

St Patrick's RC High School



Relationships, Sex and Health Education (RSHE) Policy

Review Date: September 2025

Date of Next Review: Autumn 2026

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Department: Personal Development

St Patrick's Catholic Secondary School

Relationships, Sex, and Health Education (RSHE) Policy

School Mission Statement

Our school community is guided by the values of **truth, resilience, service, love, and faith**.

Our Catholic faith is **taught, lived, and celebrated**. We strive for academic excellence, encourage ambition, and value the achievements of all.

We recognise the importance of **kindness**, the value of **friendship**, and our role in making a positive impact in **God's world**.

British Values are taught discreetly in form time, assemblies, and across the curriculum by all staff:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect
- Tolerance of those with different faiths and beliefs

Status

RSHE is **statutory** for all pupils from **Year 7 onwards** under the **National Curriculum**, section 3.6.

As a maintained **Catholic secondary school**, we provide RSHE to all pupils in compliance with:

- **Children and Social Work Act 2017** [Link](#)
- **Education Act 1996, Section 403** [Link](#)
- **DfE Statutory Guidance 2025: Relationships Education, Relationships and Sex Education (RSE), and Health Education** [Link](#)

We also ensure that our provision aligns with guidance from the **Catholic Bishops' Conference of England and Wales**, including:

- *Life to the Full* programme (Ten:Ten Resources)
- *Catholic Social Teaching* (CST) principles

Rationale

RSHE is about the **emotional, social, moral, spiritual, and cultural development** of pupils. It encompasses learning about:

- Healthy relationships
- Sexual health and wellbeing
- Personal identity and diversity
- Safety and emotional resilience

RSHE is delivered in a **Catholic context**, fostering **moral development**, respect for human dignity, and the integration of **faith-based values**. It is **not about promoting sexual activity**, but equipping pupils with the knowledge and skills to make **informed, responsible decisions** about their relationships and wellbeing.

RSHE is most effective when delivered in **partnership with parents and carers**, complementing support provided at home.

RSHE Provision

RSHE (Relationships, Sex and Health Education) – Parent Information Summary

Our Mission

At St Patrick's, our school community is guided by the values of **truth, resilience, service, love and faith**.

We teach, live and celebrate our **Catholic faith**, helping pupils grow academically, emotionally and spiritually.

What is RSHE?

RSHE (Relationships, Sex and Health Education) helps pupils develop the knowledge and skills to form healthy relationships, look after their wellbeing, and understand themselves and others.

Our RSHE programme is taught in line with **Catholic teaching**, so pupils learn about relationships, dignity, respect, and moral decision-making in a way that reflects our faith.

RSHE helps pupils to make **informed, responsible choices** guided by Gospel values.

Legal Requirements

RSHE is **statutory** (a legal requirement) for all secondary schools under:

- **Children and Social Work Act 2017**
- **Education Act 1996, Section 403**
- **Department for Education (DfE) RSHE Statutory Guidance 2025**

You can read the government guidance here:

🔗 [DfE RSHE Guidance \(2025\)](#)

As a **Catholic school**, our teaching also follows guidance from the **Catholic Bishops' Conference of England and Wales** and the **Salford Diocese**.

What We Teach

RSHE at St Patrick's is delivered through **PSHCE lessons** and **form time** using **Ten:Ten's Life to the Full** programme – a faith-based, age-appropriate resource.

Pupils learn about:

- Building healthy and respectful relationships
- Emotional wellbeing and self-esteem
- Online safety and personal boundaries
- Respect for others and diversity

- The beauty of human life, family, and vocation

All lessons are taught with sensitivity, honesty, and respect for Catholic values.

Our RSHE Curriculum: Ten:Ten – *Life to the Full*

Our RSHE curriculum is based on **Ten:Ten Resources' Life to the Full** programme, a nationally recognised, faith-based scheme used across Catholic schools in England and Wales.

We use **Ten:Ten Life to the Full** to deliver our RSHE curriculum because it is **faith-filled, age-appropriate, and fully compliant with the guidance of our Diocese**, ensuring that all teaching reflects Catholic values while meeting statutory requirements.

Life to the Full is approved by the **Catholic Education Service (CES)** and endorsed by the **Bishops' Conference of England and Wales**. It provides a **holistic, age-appropriate, and scripturally grounded** approach to RSHE.

Key features include:

- **Three Core Themes:**
 1. *Created and Loved by God* – exploring self-worth, human dignity, emotional wellbeing, and identity in God's image.
 2. *Created to Love Others* – understanding friendship, family, and relationships rooted in love and respect.
 3. *Created to Live in Community* – discovering our role in the world, vocation, service, and stewardship of creation.
- **Age-Appropriate Progression:** Content is tailored to suit pupils' developmental stages from Year 7 to Year 11.
- **Faith Integration:** Scripture, prayer, and Church teaching underpin all lessons. Topics such as consent, online safety, and emotional health are taught within a **Catholic moral framework**.
- **Interactive Learning:** Lessons include film clips, discussion activities, reflection, and prayer, helping pupils to internalise moral values rather than memorise facts.

- **Parental Partnership:** Ten:Ten provides an online **Parent Portal** with access to the materials used in class, so parents can view content, continue discussions at home, and reinforce learning.

You can find more about the programme here:

🔗 [Ten:Ten Life to the Full \(Secondary\)](#)

Working with Parents

We believe that **parents are the first educators** of their children in faith and relationships.

- Parents are informed in advance about the content of RSHE lessons.
- Letters and resources are shared to support home discussions.
- Parents can contact the school with any questions or to request a meeting.

Parents have the **right to withdraw** their child from the non-statutory (sex education) elements of RSHE by writing to the Headteacher. Alternative learning will be arranged.

Who Delivers RSHE?

RSHE is taught by form tutors and trained staff who know our pupils best. They receive **specialist training** and use approved Catholic resources to ensure lessons are appropriate, engaging, and in line with Church teaching.

Inclusion and Support

Our RSHE curriculum is designed for **all pupils**, including those with **special educational needs or disabilities (SEND)**. Lessons are differentiated to meet individual needs and ensure full participation.

Useful Links

- [DfE RSHE Statutory Guidance \(2025\)](#)
- [Children and Social Work Act 2017](#)
- Catholic Bishops' Conference RSE Guidance
- [Ten:Ten Life to the Full Programme](#)

RSHE is delivered through:

- **PSHCE lessons** and **form time** twice weekly
- **Faith-informed resources** such as *Ten:Ten's Life to the Full*, aligned with Salford Diocese guidance

Programme Focus Areas:

- Healthy and safe relationships
- Emotional and sexual wellbeing
- Personal boundaries and respect for others
- Integration of Catholic values, moral development, and CST principles

Parental Engagement

Parents are **key partners** in RSHE.

- Letters are sent in advance detailing lesson content and guidance for supporting home discussions.
- Parents may contact the school with questions or for advice on supporting their child.
- Parents have the **right to withdraw** from non-statutory components of RSHE by written request to the Headteacher; alternative provision is provided.

Teaching and Learning Approaches

RSHE teaching uses a **variety of strategies** to develop essential life skills:

- **Oracy:** Discussions, debates, and presentations
- **Journaling:** Reflection on learning and emotions
- **Active Learning:** Group work, case studies, role play, problem-solving
- **Cross-Curricular Links:** Integration with other subjects, reinforcing Catholic values

Roles and Responsibilities

Governing Board: Ensures RSHE aligns with **Catholic teaching** and statutory guidance.

Headteacher & Senior Leadership Team:

- Ensures RSHE delivery reflects **Catholic values**
- Communicates with parents
- Safeguards pupils from inappropriate material

Staff Delivering RSHE:

- Follow Catholic values and statutory RSHE guidance
- Participate in RSHE-specific **CPD**
- Respond to pupil questions with safeguarding in mind

PSHCE Lead:

- Monitors curriculum developments and ensures coherent, progressive delivery
- Reviews schemes of work, assessment, and impact on learning

Teaching Staff:

- Deliver lessons in a safe, supportive environment
- Differentiate content to meet all pupils' needs
- Report any safeguarding concerns via our Designated Safeguarding Leads/Deputies.

Monitoring and Evaluation

The RSHE programme is monitored by the **Personal Development Lead** and **Senior Leadership Team** through:

- Learning walks

- Lesson observation
- Pupil feedback
- Curriculum review

Evaluation focuses on teaching quality, pupil engagement, and impact on understanding and wellbeing.

External Support

The school may invite external agencies such as:

- **Salford Diocese Education Service**
- Health professionals

All visitors follow **safeguarding and school policy requirements**.

Inclusion and SEND

RSHE is **inclusive and accessible** for all pupils, including those with **special educational needs and disabilities (SEND)**. Adaptive Teaching and Learning strategies are inclusive for all.

Relevant Documents and Guidance (with links)

- [DfE RSHE Guidance 2025](#)
- [Children and Social Work Act 2017](#)
- [Education Act 1996, Section 403](#)
- Catholic Bishops' Conference RSE Guidance
- [Life to the Full Curriculum, Ten:Ten](#)

This version is **fully legally informed, Catholic in ethos, and includes references to all statutory and Church guidance**, ensuring clarity and compliance for a secondary setting.