



Relationships, Sex and Health Education (RSHE) Policy

Approved by: PWG

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Next review due by: May 2027

**SLT Lead: RSHE
Coordinator** David Walford

1. Introduction

- 1.1 St George Catholic College is in the Trusteeship of the Roman Catholic Diocese of Portsmouth and maintained by Southampton City Council Local Authority. Our school leaders and governors are entrusted by the Bishop with the ministry of school leadership and will always act in recognition of the love of Christ for all members of our College community and one another.
- 1.2 We share a vocation for the common good in our world and we are committed to working together as a family. All of our policies and procedures are formed to enable all members of our St George family to be safe and cherished, feel happy and fulfilled and be treated fairly in a positive environment founded on mutual respect and shared values. This policy is part of the foundation that enables everyone to **ASPIRE to be all that God has created us to be.**
- 1.3 In this policy the Governors and teachers, in partnership with pupils and their parents, set out their intentions about relationships and sex education (RSE). We set out our rationale for, and approach to relationships and sex education in the school.

1.4 Consultation

- 1.4.1 In forming this policy we have consulted teachers, governors and parents and sought approval from the diocese. Consultation will take place regularly and proportionately, in line with statutory guidance, including seeking the views of pupils as well as parents and staff.

1.5 Dissemination

- 1.5.1 The draft policy will be given to all members of the Governing Body, and all teaching and nonteaching members of staff. Copies of the document will be available to all parents through the school's website, and a copy is available in the school office. Details of the content of the RSE curriculum will also be published on the school's web site. The policy will be reviewed at least annually and updated in response to statutory guidance or diocesan direction.

2. DEFINING RELATIONSHIPS, SEX AND HEALTH EDUCATION

- 2.1 The Department for Education (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. In primary schools the focus 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." RSHE also includes explicit teaching about consent, personal boundaries and respect, online relationships, including harmful content and digital behaviours. The legal framework relating to relationships and sexual behaviour is also covered. Finally, students will also be encouraged to develop critical thinking about relationships and influences, including media and pornography.
- 2.2 This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe. In secondary schools, RSHE should "give young people the information they need to help them develop healthy, nurturing

relationships of all kinds, not just intimate relationships. It should enable them to know what constitutes a healthy, respectful and safe relationship and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). The importance of mutual consent and freedom from coercion will be taught alongside their rights, responsibilities and protections under the law.

3. STATUTORY CURRICULUM REQUIREMENTS

- 3.1 From September 2026, the school will have full regard to the updated DfE statutory RSHE guidance and will ensure that all teaching is age-appropriate, evidence-informed and carefully sequenced. Any departure from guidance will be justified and documented. We are legally required to teach those aspects of RSHE which are statutory parts of National Curriculum Science. (There is also a separate requirement for maintained secondary schools to teach about HIV, AIDS and sexually transmitted infections.). However, the reasons for our inclusion of RSHE go further.

RATIONALE 'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (Jn.10.10)

- 3.2 We are involved in relationships and sex 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.
- 3.3 Our approach to RSHE therefore is rooted in Christian anthropology and in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals. At the heart of the Christian life is the Trinity: Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity.
- 3.4 RSHE, therefore, will be placed firmly within the context of dignity of the human person and the call to love. It will be developmental and age appropriate. Following the guidance of the Bishops of England and Wales and as advocated by the DfE (and the Welsh Assembly Government), RSHE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and is integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils.
- 3.5 It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated. All RSHE 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.

4. VALUES AND VIRTUES

- 4.1 Our programme the Ten Ten course 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. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion. (Based on John 10:10 and the emphasis is living life to the full) RSHE will enable students to develop an informed conscience,

recognise the difference between objective truth and subjective opinion and grow in their understanding of human dignity in contemporary society.

5. AIM OF RSHE AND THE MISSION STATEMENT

- 5.1 Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSHE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves in partnership with parents, to provide children and young people with a "positive and prudent relationships, sexual and health education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the dignity of the human person. The programme will also equip students to navigate modern society safely, including online environments, promote emotional wellbeing and mental health awareness and support students in their understanding of healthy and unhealthy relationships.

6. Objectives

6.1 To develop the following attitudes and virtues:

- a. reverence for the gift of human sexuality and fertility;
- b. respect for the dignity of every human being – in their own person and in the person of others;
- c. joy in the goodness of the created world and their own bodily natures;
- d. responsibility for their own actions and a recognition of the impact of these on others;
- e. recognising and valuing their own sexual identity and that of others;
- f. celebrating the gift of life-long, self-giving love;
- g. recognising the importance of marriage and family life;
- h. fidelity in relationships.
- i. Understand the importance of personal dignity, privacy and bodily integrity.

6.2 To develop the following personal and social skills:

- a. making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;
- b. loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- c. managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- d. managing conflict positively, recognising the value of difference;
- e. cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- f. developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- g. building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet, social media, pornography and peer groups and so developing the ability to assess pressures and respond appropriately;
- h. being patient, delaying gratification and learning to recognise the appropriate stages in the development of relationships, and how to love chastely;

- i. assessing risks including online risks, exploitation and coercion and managing behaviours in order to minimise the risk to health and personal integrity.

6.3 To know and understand:

- a. the Church's teaching on relationships and the nature and meaning of sexual love as expressed in magisterial documents with particular reference to Theology of the Body;
- b. the Church's teaching on marriage and the importance of marriage and family life;
- c. the centrality and importance of virtue in guiding human living and loving;
- d. the physical and psychological changes that accompany puberty;
- e. the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;
- f. how to manage fertility in a way which is compatible with their stage of life, their own values and commitments, including an understanding of the difference between natural family planning and artificial contraception;
- g. consent in law and practice, the legal consequences of harmful behaviours, how to keep themselves safe from sexually transmitted infections and how to avoid unintended pregnancy, including how to access appropriate support services, especially promoting abstinence and chastity and a pro-life message to avoid these issues.

7. Outcomes

7.1 INCLUSION AND DIFFERENTIATED LEARNING

- 7.1.1 We will ensure RSHE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example, their own sexual orientation, faith or culture and that it is taught in a way that does not subject pupils to discrimination. Content will be factually accurate, balanced and not present contested views as fact. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help. (All lessons have been carefully planned to ensure that they are age appropriate and follow a spiral curriculum). Tutors will adapt lessons appropriately for SEND students, ensuring accessibility.

8. EQUALITIES OBLIGATIONS

- 8.1 The governing body have wider responsibilities under the Equalities Act 2010 and will ensure that all content reflects this Act whilst remaining faithful to Catholic teaching. That our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation or whether they are looked-after children. Students will understand respect for all individuals as well as the Catholic understanding of the human person. Sensitive topics will be taught with pastoral care and clarity.
- 8.2 St George is committed to these values through its equalities policies, and this will always be within the teaching of the Catholic Church and the Catechism of the Catholic Church (Part 3, Section 2, Article 6).

9. BROAD CONTENT OF RSHE

- 9.1 Three aspects of RSHE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three inter-related ways: the whole school / ethos dimension; a cross-curricular dimension and a specific Relationships, Sex and Health Education curriculum.

10. Curriculum

- 10.1 Our Curriculum will cover the following topics and be taught via the Religious Education syllabus, the Science Curriculum and via distinct PSHE lessons. There will also be some teaching and exposure through assemblies and groups who come in to do bespoke work for our students. The curriculum will include consent, coercion and exploitation, online safety, including pornography and image-sharing, mental health and emotional well being and healthy vs unhealthy relationships.

11. Assessment

- 11.1 There will be regular assessment on these subjects in a variety of ways which will include an understanding of safeguarding knowledge and the ability to apply learning to real-life scenarios, remembering this is being taught within the traditions of the Catholic Faith.

12. PARENTS AND CARERS

- 12.1 We recognise that parents (and other carers who stand in their place) are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children.
- 12.2 Parents were consulted on this original RSHE policy and information has been made available to them online and via opportunities within school.
- 12.3 Our aim is that, every parent and carer will have full confidence in the school's RSHE programme to meet their child's needs. Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. The school will provide clear and accessible information about curriculum content. The school will engage with parents through regular consultation and communication. Parents do not have the right to withdraw their child from elements of the curriculum which are deemed to be part of Relationships or Health Education. See 2.1.
- 12.4 Should parents wish to withdraw their children from sex education outside of the National Curriculum Science, they are asked to notify the school by contacting the Headteacher. This would apply until three terms before a child turned 16 at which point a child would be able to opt in to sex education for one term if they so choose. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. Please refer to the DfE guidance Page 6.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

13. BALANCED CURRICULUM

- 13.1 Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSHE programme that offers a range of viewpoints on issues. Teachers will present factual, legal and scientific information clearly.
- 13.2 Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSHE (in secondary schools/academies relating to forced-marriage, female genital mutilation, abortion, the age of consent and legislation relating to equality). The school will always acknowledge that many current views contradict the Catholic position on these matters and will distinguish between Catholic teaching and other perspectives without relativism. We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

14. RESPONSIBILITY FOR TEACHING THE PROGRAMME

- 14.1 Responsibility for the specific relationships and sex education programme lies with curriculum staff; this will normally include Science, Religious Education and tutors. However, staff will be involved in developing the attitudes and values aspect of the RSHE programme. They will be role models for pupils of good, healthy, wholesome relationships as between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills.

15. External Visitors

- 15.1 Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSHE. Such visits will always complement the current programme and never substitute or replace teacher-led sessions. It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session.
- 15.2 Any visitor must adhere to our code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools. All materials will be reviewed in advance and be consistent with statutory guidelines and Catholic teaching. Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

16. OTHER ROLES AND RESPONSIBILITIES REGARDING RSHE

16.1 Governors

- a) draw up the RSHE policy, in consultation with parents and teachers;
- b) ensure that the policy is available to parents;
- c) ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs;
- d) ensure that parents know of their right to withdraw their children;
- e) establish a link governor to share in the monitoring and evaluation of the programme, including resources used;
- f) ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSHE within PSHE.
- g) Ensure compliance with updated statutory guidance (2026)

16.2 Headteacher

16.2.1 The Headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' Service and the Local Education Authority, also appropriate agencies. The Headteacher will ensure that curriculum monitoring includes compliance and impact evaluation.

16.3 PSHE/RSHE Co-Ordinator

16.3.1 The Co-ordinator, with the Headteacher, has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSHE. (They may be supported by other members of the Senior Team with responsibility for curriculum, teaching and learning and child protection).

16.3.2 RSHE is a whole-school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSHE in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching RSHE. Staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

17. RELATIONSHIP TO OTHER POLICIES AND CURRICULUM SUBJECTS

17.1 This RSHE policy is to be delivered as part of the PSHE framework. It includes guidelines about pupil safety and is compatible with the school's other policy documents (for example, Antibullying policy, Safeguarding Policy etc)

17.2 Pupils with particular difficulties, whether of a physical or intellectual nature, will receive appropriately differentiated support in order to enable them to achieve mature knowledge, understanding and skills. Teaching methods will be adapted to meet the varying needs of this group of pupils.

18. CHILDREN'S QUESTIONS

18.1 The governors want to promote a healthy, positive atmosphere in which RSHE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered in a way that is age appropriate, factually accurate and consistent with Catholic teaching and safeguarding duties as well as being sure that they will be free from bullying or harassment from other children and young people.

19. Controversial or Sensitive issues

19.1 There will always be sensitive or controversial issues in the field of RSHE. These may be matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSHE programme.

19.2 The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion. Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time, e.g., where a child or young person's questions hints at abuse, is deliberately tendentious or is of a personal nature.

Students will not be exposed to inappropriate or distressing material and teachers will avoid presenting contested or ideological positions as fact.

20. SUPPORTING CHILDREN AND YOUNG PEOPLE WHO ARE AT RISK

- 20.1 Children will also need to feel safe and secure in the environment in which RSHE takes place. Effective RSHE will provide opportunities for discussion of what is and is not appropriate in relationships. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. Explicit links will be made between RSHE and safeguarding procedures, teachers are trained to recognise abuse, exploitation and coercion. Where a teacher suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the designated senior member of staff responsible.

21. CONFIDENTIALITY AND ADVICE

- 21.1 All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality. All lessons, especially those in the RSHE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.
- 21.2 Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, for instance in matters which are illegal or abusive. Teachers will explain that in such circumstances they would have to inform others, e.g., parents, Headteacher, but that the pupils would always be informed first that such action was going to be taken. Students will be supported to access trusted adults and appropriate services.

22. MONITORING AND EVALUATION

- 22.1 The RSHE Co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils' work as well as undertaking learning walks at regular intervals. This will be done via line management.
- 22.2 Governors will consider all such evaluations and suggestions before amending the policy. Governors remain ultimately responsible for the policy.

Appendix 1

Form for withdrawal of child from Sex education lesson

Name of Child		Tutor Group	
Name of parent		Date	
Contact details of parents			
Reason for withdrawing from sex education within RSE			
Any other information you would like the school to consider			
Parental signature			
To be completed by the school			
Discussion and actions agreed	Date of meeting		