



RSE in St Joseph's

Prayer

Father,

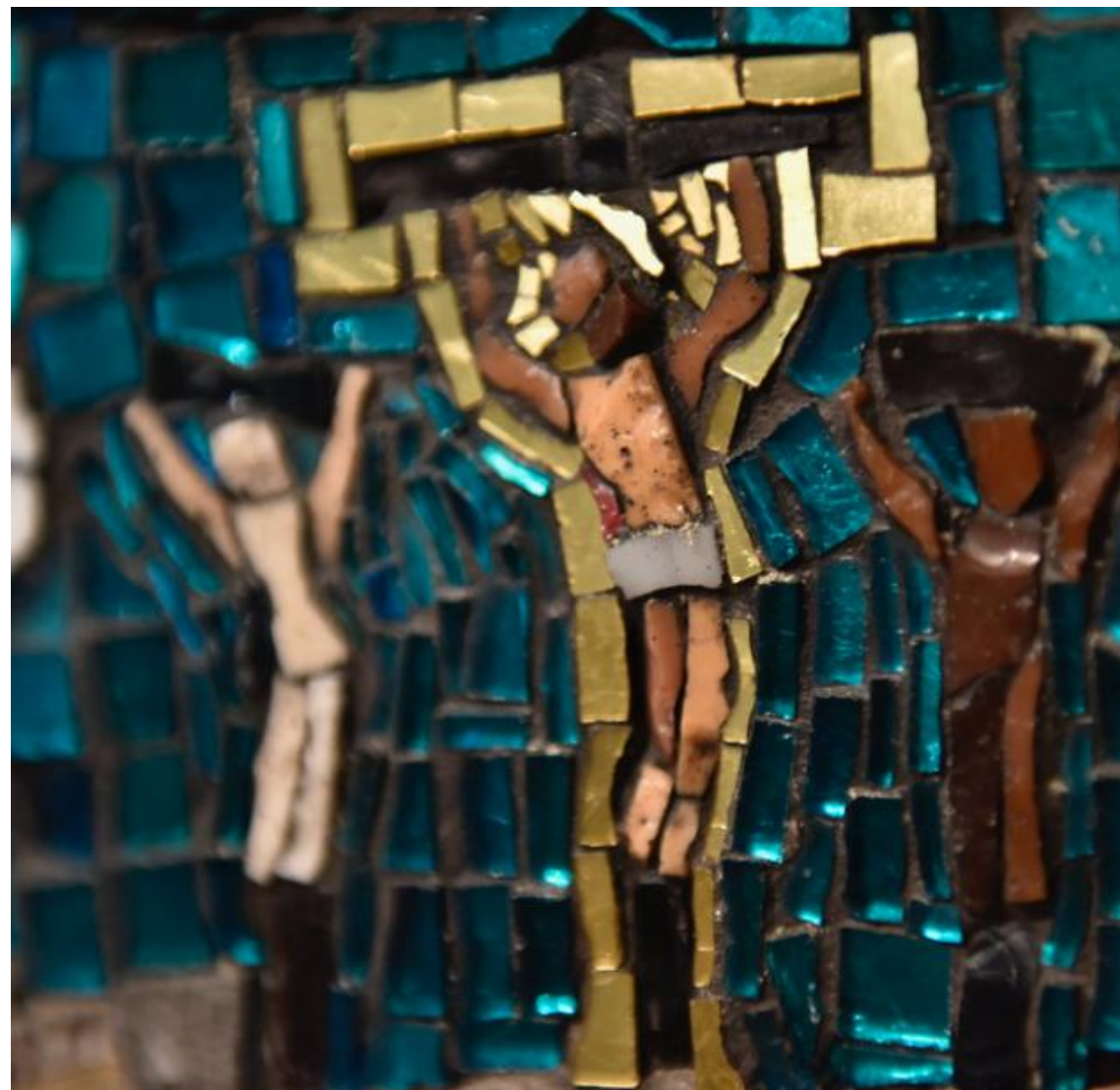
Thank you for your great love for us. You sent your only Son to live with us and show us how to love.

As we explore teaching about relationships to the young people in our school, help us to keep them and Christ at the centre of our minds.

May The Holy Spirit bring us wisdom and peace in guiding our conversations.

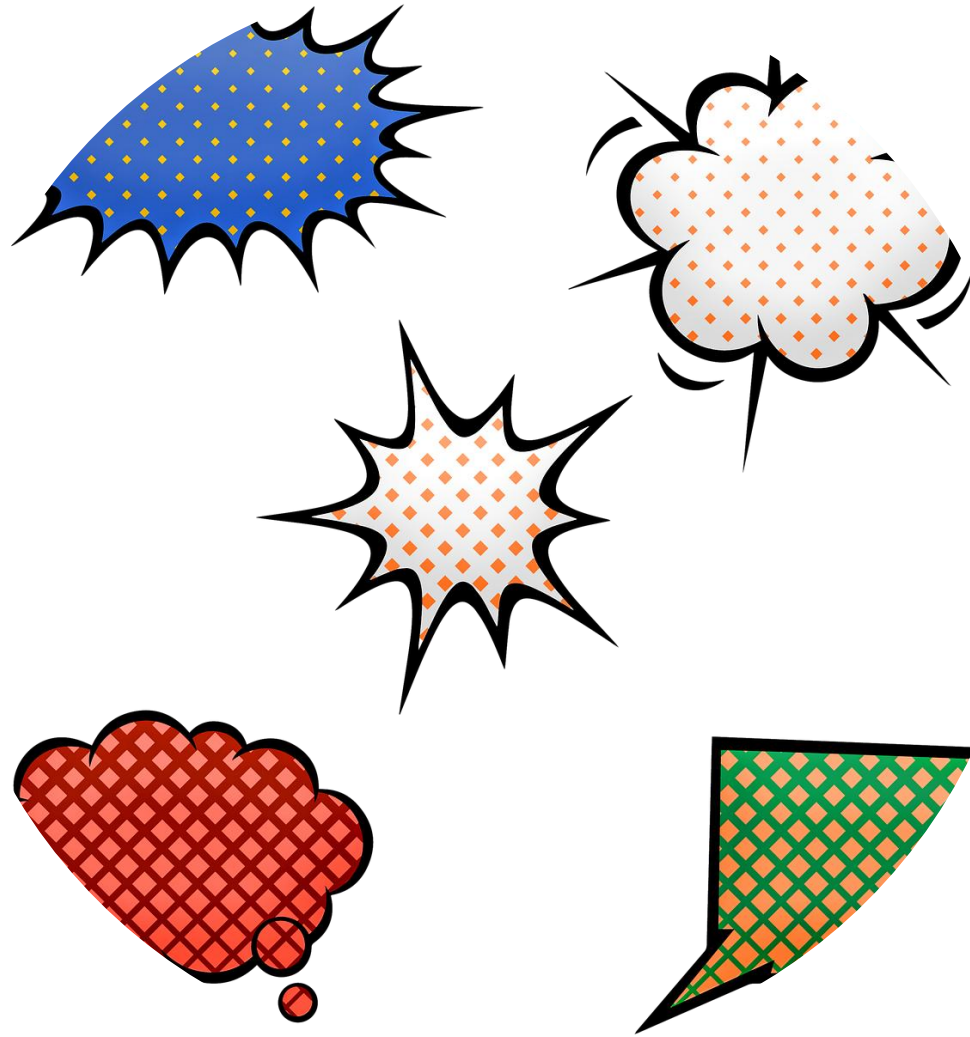
We commend to you our words and actions.

Amen



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 an overview of the policy consultation process.



What do you want
for your children?

What do
your children need?

Why is RSE important?

- Research shows that effective, honest, well-delivered sex and relationship education:
 - Delays a young person's first experience of sex
 - Means they have fewer sexual partners
 - Reduces the chance of teenage pregnancy.
 - Abstinence only sex education programmes are not proved effective in these areas.

(Unesco – international technical guidance on sexuality education)

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

All of these outside influences, impact 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.

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 of 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.





- Progressive and developmental
- Differentiated
- Cross curricular
- Integrated
- Balanced
- Coordinated

Statutory RSE



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers



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: Emphasis on love, care, and stability.
- Friendship: Qualities of good friends (kindness, sharing, honesty, trust) and managing disagreements.
- Respect and Manners: Treating others with respect, understanding differences, being polite, and showing empathy.
- Emotions and Feelings: Recognising and naming feelings, developing emotional regulation, and understanding others' feelings.
- Bullying and Safety: What bullying is, why it's wrong, and how to seek help.
- Consent and Boundaries: Respecting personal space, learning to say "no," and respecting others' choices.
- Community and Diversity: Valuing different cultures, religions, and backgrounds; understanding fairness and equality.

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 which there is no right to withdraw from.)



Primary Sex Education

Primary Sex Education aims:

- To help children understand their bodies, relationships, and personal boundaries.
- To promote safety, respect, and healthy development.
- To prepare them gradually for puberty and later stages of sex education.

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:

- Body Awareness: Names of body parts (including private parts) and understanding body differences between boys and girls.
- Growth and Change: How the body grows and develops, basic introduction to puberty.
- Personal Hygiene: Importance of cleanliness, especially as children approach puberty.
- Safety and Consent: Understanding “private parts,” safe/unsafe touch, saying “no,” and knowing who to trust if they feel unsafe.
- Emotions and Relationships: Friendship, family, kindness, respect, and basic communication skills.
- Reproduction (basic): Some programs may introduce where babies come from, at an age-appropriate level.

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

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. You also cannot withdraw your children from Health Education, as this teaching ensures all children develop the knowledge and skills needed to lead healthy, safe, and informed lives, supporting their physical, mental, and emotional well-being.

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

Sex education is not statutory, meaning that primary schools are not required to teach it and parents can withdraw their children from these sessions specifically. At St. Joseph's, we have elected to teach the following objectives in Year 6, following prior parent consultation:

- Basic scientific facts about sexual intercourse between a man and woman
- The physical, emotional, moral and spiritual implications of sexual intercourse

A letter is circulated every year, before the non-statutory content is taught, reminding Parents and Carers of their right to withdraw.

FGM

The guidance on Relationships and Sex Education (RSE) makes it compulsory for secondary schools to teach pupils about FGM and other harmful practices, including forced marriage and honour-based abuse:

Although the duty to teach about FGM is not statutory for primary schools, it can optionally be included following consultation with parents and governors.

A letter is circulated every year, before the non-statutory content is taught, reminding Parents and Carers of their right to withdraw.

Model Curricula – ‘Life to the Full Plus’

- A model RSE Curriculum for Primary

https://cdn.prod.website-files.com/67165df208d9e689b4d32648/6791be2e210f7fa5170a9a4f_13419_Attachment_1_-_A_model_Primary_Catholic_RSE_curriculum_2019.pdf

Created and loved by God	Created to love others	Created to live in community
Religious Understanding	Religious Understanding	Religious Understanding
Me, My Body, My Health	Personal Relationships	Living in the Wider World
Emotional Well-Being	Life Online	
Life Cycles	Keeping Safe	

Created and loved by God

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- Education in virtue
- Religious understanding of the human person: loving myself.
- Me, my body and my health
- Emotional wellbeing and attitudes
- Life cycles and fertility

Created to love others

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality

- Education in virtue
- Religious understanding of human relationships: Loving others
- Personal Relationships
- Keeping Safe and People Who Can Help Me

Created to live in community

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

- Education in virtue
- Religious understanding of the importance human communities
- Living in the wider world

Education in Virtue

Each theme begins with a statement of the virtues which are necessary to living well in relationship with others and these virtues **should underpin the teach habits which are learned from experiencing but also should emerge as a consequence of it.** Virtues are, and are gained through imitation the same virtues being **modelled by those who teach.** They express the qualities of character that schools **should seek to develop in their pupils,** through their exemplification by the whole community of which the pupils are a part. These virtues reflect our Christian tradition but they are also, of course, fundamental human virtues which are universally shared

Who is responsible for the teaching of RSE?

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



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 education². 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



https://cdn.prod.website-files.com/67165df208d9e689b4d32648/6791bdaf5defdc98a637c723_WhoZisZresponsibleZforZteachingZRSEZtoZchildrenZandZyoungZpeople.pdf

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

DfE- Parents rights to consultation

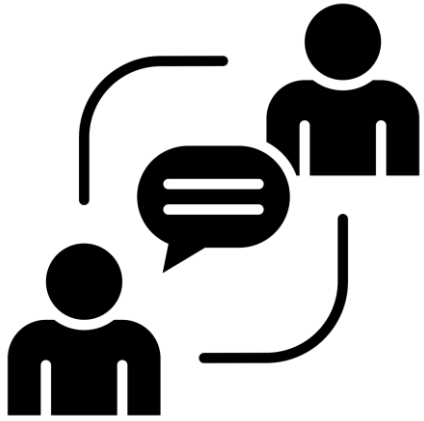
The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this curriculum.

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

As we renew our RSE policy for the new school year, we welcome your input and insight into the curriculum.



Parent Consultation



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.

To take part in the consultation please consider the following documents we have provided, which are also available online:

- Our current RSE policy
- The DfE's statutory guidance for RSE
- Our whole-school curriculum overview, following the Ten:Ten 'Life to the Full Plus' scheme

Accessing Resources Online

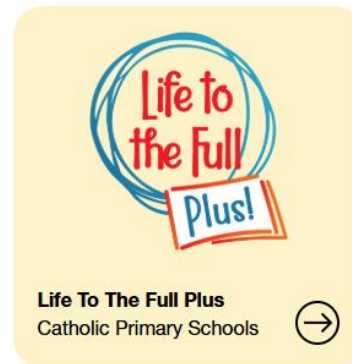
You can take an in depth look at the sessions we provide, via the Ten:Ten platform, by using the Parent Portal. It can be accessed by following these steps:

Follow this link: <https://www.tentenresources.co.uk/parent-portal/>

Input these login details:

Username: st-josephs-n19 **Password:** flask-walk

Select the 'Life to the Full Plus' icon



Timeline - What Next?

Parent Information Session – Today

- Statutory requirements
- Distinctive Catholic approach



Parent consultation on policy from 29/09/25 – 13/10/25

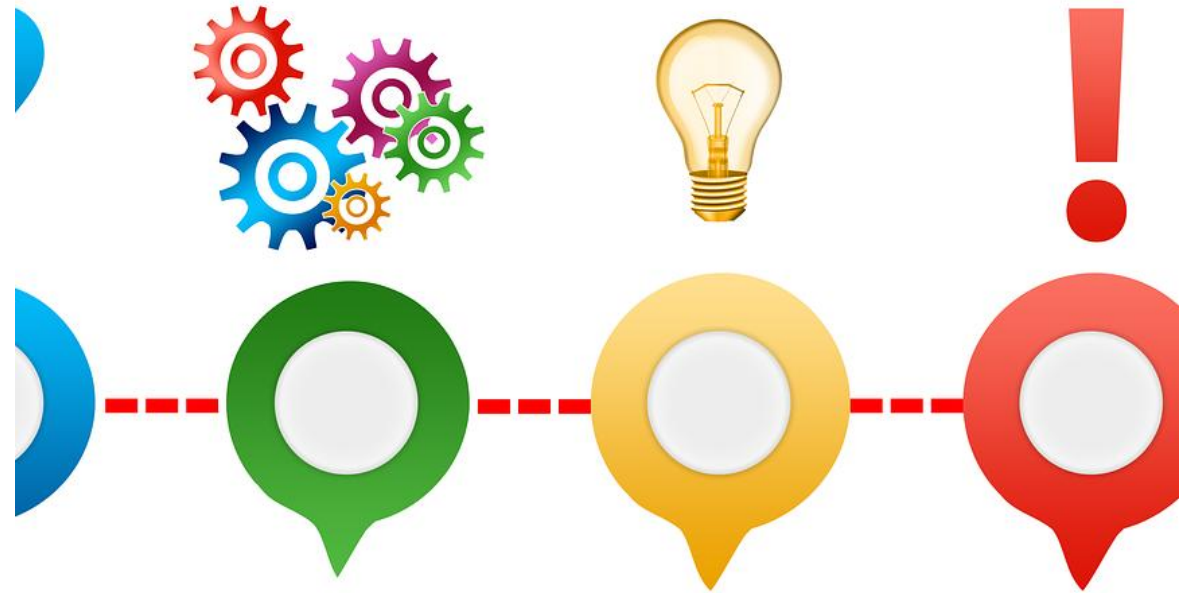
- Please contribute to this consultation via Survey Monkey



Updated policy published – 17/10/25

- Parents will be informed of the conclusions that have been reached and the curriculum and policy that has been adopted via the school website, where the new policy will be published.

Discussion/ Questions



Closing Prayer

Heavenly Father,

As we come to the end of our time together we
thank you for what has been accomplished here.

May the matters discussed serve as a catalyst to
move us forward and cause us to advance and see
growth in all areas of our lives.

May we leave here recognising that you are the God
of all wisdom and you are willing to lead us forward.

This we pray in the name of Jesus the Lord,

Amen

