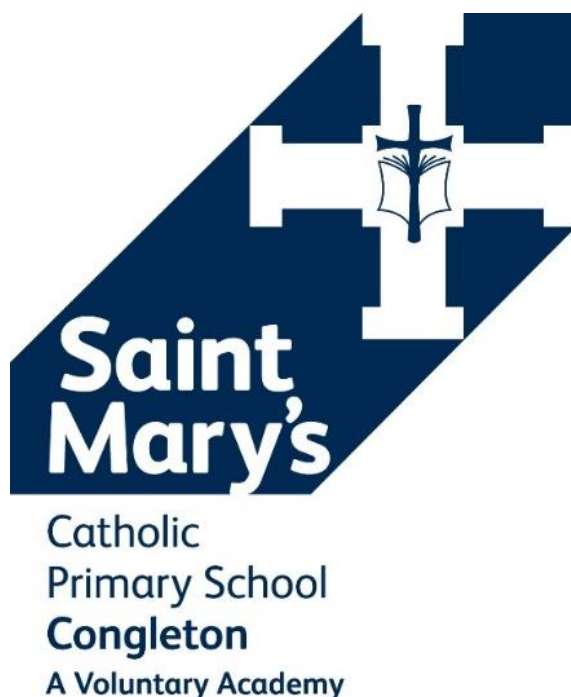


Saint Mary's Catholic Primary School



Relationships and Sex Education (RSE) Policy

*Saint Mary's Catholic Primary School is a Christ centred learning community,
where all are safe, valued and loved."*

Policy Schedule	Date	Signed
Ratified by the Governing Body:	16.06.2026	Headteacher: Amy Butterfield Chair of Governors: Val Bridge
To be reviewed:	June 2027	

Saint Mary's Catholic Primary School, Congleton

Relationships and Sex Education (RSE) Policy

**"Be merciful, just as your Father is merciful.
Do not judge, and you will not be judged.
Do not condemn, and you will not be condemned.
Forgive, and you will be forgiven."**

Luke 6:36-38

Mission Statement

"Saint Mary's Catholic Primary School is a Christ centred learning community, where all are safe, valued and loved."

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1. The Importance of RSE

Our programme promotes children's personal, social, and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills, and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. At Saint Mary's, children's wellbeing, happiness, and safety are our first priority, and this curriculum is the key vehicle through which we share this with children.

Any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic Church's teaching about what it is to be truly human in Christ and presented within a positive framework of Christian virtue. We regard this as an important, integral component of the whole curriculum; it is central to our approach and at the core of our ethos.

2. Statutory Context (June 2026 Update)

This policy is informed by the DfE's statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education (July 2025). We ensure our provision meets the legal requirements to provide:

- Relationships Education (Compulsory for all primary pupils).
- Health Education (Compulsory for all primary pupils).

Relationships Education is a statutory subject, and the DfE states that it is an important and necessary part of all pupils' education. Our specific curriculum, delivered through Ten:Ten, covers these statutory requirements, alongside age-appropriate sex education, within a broader Catholic framework.

3. Curriculum Aims and Mandatory Content

Our programme ensures a broad and balanced curriculum that prepares children for the opportunities and responsibilities of life. Pupils will be taught to:

Health & Wellbeing:

- Know and understand what constitutes a healthy lifestyle, including maintaining physical, mental, and emotional health and wellbeing.
- Identify and correctly name the main parts of the body, including the penis, vulva, vagina, testicles, scrotum, and nipples.
- Understand the facts about the menstrual cycle; schools will cover this topic before girls' periods start, recognising that periods can start at eight years old.
- Know the facts about legal and illegal harmful substances, including smoking, nicotine products, vaping, alcohol use, and drug-taking.
- Understand the harm that excessive time spent online can have on physical and mental wellbeing.
- Recognise online risks, including the minimum age for joining social media sites (currently 13), the importance of privacy settings, and the dangers of sharing personal information online.
- Know how to manage change, including puberty, transition, and loss.

Relationships & Living in the Wider World:

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Understand that marriage and civil partnerships represent a formal and legally recognised commitment intended to be lifelong.
- Understand that for the Church, marriage has a special significance as one of the sacraments.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Understand that actions such as female genital mutilation (FGM) constitute abuse, are crimes, and know how to get support if they have fears for themselves or peers.
- Be responsible and independent members of the school community and a democratic society.
- Know about where money comes from, keeping it safe, and the importance of managing it effectively.

4. Organisation and Provision: The 'Ten:Ten' Approach

We have adopted the Ten:Ten 'Life to the Full' programme for the delivery of RSE. This is a fully resourced scheme of work which is authentically Catholic and has been approved by our Diocese. It is taught with a spiral approach, meaning pupils will revisit the same topics at an age-appropriate stage through their school life. The programme includes:

- **Module 1: Created and Loved by God:** Explores the individual, rooted in the teaching that we are made in the image and likeness of God, covering physical, emotional, and spiritual health.

- **Module 2: Created to Love Others:** Explores the individual's relationship with others, covering personal relationships and safe relationships, including online safety.
- **Module 3: Created to Live in Community:** Explores the individual's relationship with the wider world, including financial capability and enterprise.

RSE is delivered within a whole-school approach which includes dedicated curriculum time using Ten:Ten resources and cross-curricular teaching (e.g., Science, RE), Circle Time, specialised assemblies, and pastoral care.

5. Parental Consultation and Right to Withdraw

We recognise that parents (and other carers who stand in their place) are the primary educators of their children. The school will proactively engage and consult parents when developing and reviewing our policy, ensuring parents understand that effective RSE is important for wellbeing.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Should parents wish to withdraw their children, they are asked to notify the school by contacting the headteacher. However, parents do not have the right to withdraw their children from relationships and health education, nor can they be withdrawn from elements required by the National Curriculum science orders.

6. External Visitors

Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSE. Such visits will always complement the current programme and never substitute or replace teacher-led sessions. Any external visitor must adhere to our code of practice developed in line with CES guidance, and health professionals will follow the school's policies.

7. Relationships within School

Relationships at Saint Mary's Primary School are based on an atmosphere of trust and respect for everyone. Children are encouraged to develop good relationships with their peers and all staff and to take responsibility for their own behaviour. All staff provide very good role models for children and work hard to promote a safe, happy environment. The children have an active School Council where two children from each class are elected to represent the class's views.

8. Assessment and Recording

Children are informally assessed by staff throughout their work. Recording of work will be in a form appropriate to the planned focus and will be shown in the teacher's planning. Evidence of RSE will be in a variety of forms, such as photographs as well as written work. Staff will use their professional judgment regarding the best means of recording, as written work may not always be appropriate.