



RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE) POLICY

“I have come that you might have life and have it to the full”

John 10:10

Date policy last reviewed: 01/10/2026

Signed by:

L McComas	Head of School	Date: 01/10/2026
J Wilson	Chair of governors	Date: 01/10/2026

CONTENTS

1. Mission, Vision and Values
2. Consultation
3. Legal Framework
4. Roles and Responsibilities
5. Inclusion and Adaptive Teaching
6. Equality and Inclusion
7. Statement of Intent
8. Our RSHE Programme
9. Parents and Carers Including the Right to Request Withdrawal
10. Designated Sex Education Content
11. RSHE Curriculum Objectives
12. Themes Covered Within RSHE
13. Managing Sensitive Questions
14. Safeguarding
15. External Visitors
16. Assessment and Feedback
17. Monitoring and Evaluation
18. Policy Review

1. MISSION, VISION AND VALUES

SCHOOL MISSION STATEMENT

“Find the SPARK and set it free.”

At Saints Peter and Paul Catholic High School, Relationships, Sex and Health Education is delivered within the context of Gospel Values, Catholic Social Teaching and the dignity of the human person.

We seek to nurture young people who are:

- Respectful and compassionate
- Confident and resilient
- Healthy and informed
- Responsible and caring
- Ready to contribute positively to society

"I have come that you might have life and have it to the full" (John 10:10)

Relationships, Sex and Health Education at Saints Peter and Paul Catholic High School is rooted firmly in Gospel Values, Catholic Social Teaching and the belief that every person is created in the image and likeness of God.

RSHE supports the mission of the school by promoting:

- Human dignity
- Respect
- Compassion
- Service
- Wellbeing
- Responsibility
- Community

As a Catholic school, we believe education is concerned with the development of the whole person. Relationships, Sex and Health Education therefore contributes to pupils' spiritual, moral, social, cultural, emotional and physical development.

All teaching about relationships, sexuality and health is delivered within a positive framework of Christian virtue and Catholic teaching, recognising the importance of marriage, family life and respectful relationships.

2. CONSULTATION

Saints Peter and Paul Catholic High School recognises the importance of consultation in developing and reviewing Relationships, Sex and Health Education.

Consultation will take place with:

- Pupils
- Parents and carers
- Teaching and support staff
- Governors
- Senior Leaders
- Relevant external agencies where appropriate

Consultation will inform decisions regarding:

- Curriculum content
- Age appropriateness
- Safeguarding priorities
- Emerging risks
- Local needs

The school is committed to ensuring that the RSHE curriculum remains responsive to the needs of pupils whilst remaining firmly rooted within Catholic teaching and values.

3. LEGAL FRAMEWORK

This policy has due regard to:

Legislation

- Children and Social Work Act 2017
- Equality Act 2010
- Human Rights Act 1998
- Online Safety Act 2023
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019

Statutory Guidance

- Keeping Children Safe in Education (Current Edition)
- Working Together to Safeguard Children (Current Edition)
- SEND Code of Practice: 0-25 Years
- Relationships Education, Relationships and Sex Education and Health Education Statutory Guidance
- Catholic Education Service Guidance on RSHE

Related School Policies

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality Policy
- Online Safety Policy
- Attendance Policy
- SEND Policy

The school will review Relationships, Sex and Health Education regularly to ensure continued compliance with statutory requirements and emerging safeguarding priorities.

4. ROLES AND RESPONSIBILITIES

Governing Body

The Governing Body will:

- Ensure statutory compliance.
- Monitor effectiveness of RSHE provision.
- Ensure sufficient resources are available.
- Support the Catholic ethos of the school.
- Review policy implementation.

Principal

The Principal will:

- Oversee implementation of the policy.
- Ensure staff are appropriately trained.
- Respond to parental withdrawal requests.
- Report to Governors.
- Monitor curriculum effectiveness.

Personal Development Leader

The Personal Development Leader will:

- Lead curriculum development.
- Monitor delivery and quality assurance.
- Support staff training.
- Evaluate curriculum impact.
- Ensure progression across year groups.

Designated Safeguarding Lead

The DSL will:

- Advise on safeguarding matters.
- Monitor disclosures and concerns.
- Support staff with sensitive issues.
- Ensure safeguarding procedures are followed.

Teaching Staff

Teaching staff will:

- Deliver RSHE professionally.
- Promote positive values and relationships.
- Follow safeguarding procedures.
- Create safe learning environments.
- Adapt provision to meet pupil needs.

5. INCLUSION AND ADAPTIVE TEACHING

Saints Peter and Paul Catholic High School is committed to ensuring that all pupils have access to high-quality Relationships, Sex and Health Education.

Teaching will be:

- Inclusive
- Age appropriate
- Developmentally appropriate
- Adapted where necessary

Particular consideration will be given to:

- Pupils with SEND
- Pupils with SEMH needs
- Vulnerable pupils
- Pupils at risk of exploitation
- Pupils with differing faith and cultural backgrounds

Learning will be differentiated to ensure all pupils can access and benefit from the curriculum.

6. EQUALITY AND INCLUSION

Saints Peter and Paul Catholic High School complies fully with the Equality Act 2010.

The curriculum promotes:

- Dignity
- Respect
- Equality
- Inclusion
- Human rights

The school actively challenges:

- Misogyny
- Sexism
- Homophobia
- Bullying
- Harassment
- Sexual violence
- Gender stereotyping

All pupils are entitled to learn in an environment that is safe, respectful and free from discrimination.

7. STATEMENT OF INTENT

The RSHE curriculum will:

- Reflect Catholic teaching.
- Promote the importance of marriage and family life.
- Prepare pupils for life in modern Britain.
- Promote physical, emotional and mental wellbeing.
- Equip pupils with the knowledge and skills required to make informed decisions.
- Enable pupils to recognise and manage risk.
- Encourage positive and respectful relationships.

8. OUR RSHE PROGRAMME

Saints Peter and Paul Catholic High School believes that Relationships, Sex and Health Education is an entitlement for all pupils.

RSHE is delivered through:

- Personal Development
- Religious Education
- Science
- Collective Worship
- Assemblies
- Enrichment activities
- External visitors where appropriate

The curriculum is:

- Progressive
- Developmental
- Inclusive
- Faith-informed
- Responsive to pupil need

9. PARENTS AND CARERS INCLUDING THE RIGHT TO REQUEST WITHDRAWAL

The school recognises that parents and carers are the primary educators of their children and seeks to work in partnership with families.

Parents and carers will:

- Receive information regarding curriculum content.
- Be provided with consultation opportunities.
- Have access to curriculum information and resources.
- Be informed when sensitive aspects of the curriculum are delivered.

Right to Request Withdrawal

There is **no right to withdraw** a child from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents and carers may request withdrawal from some or all of the designated Sex Education elements delivered as part of the RSHE curriculum.

Following receipt of a request, the Principal will meet with parents and, where appropriate, the pupil, to clarify curriculum content, discuss concerns, explain educational benefits and explain implications of withdrawal.

A written record of discussions will be maintained.

Following these discussions, except in exceptional circumstances, the school will respect a parent's request to withdraw their child from designated Sex Education until **three terms before the child reaches the age of 16.**

After this point, if the pupil wishes to receive Sex Education rather than remain withdrawn, arrangements will be made for the pupil to receive this education during one of those terms.

Where a pupil is withdrawn, appropriate and purposeful alternative educational provision will be provided.

10. DESIGNATED SEX EDUCATION CONTENT

The following content is designated as Sex Education:

- Positive sexual relationships
- Contraceptive choices and effectiveness
- Pregnancy choices including parenting, adoption and abortion
- HIV and sexually transmitted infections
- Safer sexual practices
- Sexual and reproductive health services
- Confidential sexual health support

All other content forms part of Relationships Education, Health Education, Safeguarding Education or National Curriculum Science and is therefore not subject to withdrawal.

11. RSHE CURRICULUM OBJECTIVES

Attitudes and Virtues

- Respect
- Responsibility
- Compassion
- Fidelity
- Empathy
- Self-worth

Personal and Social Skills

- Communication
- Decision making
- Relationship building
- Conflict resolution
- Emotional literacy
- Resilience

Knowledge and Understanding

- Human development
- Healthy relationships
- Consent
- Sexual health
- Personal safety
- Church teaching on relationships and family life

12. THEMES COVERED WITHIN RSHE

Families

Respectful Relationships

Consent

Intimate and Sexual Relationships

Equality, Sexual Harassment and Violence

Online Safety and Emerging Risks

Pupils will learn about:

- Sexting
- Digital consent
- Sextortion
- Deepfake technology
- Artificial intelligence and image manipulation
- Online misogyny
- Influencer culture
- Harmful online communities
- Pornography
- Online exploitation
- Algorithm-driven content

The Law

Pupils will learn about:

- Marriage
- Consent
- Age of consent
- Equality legislation
- Hate crime
- Criminal exploitation

- Radicalisation
- Violence against women and girls

13. MANAGING SENSITIVE QUESTIONS

Teachers will:

- Establish clear classroom ground rules.
- Promote respectful discussion.
- Respond appropriately to questions.
- Exercise professional judgement.

Where necessary, pupils will be supported through individual conversations and appropriate referral procedures.

14. SAFEGUARDING

Effective RSHE contributes significantly to safeguarding.

Pupils will learn about:

- Healthy relationships
- Consent
- Abuse
- Exploitation
- Grooming
- Sexual harassment
- Sexual violence
- Online safety

All safeguarding concerns will be reported immediately in accordance with school safeguarding procedures.

15. EXTERNAL VISITORS

External visitors may support delivery of aspects of the RSHE curriculum.

Visitors must:

- Respect the Catholic ethos of the school.
- Deliver factual and age-appropriate information.
- Follow safeguarding procedures.
- Complement rather than replace teacher-led learning.

16. ASSESSMENT AND FEEDBACK

Assessment within RSHE is primarily formative.

Assessment may include:

- Discussion
- Reflection
- Knowledge retrieval activities
- Scenario-based tasks
- Self-assessment

Assessment information will be used to identify misconceptions, inform planning and support pupil progress.

17. MONITORING AND EVALUATION

Monitoring will include:

- Curriculum reviews
- Learning walks
- Work scrutiny
- Student voice
- Parent feedback
- Staff feedback

Findings will inform curriculum development, school improvement planning and annual policy review.

18. POLICY REVIEW

This policy will be reviewed annually by:

- Principal
- Personal Development Lead
- Religious Education Lead
- Senior Leadership Team
- Governing Body

The review will consider:

- Statutory guidance updates
- Safeguarding developments
- Pupil needs
- Parent feedback
- Curriculum effectiveness

Next Review Date: July 2027

Saints Peter and Paul Catholic High School

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Version 2026

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