ST DOMINIC SAVIO CATHOLIC PRIMARY SCHOOL

Name of Policy:	Relationships and Health Education Policy (v4)
Date Adopted:	8th October 2026
Responsible Person:	Headteacher
Approval:	Full Governing Board
Review Date:	Autumn 2027
Signed By:	Laura Hulland Headteacher
Signature:	
Date:	8th October 2026
Signed By:	Peter Bray Chair of Governing Body
Signature:	
Date:	8th October 2026

Relationships and Health Education Policy Changes

Version	Status	Change Detail	Author	Date
1	Complete	Catholic Social Teaching Statement Added	Headteacher	20.09.23
2	Complete	Title changed to 'Relationships and Health Education Policy' in line with guidance	Headteacher	25.09.24
2	Complete	Appendix 1 consultation letter to parents added	Headteacher	25.09.24
2	Complete	Section 5 website link added to school website curriculum map	Headteacher	25.09.24
2	Complete	Section 7 – additional line added that we will remind parents of the contents of the RHE lessons where they may want to discuss areas further at home	Headteacher	25.09.24
3	Complete	Mission Statement added	Headteacher	27.08.25
4	Complete	Page 4 Updated policy reference to DfE *Relationships Education, Relationships and Sex Education (RSE) and Health Education* statutory guidance effective from 1 September 2026.	Headteacher	25.08.26
		Page 7 Added SEND accessibility statement to explain how Relationships and Health Education is adapted for pupils with SEND.		
		Page 6 3.1 Strengthened parental transparency arrangements including access to curriculum materials and teaching resources.		
		Page 4 Added clarification regarding policy consultation and stakeholder engagement.		
		Page 8: Clarified distinction between Relationships Education and Sex Education in line with statutory guidance.		

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Commitment to equality:

We are committed to providing a positive working environment which is free from prejudice and unlawful discrimination and any form of harassment, bullying or victimisation. We have developed a number of key policies to ensure that the principles of Catholic Social Teaching in relation to human dignity and dignity in work become embedded into every aspect of school life and these policies are reviewed regularly in this regard.



Principles of this policy

In an ever-changing world, we provide children with the tools they need to manage situations effectively and responsibly, developing the confidence to ask for help when needed. Learning how to deal with these factors appropriately ensures our children develop good mental health and wellbeing strategies.

Teachings of rights, responsibilities, social justice and our British Values are threaded throughout the curriculum. Children learn what it means to be a member of a diverse society and understand how to participate within an inclusive school community.

Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Children learn the principles of Catholic Social Teaching and ways in which they can spread God's love in their community.

Our curriculum helps to prepare children for the opportunities, responsibilities and experiences of later life. Our Relationships and Health Education curriculum ensures our children learn to know how to be safe, develop healthy and positive relationships both now and in the future.

In this policy the Governors and teachers, in partnership with pupils and their parents, set out their intentions about relationships and health education (RHE). We set out our rationale for, and approach to relationships and health education in the school.

> *"We are all made in the image and likeness of God. The greatest commandment is to love God and to love thy neighbour."*

This policy has been developed in accordance with the Catholic Education Service guidance and the Department for Education statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (effective from 1 September 2026). This policy has been developed through consultation with governors, staff and parents. It will be reviewed annually, and stakeholder feedback will be considered during future policy reviews.

1. Introduction

At St Dominic Savio Catholic Primary School, any teaching or formation on human love and human development must be within the whole context of our faith in God who reveals himself in Jesus Christ, as it is through our love of God and of neighbour that we reciprocate God's love for mankind. As the term 'Relationship and Health Education' (RHE) indicates, the emphasis is placed on the understanding and formation of respectful, loving relationships which exist between friends and within families.

High-quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life.

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking

and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact – these are the forerunners of teaching about consent.

The DfE guidance states that "children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way" It is about the development of the pupil's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body.

2. Legal requirements

Relationships and Health Education became statutory in all primary schools in September 2020. We are legally required to teach those aspects of RHE which are statutory parts of National Curriculum Science. However, the reasons for our inclusion of RHE go further.

'I have come that you might have life and have it to the full' (Jn.10.10)

We are involved in relationships and health education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals. RHE will be firmly embedded in the Personal, Social and Health Education (PSHE) framework as it is concerned with nurturing human wholeness.

All RHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

3. Roles

3.1 PARENT

The Church recognises that parents are the first teachers of their children. It is their right and responsibility to inform and educate their children in matters relating to human relationships and sexual development. Catholic schools help parents in this task and seek to work in partnership with them. Parents are able to discuss the content of any programme of RSE with the class teacher. The school website has a comprehensive overview of RSE curriculum including resources used.

Parents may also view curriculum plans, lesson content and teaching materials on request. The school will be transparent about the resources used within Relationships and Health Education and will respond promptly to parental enquiries.

3.2 GOVERNORS

- draw up the RHE policy, in consultation with parents and teachers;
- ensure that the policy is available to parents;
- ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs;
- ensure that parents know of their right to withdraw their children;
- establish a link governor to share in the monitoring and evaluation of the programme, including resources used;
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RHE within PSHE.

3.3 HEADTEACHERS

Responsibility for the implementation of the RHE policy is delegated to the Headteacher, in liaison with the governors, parents, Diocesan Schools' Service and the Local Authority. It is the task of the Headteacher to integrate RHE into the curriculum.

3.4 RHE/PSHE LEADERS

An appropriately trained RHE Leader will oversee curriculum planning, Continuing Professional Development, training and support for teachers. With governors and the Headteacher, this person should ensure that parents are informed about when RHE takes place in the school and their right to withdraw their child. Elements of RHE will be delivered in different curricula areas.

3.5 TEACHERS AND OTHER ADULTS

Relationship and Health Education is a whole school issue. All staff are involved in developing the personal and social skills that contribute to human flourishing. As well as delivering curriculum content in the classroom, staff are also role models around the school, giving examples of conflict resolution and establishing relationships of mutual trust and respect. All staff have a responsibility of care and safeguarding of pupils. They should actively contribute to guidance of the physical, moral and spiritual well-being of their pupils. This work must be in line with the school's Catholic ethos and current legislation.

Relationships and Health Education will be accessible to all pupils, including those with special educational needs and disabilities (SEND). Teaching will be adapted where necessary to meet individual needs, taking account of pupils' age, developmental stage and understanding. Staff will use appropriate resources, scaffolds and support to ensure all pupils can access the curriculum and achieve the intended learning outcomes

4. The Aim of Relationship and Health Education in Catholic Schools

AIM OF RHE AND THE MISSION STATEMENT

Our Mission Statement commits us to the education of the whole child and we believe that RHE is an integral part of this education.

In partnership with parents, we will provide children with a positive relationships and sexual education which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

5. CURRICULUM CONTENT AND OVERVIEW

At St Dominic Savio, we use 'Life to the Full' as recommended for Catholic schools. We aim to give pupils equal access to the PSHE curriculum, which may include the use of single gender group discussions where appropriate. We can invite the school nurse to talk to the children if required. The full overview can be found on our website https://st-dominic-savio-catholic-primary-school.secure-primarysite.net/relationships-and-health-education/

Relationships Education
Relationships Education is statutory for all primary-aged pupils and includes teaching about families, friendships, respectful relationships, online relationships and keeping safe.

Sex Education
At St Dominic Savio Catholic Primary School, sex education is delivered through the National Curriculum Science programme and selected elements of the Life to the Full programme. Parents have the right to withdraw their child from non-statutory sex education, but not from Relationships Education or Science curriculum content.

5.1 Early Years Foundation Stage

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

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 healthy relationships and keeping safe:

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:

5.2 Key Stage 1

Module One: Created and Loved by God explores the individual. Rooted in the

teaching that we are created by God out of love and for love., it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships:

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 healthy relationships and keeping safe:

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:

5.3 Lower Key Stage 2

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 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 healthy relationships and keeping safe:

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:

5.4 Upper Key Stage 2

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 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 healthy relationships and keeping safe.

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.

6. Answering difficult questions

All teachers are encouraged to use a "question and answer" box where pupils can ask questions anonymously. This also allows staff time to prepare suitable responses. If a child asks an explicit or difficult question, staff will answer appropriately in accordance with RHE learning outcomes. Teachers will suggest that questions raised outside these guidelines should be discussed with an adult at home or someone whom the child trusts.

7. Parents' Right of Withdrawal

The teaching within the Science National Curriculum is biological, and is concerned with human reproduction. Parents cannot withdraw their child from this work. At St Dominic Savio, we believe in looking at RHE within a moral framework but parents do have the right to withdraw their children from this part of the curriculum. Parents will be informed when RHE takes place and they will be reminded of the content of the sessions, should they wish to discuss the lesson content in more detail at home.

8. Confidentiality

A trusting relationship between pupils and staff is an important aspect of effective RHE; however, it is important for pupils to understand that staff cannot necessarily maintain absolute confidentiality. Children may be informed that confidential disclosures and "secrets" cannot necessarily be kept. When there is a disclosure by a child which carries Child Protection implications, staff are required to inform the Designated Safeguarding Lead.

MONITORING AND EVALUATION

The RHE Leader will monitor the provision of the programme at regular intervals. It will be evaluated biannually and results will be reported to SLT and governors. An annual consultation will take place with parents on the content of the curriculum involving our 'key decisions' (further information can be found in appendix 1). Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Appendix 1 – Consultation Letter to Parents

Dear Parents,

In 2020, Relationships Education and Health Education became statutory for all primary schools in England. As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. The education of children in human sexuality is an important, precious and privileged responsibility. The Church teaches us that this is very much a partnership with parents, in which parents are the 'first educators' of their children on these matters; ultimately, you confer on us the right to co-educate your children with you.

We have been using **Life to the Full** by Ten:Ten Resources since 2020. Ten:Ten Resources is

an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work. The programme has been approved by Portsmouth Diocese. Furthermore, Ten:Ten Resources have entered into a partnership with the Catholic Education Service and the Department for Education to provide training for teachers in Catholic schools on the subject of the RHE statutory curriculum.

Through their programme, Ten:Ten Resources understand the foundational role that parents have in educating and nurturing their children on these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer.

We would like to have your feedback on our approach, and particularly on the key decisions that we have taken regarding the teaching of certain topics. We have opened a consultation period during which we welcome your feedback.

The Key Decisions we have made:

UKS2 (Year 5 and 6) Lesson: 'Making Babies' Part 2 will be taught in Year 6 only.

UKS2 (Year 5 and 6) Lesson: 'Seeing Stuff Online' will be taught in Year 6 only.

LKS2 (Year 3 and 4) Lesson: Puberty will be taught in Year 4 only.

KS1 (Year 1 and 2) Lesson: teaching about genitalia will include the correct scientific names for parts of the body.

Female Genital Mutilation (FGM) is not a statutory subject for primary schools. We have taken the decision to **omit** all parts of lessons that mention FGM. We do, however, teach children about types of abuse and we will link this to our work completed with the NSPCC.

UKS2 (Year 5 and 6) Lesson: 'Build Others Up' will be taught in Year 6 only. This session addresses the concepts of fairness, bullying, prejudice and discrimination, with reference to the protected characteristics as determined by the Equality Act 2010.

Feedback is gathered from parents to support our review of our RHE curriculum.

We hope that our approach not only assures you about the programme of resources we are going to use but will be an important and exciting opportunity for our entire school community.

Mrs Tara Sharp
Assistant Headteacher
RE & RHE Leader

References

Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory Guidance (effective from 1 September 2026)
https://assets.publishing.service.gov.uk/media/6970e7e67e827090d02d42e0/Relationships_education_relationships_and_sex_education__RSE__and_health_education__for_intro_1_September_2026_.pdf

Catholic Education Service
https://www.catholiceducation.org.uk/schools/relationship-sex-education