**RELATIONSHIPS AND SEX EDUCATION (RSE) AND HEALTH EDUCATION (RSHE)**

**Policy – September 2026**

**Mount St Joseph**

*A community of learners, believers and friends*

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| **School** | Mount St Joseph |
| **Diocese** | Salford |
| **RSE / RSHE Lead** | Mr Malone |
| **RSHE Link SLT** | Mrs Morris |
| **Core RSE programme** | TEN:TEN Life to the Full Secondary |
| **Effective / review** | 1 September 2026 / at least every two years |

## School Mission Statement

Mount St Joseph is a Catholic school in the Diocese of Salford. In partnership with the Diocese, Governors, pupils, parents/carers and staff, we set out our approach to Relationships and Sex Education within the wider RSHE/PSHE programme.

Our mission is to be a community of learners, believers and friends. RSE contributes to the education of the whole person and supports pupils to grow in dignity, virtue, self-respect, responsibility and healthy relationships.

The policy has been informed by consultation with parents/carers, pupils, staff, Governors and, where appropriate, the Diocese and relevant professionals.

## Implementation, Review and Dissemination

The policy will be implemented following consultation and approval through the school's governance arrangements. It will be reviewed at least every two years and sooner where statutory, diocesan, safeguarding or curriculum requirements change. The approved policy will be published on the school website and made available to parents/carers and staff.

## Defining Relationships and Sex Education

RSE develops pupils' knowledge and understanding of relationships, the human person and sexuality, and what it means to live in right relationships with self and others – relationships characterised by dignity, respect, kindness, responsibility and care. In a Catholic school this is taught within a positive and prudent framework rooted in the Catholic vision of the human person.

**Catholic Rationale:** Our approach to RSE is rooted in the Catholic Church's teaching on the dignity of the human person, created in the image and likeness of God. We believe that every person is uniquely created and loved by God and called to fulfil a special purpose.

The Catholic understanding of the human person recognises sexuality as an integral part of who we are and as a gift from God. RSE is therefore situated within the context of loving and respectful relationships and contributes to the development of the whole person – spiritually, physically, emotionally, morally, socially and intellectually.

In partnership with parents and carers, the school's RSE programme seeks to provide a positive and prudent education which is appropriate to pupils' physical, cognitive, psychological and spiritual maturity and enables them to make morally responsible choices.

## Statutory Curriculum Requirements

Mount St Joseph will comply with the Department for Education statutory RSHE requirements effective from 1 September 2026, the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, relevant National Curriculum Science requirements, the Equality Act 2010, SEND Code of Practice and safeguarding requirements including KCSIE 2026.

The policy and curriculum will also follow the Catholic Education Service (CES) Model Framework/Policy for RSE (March 2026), relevant Diocese of Salford guidance and the teaching of the Catholic Church.

The school will clearly distinguish Relationships Education, Sex Education and Health Education so that parents/carers understand curriculum content and withdrawal arrangements.

## Rationale

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

Our approach is rooted in the dignity of every human person, created in the image and likeness of God. RSE is firmly embedded within PSHE/PDT and contributes to pupils' physical, spiritual, emotional, moral, social and intellectual development.

All RSE will be in accordance with Catholic teaching, while pupils receive accurate scientific and legal information and are prepared for life in modern Britain.

## Values and Virtues

The programme promotes faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion, together with respect, responsibility, self-worth, resilience and care for others.

These virtues support pupils in responding to God's call to love others with proper respect for their dignity and the dignity of the human person and body. They provide a framework for making wise, morally responsible choices and for developing healthy and respectful relationships.

## Aims and Objectives

- respect the dignity and worth of themselves and others;
- understand healthy, respectful and safe relationships and recognise abuse, exploitation and harmful behaviour;
- develop self-respect, resilience, emotional literacy, prudence, integrity, compassion and responsibility;
- understand puberty, reproduction, fertility, pregnancy, sexual health and the physical and emotional dimensions of relationships;
- understand consent, boundaries, coercion, power and relevant law, and know how to seek help;
- understand pornography, social media, misogyny and harmful online content, including AI-generated sexual imagery, deepfakes and sextortion;
- understand Catholic teaching on love, chastity, marriage, family life, fidelity, fertility and responsible parenthood;
- make informed, prudent and morally responsible choices and challenge bullying, prejudice, sexism, misogyny, harassment and violence.
- develop the ability to manage emotions within relationships and respond appropriately when relationships change or break down;
- manage conflict positively and recognise the value of difference;
- develop the resilience and confidence to resist unwanted pressure and recognise the influence of peers, media and online content;
- develop self-respect, empathy and confidence in forming healthy relationships;
- understand the importance of patience, appropriate boundaries and the stages of healthy relationship development.

## Inclusion and Equalities

RSE will be accessible and developmentally appropriate for all pupils, including pupils with SEND and those who may be particularly vulnerable to exploitation, abuse or harmful sexual behaviour. Teaching will be adapted without removing essential safeguarding knowledge.

The school will comply with the Equality Act 2010 and challenge discrimination, prejudice, sexism, misogyny, racism, homophobia, transphobia, disability discrimination and degrading language. Every pupil is entitled to dignity and respect.

## Broad Content of RSE

Three aspects – attitudes and values, knowledge and understanding, and personal and social skills – are developed through the whole-school ethos, cross-curricular learning and the specific RSE curriculum.

## Programme / Resources

Mount St Joseph uses TEN:TEN Life to the Full Secondary as its core and approved RSE programme. Staff will teach the approved TEN:TEN sequence and resources. The school remains responsible for ensuring that provision is current, accurate, age-appropriate, accessible, consistent with Catholic teaching and meets statutory requirements.

The RSE Lead will maintain a curriculum map showing where statutory DfE and CES requirements are addressed. Health Education is delivered through the wider RSHE/PSHE/PDT curriculum and relevant curriculum areas.

## Teaching Strategies

Teaching will use ground rules, distancing techniques, discussion, reflection, active and group work, appropriate film/video, role-play, values clarification and anonymous questions where appropriate. Pupils will not be required to disclose personal experiences.

## Parents and Carers

Parents and carers are the primary educators of their children. As a Catholic school, we recognise our role in supporting parents and carers in this responsibility and in working in partnership with them to educate young people in accordance with the school's Catholic ethos and teaching.

## Right to Withdraw from Sex Education

Parents may request withdrawal from some or all Sex Education delivered as part of statutory RSE. There is no right to withdraw from Relationships Education, Health Education or statutory Science content.

The Headteacher will discuss a request with the parent/carer and, where appropriate, the pupil, explain the educational purpose and potential impact of withdrawal, and record the discussion. In exceptional circumstances, including safeguarding or vulnerability considerations, a request may be refused. From three terms before a pupil turns 16, the pupil may choose to opt back into Sex Education.

A pupil who is withdrawn will receive appropriate and purposeful education during the period of withdrawal.

## Balanced Curriculum and Catholic Teaching

Pupils will receive clear scientific, health and legal information. Knowing facts and understanding different viewpoints is not the same as promoting behaviour and is compatible with the school's Catholic teaching.

Where topics are contested, the school will distinguish between factual information about law, science or health, Catholic teaching and other viewpoints. Where the Church has a clear teaching, this will be taught faithfully as the school's Catholic position.

Every person possesses equal human dignity and must be treated with respect and without unjust discrimination. Catholic teaching on marriage, sexual morality, chastity, family life, fertility and responsible parenthood will be taught clearly.

## Statutory Secondary RSE Content

The curriculum will be age- and stage-appropriate and will build progressively through Years 7–11. It will include:

- healthy and respectful relationships, friendships, self-esteem, communication, consent, boundaries and power;
- families, marriage and family life; stereotypes, equality and respectful relationships;
- sexual harassment, sexual violence, domestic abuse, coercive control, harmful sexual behaviour and exploitation;
- grooming, forced marriage, FGM, virginity testing, hymenoplasty and other safeguarding risks;
- pornography, misogyny, harmful online content, influencers and harmful online sub-cultures;
- online privacy, image sharing, youth-produced sexual imagery, AI-generated sexual imagery, deepfakes, sextortion, online scams and AI chatbots;
- puberty, reproduction, conception, pregnancy, birth, miscarriage, fertility, menopause and gynaecological health;
- contraception, sexual health, STIs including HIV, prevention, testing and treatment, and PrEP/PEP;
- pregnancy choices, including continuing pregnancy, adoption and abortion, with medically and legally accurate information and the Catholic perspective clearly distinguished;
- age of consent, sexual offences, marriage and civil partnership, online safety law, equality law, medical consent and Gillick competence;
- personal safety, drugs/alcohol and sexual risk, knife crime, criminal exploitation and routes to help.

## Health Education

The RSHE/PSHE curriculum will cover:

- mental wellbeing, emotional literacy, resilience, anxiety, depression, help-seeking and safe teaching about self-harm, eating disorders and suicide prevention;
- online wellbeing, body image, social media, cyberbullying, misinformation, harmful content and online gambling;

- physical activity, healthy lifestyles, healthy eating, healthy weight and cardiovascular health;
- dental health and personal hygiene;
- drugs, alcohol, smoking, vaping, nicotine products, medicines and associated risks;
- vaccination, immunisation, infection, antibiotics and antimicrobial resistance;
- sleep and healthy routines;
- pre-conception health, folic acid, pelvic-floor health, miscarriage and pregnancy loss;
- accessing health services, medical consent, Gillick competence and parental responsibility;
- personal safety, risk, grooming, exploitation, violence and knife crime;
- basic first aid, CPR and defibrillators;
- puberty, menstruation, menstrual and gynaecological health, fertility and menopause.

## Teaching about the Law and Safeguarding

Relevant law will be taught factually as topics arise. This includes consent and sexual offences; marriage, civil partnership and forced marriage; domestic abuse, stalking, rape and harassment; FGM, virginity testing and hymenoplasty; online sexual imagery and deepfakes; pornography and online safety law; abortion; protected characteristics; substance misuse; gambling; knife crime; hate crime; criminal exploitation; and medical consent.

Any disclosure or safeguarding concern arising from RSHE will be dealt with immediately under the school's safeguarding and child protection procedures. Staff will not promise confidentiality.

## External Visitors

External visitors may complement but never replace the school's planned programme. Credentials, safeguarding arrangements, lesson plans, resources, accuracy, age appropriateness and compatibility with the school's Catholic character will be checked in advance. A member of staff will normally be present and any disclosure will be passed immediately to the DSL/deputy.

## Responsibility for Teaching the Programme

Governors ensure statutory compliance, consultation, publication, Catholic character and appropriate oversight. The Headteacher has overall delegated responsibility. The RSE/RSHE Lead leads curriculum planning, TEN:TEN implementation, staff support, resource assurance, monitoring and review. All staff teaching RSE will follow the approved programme, maintain professional boundaries and safeguarding procedures. The DSL manages safeguarding concerns. Parents/carers support learning and consultation; pupils participate respectfully and seek help when concerned.

## Relationship to Other Policies and Curriculum Subjects

This policy is linked to safeguarding/child protection, behaviour, equality, anti-bullying, online safety, SEND, medical needs, curriculum and Catholic Life and Mission policies. RSHE complements learning in Science, RE, Computing, PE and other subjects.

## Children's Questions / Sensitive Issues

Pupils will be encouraged to ask questions in a safe and respectful environment. Teachers will use professional judgement when responding to questions. Questions which are personal, inappropriate, deliberately provocative, outside the planned curriculum or which suggest a safeguarding concern should not be explored in whole-class discussion. Where appropriate, the teacher should explain that the question cannot be answered in the lesson and seek advice from the RSE Lead, pastoral team or Designated Safeguarding Lead. Ground rules and distancing techniques will be used. Sensitive and controversial issues will be handled factually, age-appropriately and within the Catholic framework.

Pupils should never be required to share personal experiences or circumstances. Any disclosure or concern relating to abuse, exploitation or harm must be dealt with in accordance with the school's safeguarding procedures.

Questions from a pupil withdrawn from Sex Education - Where a pupil who has been withdrawn from Sex Education asks a question relating to content covered in lessons they do not attend, the teacher will acknowledge the question kindly, will not provide the specific content requested, and will explain simply that this is something their parent/carer has asked the school not to cover with them at this time. The pupil may be encouraged to speak with their parent/carer directly, and the school will support parents/carers who wish to

discuss this further at home. Any question that raises a safeguarding concern will always be responded to in line with the school's safeguarding procedures, regardless of the pupil's withdrawal status.

## Supporting Children at Risk / Confidentiality

Teachers cannot offer unconditional confidentiality. Where a pupil shares information indicating that they or another person may be at risk of harm, abuse or exploitation, staff must follow the school's safeguarding procedures and inform the DSL. Pupils should be treated sensitively and, wherever appropriate, informed about what action will be taken and why.

## Monitoring and Evaluation

The RSE/RSHE Lead will monitor curriculum coverage and sequencing, teaching where appropriate, pupil voice, staff confidence, resources, safeguarding themes, parent feedback and evidence of pupil learning. Assessment will focus on knowledge, understanding and practical skills and attitudes; pupils will not be required to disclose personal experiences.

Governors will receive appropriate reports on curriculum quality, consultation, pupil outcomes and improvement actions. The policy and curriculum will be updated when DfE, KCSIE, CES or diocesan requirements change.

## Review, Publication and Approval

Date of revised policy: September 2026

Parent consultation: __25 June 2025____ Pupil consultation: _____

Staff consultation: _____ Approved by LGB: _____

Next review: _____

The final approved policy will be available to parents/carers free of charge and published on the school website.

## Appendix 1 – Mount St Joseph RSE / Ten:Ten Curriculum

The detailed curriculum map will show the current TEN:TEN Life to the Full sequence for Years 7–11 and the corresponding statutory DfE/CES coverage. The following provides the policy-level overview:

**Year 7**

Who Am I?; Changing Bodies; Healthy Inside and Out; Where We Come From; Family & Friends; My Life on Screen; protective behaviours, puberty, dignity and help-seeking.

**Year 8**

Created and Chosen; Appreciating Differences; Feelings; Before I Was Born; Intimate Relationships; This Relates to That; online harms, consent, equality and Catholic anthropology.

**Year 9**

The Search for Love; Love People, Use Things; Choices; Fertility & Contraception; Marriage; Rights and Responsibilities; healthy relationships, power and relevant law.

**Year 10**

Authentic Freedom; Self Image; Beliefs, Values & Attitudes; Parenthood; Pregnancy, Abortion & Life Choices; Abuse; safeguarding and online sexual harms.

**Year 11**

Self-worth; Addiction; Faith & Freedom; Birth Control; Relationships; STIs; Conscience; Time & Life; sexual health, medical consent, pornography, sexual harassment/violence and Catholic moral decision-making.

## Appendix 2 – DfE / CES Compliance and Evidence

The RSE/RSHE Lead will maintain evidence of:

- statutory curriculum coverage and progression;
- TEN:TEN implementation and curriculum mapping;
- parent consultation and access to curriculum materials;
- pupil voice and resulting actions;
- staff training and confidence;
- resource and external-provider checks;
- SEND and vulnerable pupil adaptations;
- safeguarding links and response to disclosures;
- monitoring, evaluation and improvement;
- governor oversight and reporting.

## Key References


- Department for Education – Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory Guidance, revised guidance effective 1 September 2026.
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019.
- Department for Education – Keeping Children Safe in Education 2026.
- Catholic Education Service – RSE Model Framework Policy to Support Schools, March 2026.
- Catechism of the Catholic Church and relevant Magisterial teaching, including Dignitas Infinita (2024).
- Equality Act 2010; SEND Code of Practice: 0 to 25 years.
- Relevant Diocese of Salford RSE, safeguarding and Catholic Schools Inspection guidance.