



*Inspiring children to love learning and live in  
the light of Christ*

## **Relationship, Health and Sex Education Curriculum**

# Relationship, Health and Sex Education

## Intent

The Religious Education curriculum also encompasses the delivery of Relationships Health and Sex Education (RHSE). All our RHSE will be delivered using the 'Life to the full' programme developed by Ten:Ten resources as advised by our Diocese and the Catholic Education Service.



At St. Mary's, we believe that RHSE is lifelong learning about physical, moral, social and emotional development. It is the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. We recognise that RHSE is a shared responsibility between home and school, as advised by the Bishops' Conference, 'It is the privilege and responsibility of the family to inform and educate their children in all matters, pertaining to human growth and development, particularly the sensitive area of sex education.' Our ethos is to educate our children with Christ at the centre, and thus all that we teach is focused upon Catholic values and morals. We recognise each of our pupils as unique individuals, created in the image and likeness of God and our curriculum reflects the Gospel values of our faith.

## Implementation

RHSE promotes children's self-esteem and emotional wellbeing. It helps them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school and in the community.

Teaching and learning in this subject is treated sensitively, bearing in mind the age and maturity of the pupils and the background and family setting from which they come, whilst still promoting the Catholic teaching of the Church. Taught with a spiral approach to learning, in which children will revisit the same topics at an age-appropriate stage through their school life, the RHSE programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, life cycles, the dangers of social media, providing an understanding of the 'Common Good' and providing experience of living in the wider world.

## **Curriculum Overview and Skills Progression**

Please see our separate Progression documents

## Impact

The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.