differences and similarities;
- Key information about staying physically healthy;
- Understanding feelings and emotions, including strong feelings such as anger;
- The cycle of life from birth to old age.

Module 1: Created and Loved by GOD

Lower Key Stage Two:

- Understanding differences;
- Respecting our bodies;
- Puberty and changing bodies;
- Strategies to support emotional wellbeing including practicing thankfulness;
- The development of pupils' understanding of life before birth.



Module 1: Created and Loved by GOD



Upper Key Stage Two:

- Appreciation of physical and emotional differences;
- A more complex understanding of physical changes in girl and boys bodies;
- Body image;
- Strong emotional feelings;
- The impact of the internet and social media on emotional well-being;
- A more nuanced and scientific understanding of life in the womb and how babies are made;
- Menstruation.

Life to the Full PLUS in Module 1



The Life to the Full Plus Sessions and Classroom Short videos for Module 1 focus on TRANSITION and CHANGE.

From EYFS to UKS2 children will follow a journey which explores:

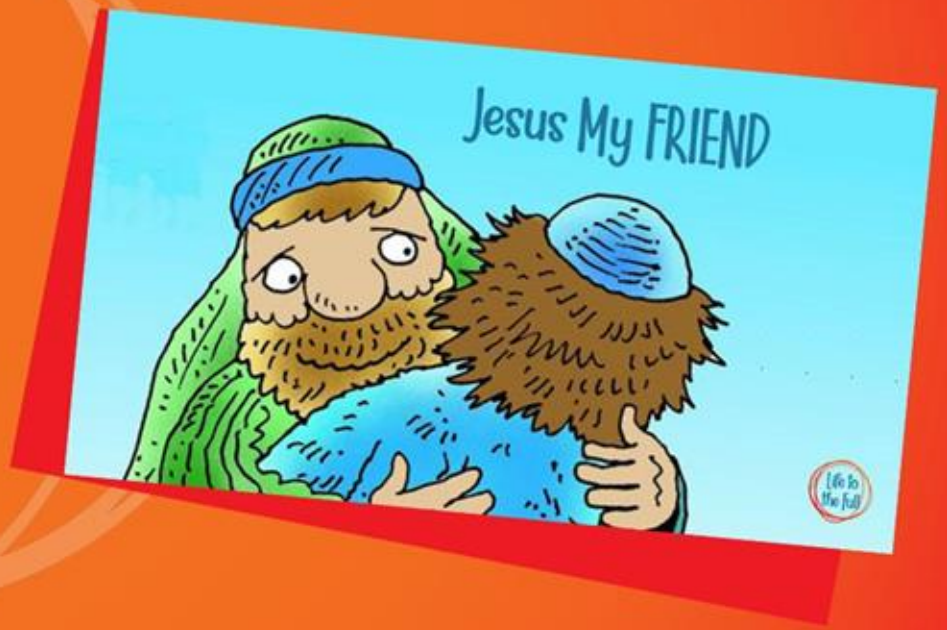
- Starting school and identifying changes to come.
- Learning how to prepare for future changes alongside celebrating how they have already changed and grown.
- Reflecting on change now they are older.
- Feelings around big changes will feature, and children will learn how to prepare for new changes, including some coping strategies and how we can learn to rely on the constancy of God.
- A celebration of the journey of change pupils have been on.
- Looking forward to upcoming changes including the transition to secondary school.
- God's presence with us throughout our lives, and how this helps us to cope with change of all kinds.

Module 2: Created to Love OTHERS

Module Two: Created to Love Others explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing heathy relationships and keeping safe both online and in our daily lives.

Module 2: Created to Love OTHERS

Gospel Stories
At the start of each learning stage, we begin with a series of story sessions based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.



Module 2: Created to Love OTHERS

Early Years Foundation Stage:

Unit 2: Personal Relationships

- Vocabulary to identify different family/friend relationships
- The features of positive/negative behaviour in relationships
- The importance of resolving conflict and asking for forgiveness where necessary

Unit 3: Life Online

- Introducing the internet
- Recognising both positives and negatives of internet use
- Learning some basic rules to help them stay safe online.

Unit 4: Keeping Safe

- Practical ways to stay safe inside and out
- Staying safe around medicines
- People who help us in emergencies



Module 2: Created to Love OTHERS



Key Stage One:

Unit 2: Personal Relationships

- Special people in their lives who they love and can trust
- Coping with various social situations and dilemmas
- The importance of saying sorry and forgiveness within relationships

Unit 3: Life Online

- Learn to recognise safe and unsafe situations online
- Develop an understanding that not everything presented to them online is true

Unit 4: Keeping Safe

- The risks of being online (incorporating 'Smartie the Penguin' from Childnet)
- The difference between good and bad secrets
- Teaching on physical boundaries (incorporating the PANTS resource from the NSPCC)

Module 2: Created to Love OTHERS

Lower Key Stage Two:

Unit 2: Personal Relationships

- Children to develop a more complex appreciation of different family structures
- Activities and strategies to help them develop healthy relationships with family and friends
- Techniques for managing thoughts, feelings and actions

Unit 3: Life Online

- Incorporates some NSPCC resources around online safety
- Thinking critically about the content we encounter in the digital world, including in the media
- How to report and get help if children encounter inappropriate messages or material

Unit 4: Keeping Safe

- Teaching on bullying and abuse through a series of animated stories
- Children learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older



Module 2: Created to Love OTHERS



Upper Key Stage Two:

Unit 2: Personal Relationships

- Equip children with strategies for more complex experiences of relationships and conflict
- Identify and understand how to respond to spoken and unspoken pressure
- The concept of consent
- Further teaching on how our thoughts and feelings have an impact on how we act
- The concept of fairness is introduced, where pupils will consider what bullying, prejudice and discrimination are.

Unit 3: Life Online

- Risks of sharing and chatting online
- Equipping children to make safe and sensible decisions about what online content they should/shouldn't share

Unit 4: Keeping Safe

- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning

Life to the Full PLUS in Module 2



The main content for Life to the Full Plus in Module 2 are the numerous Classroom Short videos available for LKS2 and UKS2 enhancing the existing Life to the Full sessions, covering topics such as critical thinking; safety out and about; prejudice and discrimination; types of abuse and the law.

In addition to this, LKS2 will have the opportunity to explore **Rights and Responsibilities** through a session and associated Classroom Short videos. **This session identifies legal rights, discuss scenarios where these are compromised, and offers an opportunity for pupils to consider how their own responsibilities relate to rights. The session celebrates diversity and how we all play a part in the Body of Christ.**

Module 3: Created to Live in COMMUNITY

Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.

Module 3: Created to Live in COMMUNITY



Unit 1: 'Religious Understanding'
At every key stage children will learn that just like the Holy Trinity of God we are called to live and love in community. We are called to love God and love others.

Unit 2: 'Living in the Wider World'
At every key stage, the religious understanding from Unit 1 is applied to real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

Life to the Full PLUS in Module 3

In Life to the Full Plus Module 3 each key stage has Unit 2 'Living in the Wider World' Sessions and associated Classroom Short videos on the topics of Careers and Money.

CAREERS

EYFS: Children will begin to explore the working world of jobs, focusing on their current strengths and aspirations.

KS1: Children will understand more about the purpose of work and the harmful impact of gender stereotypes in the workplace, alongside an introduction to the concept of vocation.

LKS2: Further learning on careers considers where value will be placed on how school and on-going learning options contribute to our future work opportunities.

UKS2: A deeper exploration of the world of work: getting and changing jobs, aspiration and goal setting, gender stereotypes, unemployment and more will be explored.

Life to the Full PLUS in Module 3

In Life to the Full Plus Module 3 each key stage has Unit 2 'Living in the Wider World' Sessions and associated Classroom Short videos on the topics of Careers and Money.

MONEY

EYFS: Money is introduced - this is underpinned by the religious understanding that our identity, value and worth comes from God.

KS1: Children will consolidate learning about what money is and will explore the choices we have with our money.

LKS2: Building on the theme of stewardship, pupils consider financial stewardship through budgeting activities, discussions about the pros and cons of different payment methods and learning about financial risks.

UKS2: Children consider what influences our money choices, including God's call to live generously. Additionally, children will consider why some people have more than others, developing an awareness of fairness and justice.


Life to the Full
Life to the Full
Plus!

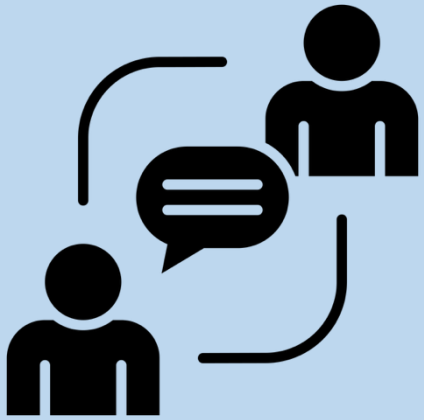
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Parent Consultation



We are consulting on our RSE policy.

The school welcomes and will take account of and listen to your views. Decisions will also be based on the needs of pupils, the views of staff and governors as well as compliance with legal requirements as set out in the DfE guidance and the Equalities Act 2010.

Ultimate decisions about the curriculum and policy will be up to the school.

A link to complete the consultation survey will be sent via email. It will be live for 2 weeks. **Monday 9th November – Monday 23rd November 2026.**

All information about our RSE curriculum can be found on our school website. Any additional information about the consultation will be shared via email.

Timeline - What Next?

October 2026
- RSHE draft policy shared

November 2026
- RSHE Parents coffee morning.
- Details about the curriculum shared.

RSHE Parent consultation
- Consultationn window **Monday 9th November – Monday 23rd November 2026.**
- Further information will be shared via email and available on the school website.

Parents/ Carers responses

