



Relationships, Sex, and Health Education (RSHE) Policy

1. Introduction

St John Vianney Catholic Primary School is committed to nurturing pupils in God's love, helping them to grow, achieve, and belong in a safe and supportive environment. Our RSHE curriculum is designed to promote the Mission Statement and Catholic Values of Respect, Generosity, Honesty, Forgiveness, Compassion, and Patience. This policy sets out how we deliver Relationships, Sex, and Health Education in line with statutory requirements and our Catholic ethos.

2. Statutory Framework

This policy complies with the statutory guidance on Relationships Education, Relationships and Sex Education (RSE), and Health Education (July 2025), as well as the OFSTED inspection framework. It follows the legal requirement for all primary schools to teach Relationships and Health Education and provides a framework for Sex Education in the context of the Catholic faith.

3. Aims of RSHE

- Provide pupils with knowledge, skills, and attitudes to develop healthy, respectful relationships rooted in Catholic teaching.
- Support pupils' physical, emotional, and spiritual well-being.
- Help pupils understand the dignity of the human person and the sanctity of life.
- Prepare pupils for the challenges of growing up in modern society with confidence and resilience.

4. Curriculum Content and Delivery

- RSHE is delivered through a broad and balanced curriculum, integrated with RE, Science, PSHE (including PATHs), PE, and Citizenship.
- The Liverpool Archdiocese's **Journey in Love** programme is the core resource for RSHE, providing age-appropriate, faith-based lessons that support pupils' understanding of human development, relationships, and personal dignity.
- The curriculum is carefully sequenced to build knowledge and skills progressively, with regular assessment and feedback to identify pupils needing additional support or challenge.
- Topics include:
 - Families and friendships
 - Respectful relationships



- Online safety and harms
- Physical health and mental well-being
- Growing and changing (including puberty)
- Keeping safe
- Teaching is inclusive, ensuring accessibility for all pupils, including SEND and EAL learners.
- Lessons are delivered sensitively, respecting pupils' backgrounds and beliefs while maintaining the Catholic ethos.
- A long-term plan for each key stage details how each element of RSHE is taught and delivered.

5. Working with External Agencies

- External providers may be invited to enhance learning but the school retains full responsibility for content and delivery.
- All external resources and visitors will be vetted to ensure alignment with school values and statutory guidance.

6. Parental Engagement

- The school will actively engage parents by:
 - Consulting them during policy development and review.
 - Providing opportunities to view curriculum materials and resources.
 - Offering meetings to discuss RSHE content and address concerns.
- Parents have the right to request withdrawal of their child from sex education elements beyond the statutory Relationships Education.

7. Safeguarding and Confidentiality

- RSHE lessons will establish clear ground rules to ensure a safe environment for discussion.
- Staff will follow the school's safeguarding policy if disclosures or concerns arise during RSHE.
- Confidentiality will be maintained except where safeguarding issues require disclosure.

8. Roles and Responsibilities

- The governing body will oversee the policy and ensure statutory compliance.
- The Headteacher and senior leaders will ensure effective implementation and monitoring.
- Teachers and staff will deliver RSHE in line with this policy and receive appropriate training.



9. Monitoring and Review

- The RSHE policy and curriculum will be reviewed annually or in response to changes in statutory guidance.
 - Pupil and parent feedback will inform ongoing improvements.
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Sources:

- Liverpool Archdiocese Journey in Love Syllabus
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance, July 2025
- Curriculum and Assessment Review – Building a World-Class Curriculum for All, November 2025