



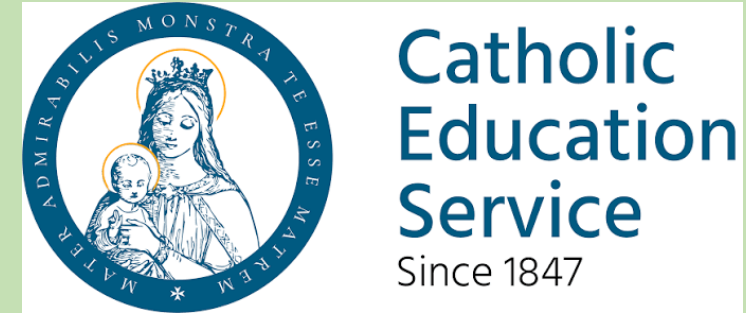
RSE at St Mary's Catholic Primary School, Chiswick



living and learning inspired by our faith



Objectives



- To explore why RSE is important
- To share the statutory requirements of RSE
- To share the curriculum and supporting documents from the Catholic Education Service
- Changes to RSE Curriculum September 2026
- To give an overview of the policy consultation process

Reflection

- What was your experience of RSE?
- What do you want for your children?
- What do your children need?



Vision for RSE in Diocese of Westminster Catholic Schools



- It is our vision for Relationships and Sex Education in Catholic Schools in the Diocese of Westminster that pupils would learn how to foster healthy relationships and friendships in light of the wisdom of the Church.
- Pupils will flourish when they truly understand their innate human dignity, love and appreciation of themselves, including respect for their bodies and the way they were made by God.
- Pupils will learn to make sensible and informed decisions in a changing cultural climate, focusing on the virtues, such as patience and chastity, that ultimately lead to true happiness.
- Sacred Scripture is key to this vision and the message Jesus gave us to love God, self, neighbour and our common home.
- RSE in our schools must always remain faithful to the teaching of the Church, recognising the diversity of pupils' situations. We aim to be sensitive to each individual, ensuring that their physical and emotional wellbeing and their safety are of paramount importance.

Why is RSE important?

- Majority of parents support RSE
- Some parents say that RSE is the responsibility of parents and that they welcome the right they have (enshrined in current law) to withdraw their child from sex education
- Some young people disagreed, stressing that their parents had not taught them
- Many parents/carers don't discuss RSE as much as they would wish to

Why is RSE important?

Research shows that effective, honest, well-delivered relationship and sex education –

- delays a young person's first experience of sex
- means they have fewer sexual partners
- reduces the chance of teenage pregnancy
- abstinence only sex education programmes are not proved effective in these areas

The world in which they live

- Social media
- Celebrity culture and influencers
- Unrealistic body images – online, tv, advertising
- AI and deep fakes
- Access to pornography
- Online safety and behaviour, sexting, vulnerability to grooming
- The impact the above has on children and young people's behaviour, attitudes and values

What we can offer through RSE

- Understanding their values and the values of others
- Instilling confidence and self esteem
- Reliable, correct information in a secure and safe learning environment
- Knowing how to keep safe and how to get help
- Helping with peer pressure
- Learning how to make sensible and informed decisions in a changing cultural climate
- Understanding the positive impact of loving God, self, neighbour and our common home

Statutory RSE



Relationships Education, Relationships and Sex Education (RSE) and Health Education

**Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers**

Changes to RSE Curriculum September 2026

The Department for Education's updated statutory guidance for Relationships, Sex and Health Education (RSHE) comes into full legal effect on **September 1, 2026**,

replacing the previous 2019 guidelines. All primary schools are required to update their curricula and written policies to align with these changes.

Here is a breakdown of what has changed for primary schools (Key Stages 1 and 2):

Changes to RSE Curriculum September 2026

•**Key Curriculum Additions & Updates**

- Correct Anatomical Terminology:** Stronger emphasis on teaching the clinically correct names for body parts, including genitalia, to aid safeguarding and reduce stigma.

- Online Safety and Wellbeing:** Expanded focus to cover modern digital risks, including online gaming, video game monetisation, scams, fraud, privacy, consent regarding personal data, and reasons behind social media age limits.

- Grief and Loss:** Introduction of bereavement and different ways people grieve as part of general wellbeing.

Changes to RSE Curriculum September 2026

- **Personal Safety:** Expanded practical safety concepts outside of relationships, including fire safety, travel/road safety, and water safety.
- **Developing Bodies:** Clearer, earlier sequencing recommended for sensitive subjects like teaching facts about the menstrual cycle where appropriate.
- **Skills-Based Focus:** Greater emphasis on teaching practical communication, emotional regulation, assertiveness, and setting personal boundaries alongside basic knowledge.

What stays the same

What Stays the Same

- Compulsory Status:** Relationships Education and Health Education remain compulsory in primary schools, while Sex Education remains non-statutory (though recommended for Year 5/6 aligned with the science curriculum).
- Parental Rights:** Parents retain the right to withdraw their children from primary sex education elements that sit outside the national science curriculum.
- Guiding Principles:** A strong framework focused on pupil engagement, positive healthy norms, and absolute transparency with parents (all teaching materials must be accessible to parents).

Reminder about Key Decisions

Key stage	Lesson	Statutory or right to withdraw?
UKS2 – Year 6	Making babies part 2	Sex education – Have the right to withdraw in primary school, not secondary school.
UKS2 – Year 6	Seeing stuff online	Health education - statutory
LKS2 – Year 4	Puberty	Health education - statutory
KS1	Naming genitalia	Health education - statutory
Whole school	Female Genital mutilation (FGM)	Health education but have the right to withdraw in primary, not secondary school.
UKS2	Protected characteristics and inclusion – Building others up	Health education - statutory

Key stage	Lesson	Statutory or right to withdraw?
UKS2 – Year 6	Making babies part 2	Sex education – Have the right to withdraw in primary school, not secondary school.

Explains pregnancy within Christian marriage

Handled sensitively and age-appropriately

Part of the Paradise Street drama series – familiar characters

Reproduction is taught in Year 5 Science

Key stage	Lesson	Statutory or right to withdraw?
UKS2 – Year 6	Seeing stuff online	Health education - statutory

Teaches internet safety and response to explicit material
Children's content avoids the word pornographic – uses age-appropriate language
Focuses on online safety and respect.

Key stage	Lesson	Statutory or right to withdraw?
LKS2 – Year 4	Puberty	Health education - statutory

Boys and girls learn together about:

Physical changes

Emotions & personal hygiene

Positive, respectful, age-appropriate approach

In Y5 and Y6 boys and girls are taught about puberty separately.

Key stage	Lesson	Statutory or right to withdraw?
KS1	Naming genitalia	Health education - statutory

Children learn correct scientific names for genitals

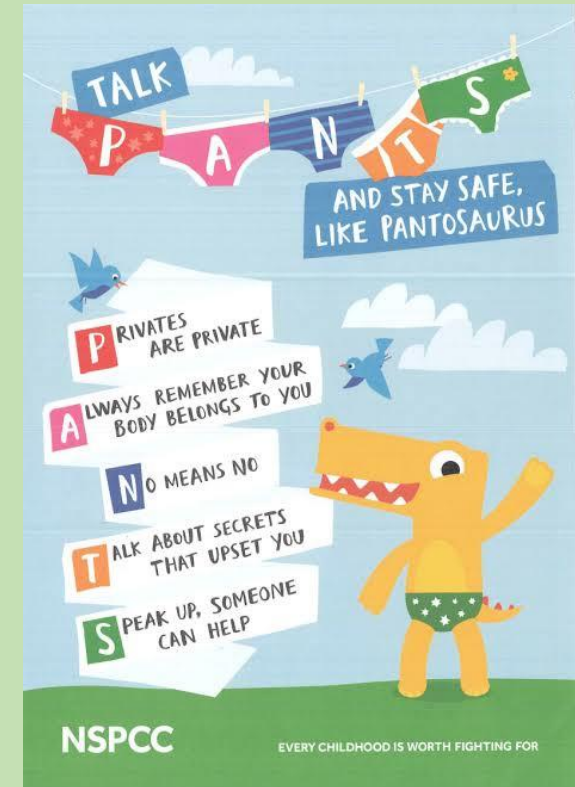
Supports:

Understanding physical differences

Avoiding gender stereotypes

Safeguarding – “privates are private”

Focus on respect, privacy, and dignity



Key stage	Lesson	Statutory or right to withdraw?
Whole school	Female Genital mutilation (FGM)	Health education but have the right to withdraw in primary, not secondary school.

Not statutory, but included at our school under Health Education / Safeguarding for Year 6.

Gradual progression through stages:

KS1: Physical Contact – FGM not covered – reinforces “privates are private”

LKS2: Safe in my Body – FGM not covered

UKS2: Types of Abuse - In Year 6 we explore what FGM is, why it happens, and who can help.

Parents may withdraw, but participation is encouraged

Lessons focus on safety, dignity, and God’s love

Key stage	Lesson	Statutory or right to withdraw?
UKS2	Protected characteristics and inclusion – Building others up	Health education - statutory

Teaches fairness, respect, and anti-bullying

Introduces protected characteristics (age, disability, race, religion & belief)

Some discussion touches on sex and sexual orientation

Optional short videos explore attraction, stereotypes, and differences

Promotes kindness, compassion, and Gospel values

Every person is created in God's image and deserving of respect.

Relationships Education for Primary Schools

- Relationships education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.
- Your child will be taught what a relationship is, what friendship is, what family means and who can support them.
- In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

Relationships Education for Primary Schools

By the end of primary school pupils will have been taught content on -

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education for Primary Schools

- Health education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Health Education for Primary Schools

By the end of primary school pupils will have been taught content on –

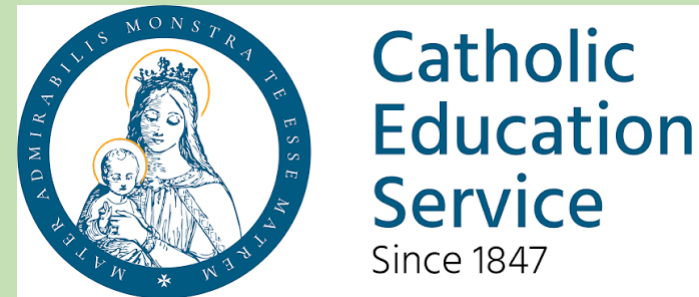
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Health Education for Primary Schools

- The Science curriculum in all primary schools also contains content on human development, including reproduction, which there is no right to withdraw from.

Catholic Education Service RSE Documents

- Model Curricula
- Who is responsible for delivering RSE?
- “RSE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education which seeks to form as well as inform young people in preparation for adult life.”
- (Catholic Education Service)



Pedagogical Principles

'It must above all else, qualify as good education.'

Model Curriculum page 1

Pedagogical Principles

- Progressive and developmental
- Differentiated
- Cross-curricular
- Integrated
- Coordinated
- Balanced

Pedagogical Principles

- Progressive and developmental

'lead to a deeper and fuller understanding by degrees at a rate which corresponds to their maturing'

Pedagogical Principles

- Differentiated

'RSE is sensitive to the different needs of individuals and taught in a way that allows access to pupils at different stages of cognitive and emotional development.'

Pedagogical Principles

- Cross Curricular

‘Each discipline should speak with consistency about the meaning of human love and the virtues that are enshrined in the Church’s teaching on human love.’

Pedagogical Principles

- Integrated

'This can only be achieved if the home, parish and school work together to integrate the teaching of RSE.'

Pedagogical Principles

- Coordinated

'None of these educational goals are possible if RSE is not given the time and importance it deserves by those who plan and implement its delivery in school. RSE must be taken seriously by school leaders, led properly by someone who has the time and expertise to coordinate the subject with dedication and commitment at a senior level, taught by those committed to doing it well, taught as part of a whole school approach by those who are able to celebrate – not merely tolerate – the teaching of the church on love and human sexuality.'

Pedagogical Principles

- Balanced

‘Whilst promoting Catholic values, schools should ensure that children and young people are offered a broad and balanced RSE programme which provides them with clear, factual scientific information when relevant and meets the statutory requirements placed on schools.’

Model Curricula

- Model RSE Curriculum for Primary Schools
- Model RSE Curriculum for Secondary Schools

3 Themes –

- Created and loved by God
- Created to love others
- Created to live in community



Ten Ten Resources is a leading provider of faith-based teaching programmes for Catholic primary and secondary schools in England and Wales, focusing on Relationships, Sex and Health Education (RSHE).

Core Belief and Philosophy

- Created and Loved by God:** The entire curriculum is built on the foundational belief that every individual has a unique dignity and deepest identity as a child of God, created, chosen, and loved by Him.
- Catholic Vision:** Programmes like [Life to the Full](#) are rooted in the teachings of the Catholic Church regarding the human person, relationships, and virtue.
- Whole-Person Approach:** Teaching looks beyond mechanics to encompass emotional, social, moral, and spiritual growth, encouraging students to make healthy, respectful choices.

Created and loved by God

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- Education in virtue
- Religious understanding of the human person: loving myself
- Me, my body and my health
- Emotional wellbeing and attitudes
- Lifecycles and fertility



Created to love others

God is love. We are created out of love and for love. The command to love is the basis for all Christian morality.

- Education in virtue
- Religious understanding of relationships: loving others
- Personal relationships
- Keeping safe and people who can help me



Created to live in Community

Human beings are relational by nature and lie in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God of the good of individuals and the good of society.

- Education in virtue
- Religious understanding of the importance of human communities
- Living in the wider world

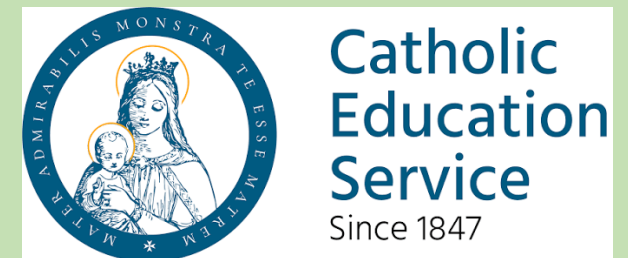


Education in Virtue

- Each theme begins with a statement of the virtues which are necessary to living well in relationship with others and these virtues should underpin and teach habits which are learned from experiencing, but are also learned as a consequence of it.
- Virtues are gained through imitation, the same virtues being modelled by those who teach. They express the qualities of character that schools should seek to develop in their pupils, through their exemplification of the whole community of which pupils are a part. These virtues reflect our Christian tradition, but they are also of course, fundamental human virtues which are universally shared.

Who is responsible for the teaching of RSE?

- Parents
- Governors – Mrs A Stoszky is our RSE Governor
- Headteacher – Miss E Keane is our RSE Lead
- Teachers and other staff
- Visitors and external speakers
- Parish and Diocese



Partnership with Parents

- Primary educators of children
- Unique knowledge of your children
- Ability to have regular conversations
- Impart our shared values
- Teach alongside the school
- RSE most effective when home and school work in partnership and it is reinforced at home

Partnership with Parents

- Some parents find it difficult or lack confidence
- Some homes are unable to provide this
- Some children prefer these conversations outside the home
- **What would help you? Please write suggestions down and leave as you go out. Thank you**

DfE Parents' Rights



- The important lessons you teach your child about healthy relationships, looking after themselves and staying safe are respected and valued under this revised curriculum.
- Teaching at school will complement and reinforce the lessons you teach your child as they grow up.
- Schools are required to consult with parents when developing and renewing their policies on Relationships Education. These policies must be available online.
- You can express your opinion and this will help us to decide how to cover the content of the statutory guidance. It may also help us to decide whether to teach other non-statutory guidance.
- Schools are required to ensure their teaching reflects the age and religious background of pupils.

DfE Right to withdraw your child

- You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.
- If you do not want your child to take part in all or some of the sex education lessons, you can ask that they are withdrawn. At Primary School, you must ask the headteacher's permission for this.
- The Science curriculum also contains content on human development, including reproduction, which there is no right to withdraw from.

Ten Ten



- The log in details for [TenTen's parent portal](#) are:
 - Username: StMarysW42DF
 - Password: rainbow
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- We recommend that you look at the portal so that you can view lesson content and materials so that you are informed about what is being taught. We will inform you before any sex education is being taught, so that you can prepare your child or speak with them, should you wish.



- We are consulting on our RSE Policy.
- We welcome, will listen and take account of your views. Decisions will be based on the needs of pupils, the views of staff and governors, as well as compliance with legal requirements as set out in the DfE guidance and Equalities Act 2010.
- Ultimate decisions about the curriculum and policy will be up to the school.

Parent Consultation Timeline

- RSE Parent Workshop – today
- 4 weeks consultation – responses due by 22nd October 2026.
Please contribute by emailing office@stmarys.hounslow.sch.uk with the title RSE consultation.
- Parents will be informed of the conclusions that have been reached and the curriculum and policy that has been adopted via the school newsletter and the publishing of the RSE Policy on the school website.