

# OUR LADY'S CATHOLIC PRIMARY SCHOOL



We ASPIRE that through the love of Jesus everyone should  
"have life and have it to the full".

John 10:10

# RELATIONSHIP & SEX EDUCATION POLICY

Reviewed by: <i>Headteacher</i>	Approved by: <i>Governing Body</i>
Policy Date: <i>January 2026</i>	Next Review Date: <i>January 2028</i>
Review Frequency: <i>Every 2 Years</i>	



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*This policy is written in accordance with the requirements of the Catholic Schools Inspectorate (CSI), the guidance of the Catholic Bishops' Conference of England and Wales, the Catholic Education Service, and the Archdiocese of Cardiff-Menevia. It reflects the Archdiocesan model RSE policy and is faithful to the teaching and mission of the Catholic Church.*

## **Intent**

As a Catholic primary school within the Archdiocese of Cardiff–Menevia, Our Lady's Catholic Primary School uses the term Relationship and Sex Education (RSE) to reflect the Church's understanding that education about sexuality is inseparable from education about relationships, love, and the formation of the whole human person. Sex education is therefore presented within the wider context of relationship education, which concerns all aspects of growing into a fulfilled, virtuous, and joyful human life.

The central belief of Christianity is the Incarnation: that God became human in Jesus Christ. This truth endows every human person with an inherent and inviolable dignity, surpassing that of all other created life. The human body shares in this dignity and is not incidental to the person; rather, it is integral to personal identity and is the dwelling place, the *"temple of the Holy Spirit"* (1 Corinthians 6:19). Consequently, any teaching about relationships, love, and sexuality must be firmly rooted in this Christian anthropology and in the teaching of the Catholic Church on marriage, family life, chastity, and vocation.

The Church educates young people as part of their integral human formation. Education in human love and relationships is therefore an essential responsibility of a Catholic school, alongside academic subjects such as Mathematics or English, and contributes to the formation of conscience, character, and virtue.

## **Aims (CSI Judgement: Religious Education and Catholic Life)**

At Our Lady's Catholic Primary School we aim to:

- Teach children how to grow in healthy and loving relationships, recognising that their first experience of love is within the family.
- Encourage children from the earliest age to recognise that they are created in the image and likeness of God and that every person possesses God-given dignity.
- Support children, as they mature, to follow the example of Jesus Christ and to live according to the Gospel, responding to His commandment: *"This is my commandment, that you love one another as I have loved you"* (John 15:12).

These principles form the foundation of all relationships within the school community. Teaching about relationships is underpinned by Christian virtue and informed by the Catechism of the Catholic Church.



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## Educational Context and Guidance

Statutory guidance indicates that RSE should build upon children's lived experiences, be sensitive to family contexts, promote positive attitudes and values, develop personal and social skills, and increase knowledge and understanding appropriate to age and maturity, including aspects of health and well-being. Our approach fully supports these aims, while locating them within a Catholic understanding of the human person, as reflected in the guidance of the Catholic Bishops' Conference of England and Wales (CBCEW) and the Catholic Education Service (CES).

At Our Lady's Catholic Primary School, we seek to deepen pupils' understanding by enabling them to:

- Develop self-knowledge and a proper respect for themselves as children of God.
- Grow in a loving and prayerful relationship with God.
- Understand that their lives have purpose and meaning within God's plan.
- Form relationships with others that are characterised by mutual respect, care, and love as expressions of God's love.
- Gain an age-appropriate understanding of the Church's teaching on virtue, human sexuality, marriage, and parenthood.
- Develop a strong awareness of personal safety, appropriate boundaries, and consent.
- Acquire an age-appropriate understanding of the law in England and Wales relating to relationships, marriage, and equality, presented in a manner consistent with Catholic teaching.

## Implementation

*(CSI Judgement: Leadership, Formation and Witness)*

Inspired by the life and teaching of Jesus Christ, Our Lady's Catholic Primary School seeks to be a community where love, respect, and responsibility shape all relationships. The Beatitudes guide pupils towards a vision of happiness rooted in holiness, service, and love of neighbour.

We recognise that flourishing relationships with self, others, and God enable children to grow and thrive. Each person is unique, willed by God, and called to grow in love through Jesus Christ and in the power of the Holy Spirit.

This is achieved by:

- Remaining faithful to the Church's vision of the human person while engaging thoughtfully with the contemporary context.



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- Recognising and supporting parents as the primary educators of their children.
- Presenting a positive and life-affirming understanding of human sexuality and personal dignity.
- Helping pupils develop practical wisdom and moral discernment.
- Exploring and promoting virtues that uphold respect, responsibility, and dignity.
- Ensuring all content is age-appropriate and developmentally suitable.
- Integrating RSE across the curriculum, particularly in Religious Education, Science, Physical Education, and Computing.
- Responding sensitively to the needs of individual pupils.
- Ensuring governors and staff treat RSE as an integral part of the Catholic curriculum.
- Ensuring RSE is delivered by appropriately trained staff who understand and support the Church's teaching.

### **Statutory Framework**

RSE is delivered in accordance with:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance for England (DfE)

This statutory guidance is interpreted and implemented in a manner consistent with Catholic doctrine and the guidance of the Archdiocese of Cardiff–Menevia.

### **Programme of Study and Resources**

The Archdiocese recommends appropriate resources for use across its schools, supporting pupils aged 3–19. At Our Lady's Catholic Primary School, RSE is taught through discrete lessons, cross-curricular links (particularly RE and Science), assemblies, and the lived ethos of the school, with Christ at the centre of all relationships.

Approved resources include:

- *In God's Name* (RE Scheme) – Reception to Year 6
- *A Fertile Heart* – Year 1 to Year 6
- *Jesuit Pupil Profile* – Reception to Year 6
- *Ten:Ten Life to the Full* – Reception to Year 6
- Selected elements of Jigsaw PSHE

Themed weeks (e.g. Anti-Bullying Week, Mental Health Awareness, E-Safety) and contributions from RE, Science, PE, and Computing further support the curriculum.



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External visitors may support learning where appropriate and are required to follow CES and school protocols.

## **Inclusion**

*(Dignity of the Human Person)*

We recognise that children mature at different rates and come from diverse family, cultural, and faith backgrounds. Teaching is sensitive to these differences and encourages respectful dialogue, while remaining faithful to Catholic teaching.

Appropriate curricular provision ensures that all pupils:

- Are supported according to their educational and behavioural needs
- Have access to a range of teaching approaches
- Are enabled to participate fully in school life

## **Equality**

*(Public Sector Equality Duty in a Catholic Context)*

The governing body fulfils its duties under the Equality Act 2010 and the Public Sector Equality Duty. Our Lady's Catholic Primary School is committed to the dignity of every pupil and seeks to serve all members of its community with respect and fairness, in a manner consistent with Catholic teaching on the human person. Reference is made to CES guidance on equality and Catholic education.

## **Parents and Carers**

*(Parental Primacy in Education)*

The Church recognises parents as the first and primary educators of their children. The school supports parents in fulfilling this role, particularly in RSE, by complementing and assisting family life. Parents are consulted on this policy, invited to view resources, and informed of their rights regarding withdrawal where applicable. Open dialogue with parents is a priority.

## **Safeguarding and Pastoral Support**

*(Pastoral Care and Protection)*

RSE is delivered within the school's safeguarding framework. Teaching is differentiated and sensitive, and pupils are informed of available pastoral support. Any concerns raised through pupil questions or disclosures are managed in accordance with the school's safeguarding and child protection policies, and in line with DfE and CES guidance.



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## **Virtues and Values**

*(Formation of Conscience and Character)*

RSE is grounded in Gospel values and the virtues articulated in the *Catechism of the Catholic Church*. Pupils are formed in the theological virtues of faith, hope, and charity, and the cardinal virtues of prudence, justice, fortitude, and temperance. These virtues are embedded through the *Jesuit Pupil Profile* and the wider life of the school.

Pupils are encouraged to grow as individuals who are grateful, discerning, compassionate, faith-filled, truthful, wise, curious, active, intentional, and prophetic.

## **Impact**

*(CSI Outcomes and Evidence of Effectiveness)*

As a result of this approach:

- Pupils develop reverence for themselves and others as children of God.
- Pupils take responsibility for their actions and contribute positively to school life.
- Pupils grow in emotional literacy, empathy, and moral responsibility.
- Pupils learn to safeguard their dignity and that of others, including online.
- Pupils know where to seek help and support when relationships become challenging.

Appendices detail curriculum coverage across Key Stages 1 and 2.



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## Curriculum coverage across EYFS, Key Stages 1 and 2.

### Pathway #2: 2-year cycle over 3 terms

Life to the Full Plus

**Ten:Ten**  
Resources

#### Reception

Term	Module and Unit	Session Title	Session Length
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: <b>Handmade With Love</b>	5 x 5-10 minute sessions over 5 days
Spring I	EYFS, Module 1, Unit 2	Session 1: <b>I Am Me</b>	20 minutes
		Session 2: <b>Heads, Shoulders, Knees and Toes</b>	20 minutes
		Session 3: <b>Ready Teddy?</b>	20 minutes
Spring II	EYFS, Module 1, Unit 3	Session 1: <b>I Like, You Like, We All Like!</b>	20 minutes
		Session 2: <b>All The Feelings!</b>	20 minutes
		Session 3: <b>Let's Get Real</b>	20 minutes
Summer I	EYFS, Module 1, Unit 4	Session 1: <b>Growing Up</b>	20 minutes
		Session 2: <b>New People, New Places</b> + Classroom Shorts	20 minutes
Summer I or II	EYFS, Module 3, Unit 1	Session 1: <b>God is Love</b>	20 minutes
		Session 2: <b>Loving God, Loving Others</b>	20 minutes
	EYFS, Module 3, Unit 2	Session 1: <b>Me, You, Us</b>	20 minutes
		Session 2: <b>When I Grow Up...</b> + Classroom Shorts	20 minutes
		Session 3: <b>'Money Doesn't Grow On Trees'</b> + Classroom Shorts	20 minutes

## KS1

#### Year 1

Term	Module and Unit	Session Title	Session Length
Autumn II	KS1, Module 1, Unit 1	Story Sessions: <b>Let the Children Come</b>	5 x 10-minute sessions over 5 days
	KS1, Module 2, Unit 1	Session 1: <b>God Loves You</b>	40 minutes
Spring I	KS1, Module 2, Unit 2	Session 1: <b>Special People</b>	30 minutes
		Session 2: <b>Treat Others Well...</b>	35 minutes
		Session 3: <b>...and Say Sorry</b>	30 minutes
Spring II	KS1, Module 2, Unit 4	Session 1: <b>Good and Bad Secrets</b>	35 minutes
		Session 2: <b>Physical Contact</b>	40 minutes (or 2 x 25 minutes)
		Session 3: <b>Harmful Substances</b>	30 minutes
		Session 4: <b>Can You Help Me? (Part 1)</b>	35 minutes
		Session 5: <b>Can You Help Me? (Part 2)</b>	35 minutes
Summer I or II	KS1, Module 3, Unit 1	Session 1: <b>Three In One</b>	25 minutes
		Session 2: <b>Who is My Neighbour?</b>	30 minutes
	KS1, Module 3, Unit 2	Session 1: <b>The Communities We Live In</b>	35 minutes
		Session 2: <b>Who Will I Be?</b> + Classroom Shorts	30 minutes



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## Year 2

Term	Module and Unit	Session Title	Session Length	
Autumn II	KS1, Module 1, Unit 1	Story Sessions: <b>Let the Children Come</b>	5 x 10-minute sessions over 5 days	
Spring I	KS1, Module 1, Unit 2	Session 1: <b>I Am Unique</b>	30 minutes	
		Session 2: <b>Girls and Boys</b>	30-40 minutes	
		Session 3&4: <b>Clean and Healthy (My Body)</b>	75 minutes (to be split over two sessions)	
Spring II	KS1 Module 1, Unit 3	Session 1: <b>Feelings, Likes and Dislikes</b>	40 minutes	
		Session 2: <b>Feeling Inside Out</b>	30 minutes	
		Session 3: <b>Super Susie Gets Angry</b>	40 minutes	
Summer I	KS1 Module 1 Unit 4	Session 1: <b>The Cycle of Life</b>	30 minutes	
		Session 2: <b>Beginnings and Endings</b>	40 minutes	
		Session 3: <b>Change Is All Around + Classroom Shorts</b>	40 minutes	
	KS1, Module 2, Unit 3	Session 1: <b>Real Life Online</b>	40 minutes	
		Session 2: <b>Rules To Help Us</b>	35 minutes	
Summer I or II	KS1, Module 3, Unit 1	Session 1: <b>Three In One</b>	25 minutes	
		Session 2: <b>Who is My Neighbour?</b>	30 minutes	
	KS1, Module 3, Unit 2	Session 1: <b>The Communities We Live In</b>	35 minutes	
		Session 3: <b>Needs and Wants + Classroom Shorts</b>	30 minutes	

## LKS2

### Year 3

Term	Module and Unit	Session Title	Session Length
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: <b>Get Up!</b>	5 x 15-minute sessions over 5 days
		Session 2: <b>The Sacraments</b>	40 minutes
	LKS2 Module 2, Unit 1	Story Sessions: <b>Jesus, My Friend</b>	4 x 15-minute sessions over 4 days
Spring I	LKS2 Module 2, Unit 2	Session 1: <b>Family, Friends and Others...</b>	45 minutes
		Session 2: <b>When Things Feel Bad</b>	45 minutes
	LKS2 Module 2, Unit 3	Session 1: <b>Sharing Online</b>	35 minutes
		Session 2: <b>Chatting Online + Classroom Shorts</b>	35 minutes
Spring II	LKS2 Module 2, Unit 4	Session 1: <b>Safe In My Body + Classroom Shorts</b>	45 minutes
		Session 2: <b>Drugs, Alcohol and Tobacco</b>	45 minutes
		Session 3: <b>First Aid Heroes</b>	45 minutes
		Session 4: <b>Rights and Responsibilities + Classroom Shorts</b>	40 minutes
Summer I or II	LKS2 Module 3, Unit 1	Session 1: <b>A Community of Love</b>	40 minutes
		Session 2: <b>What is the Church?</b>	35 minutes
	LKS2 Module 3, Unit 2	Session 1: <b>How Do I Love Others?</b>	45 minutes
		Session 2: <b>Working Together + Classroom Shorts</b>	40 minutes



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## Year 4

Term	Module and Unit	Session Title	Session Length
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: <b>Get Up!</b>	5 x 15-minute sessions over 5 days
Spring I	LKS2 Module 1, Unit 2	Session 1: <b>We Don't Have to be the Same</b>	40 minutes
		Session 2: <b>Respecting our Bodies</b>	40 minutes
		Session 3: <b>What is Puberty?</b>	40 minutes
		Session 4: <b>Changing Bodies</b>	40 minutes
		Session 5: <b>Male/Female Discussion Groups (optional)</b>	45 minutes
Spring II	LKS2 Module 1, Unit 3	Session 1: <b>What Am I Feeling?</b>	40 minutes
		Session 2: <b>What Am I Looking At?</b>	35 minutes
		Session 3: <b>I Am Thankful</b>	40 minutes
Summer I	LKS2 Module 1, Unit 4	Session 1: <b>Life Cycles</b>	40 minutes
		Session 2: <b>A Time For Everything</b>	45 minutes
		Session 3: <b>Big Changes, Little Changes + Classroom Shorts</b>	40 minutes
Summer I or II	LKS2 Module 3, Unit 1	Session 1: <b>A Community of Love</b>	40 minutes
		Session 2: <b>What is the Church?</b>	35 minutes
	LKS2 Module 3, Unit 2	Session 1: <b>How Do I Love Others?</b>	45 minutes
		Session 3: <b>Money Matters + Classroom Shorts</b>	40 minutes

## UKS2

### Year 5

Term	Module and Unit	Session Title	Session Length
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: <b>Calming the Storm</b>	5 x 15-minute sessions over 5 days
	UKS2 Module 2, Unit 1	Session 1: <b>God Is Calling You</b>	60 minutes
Spring I	UKS2 Module 2, Unit 2	Session 1: <b>Under Pressure</b>	60 minutes
		Session 2: <b>Do You Want A Piece of Cake?</b>	60 minutes
		Session 3: <b>Self-Talk</b>	60 minutes
	UKS2 Module 2, Unit 3	Session 1: <b>Sharing Isn't Always Caring</b>	60 minutes
Session 2: <b>Cyberbullying + Classroom Shorts</b>		60 minutes	
Spring II	UKS2 Module 2, Unit 4	Session 1: <b>Types of Abuse + Classroom Shorts</b>	60-90 minutes
		Session 2: <b>Impacted Lifestyles + Classroom Shorts</b>	60 minutes
		Session 3: <b>Making Good Choices</b>	60 minutes
		Session 4: <b>Giving Assistance</b>	60 minutes
Summer I or II	UKS2 Module 3, Unit 1	Session 1: <b>The Holy Trinity</b>	60 minutes
		Session 2: <b>Catholic Social Teaching</b>	60 minutes
	UKS2 Module 3, Unit 2	Session 1: <b>Reaching Out</b>	60 minutes
		Session 2: <b>The World of Work + Classroom Shorts</b>	60 minutes



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**Year 6**

<b>Term</b>	<b>Module and Unit</b>	<b>Session Title</b>	<b>Session Length</b>
<b>Autumn II</b>	UKS2 Module 1, Unit 1	Story Sessions: <b>Calming the Storm</b>	5 x 15-minute sessions over 5 days
	UKS2 Module 1, Unit 2	Session 1: <b>Gifts and Talents</b>	60 minutes
		Session 2: <b>Girls' Bodies</b>	60 minutes
		Session 3: <b>Boys' Bodies</b>	60 minutes
		Session 4: <b>Spots and Sleep</b>	60 minutes
<b>Spring I</b>	UKS2 Module 1, Unit 3	Session 1: <b>Body Image</b>	60 minutes
		Session 2: <b>Peculiar Feelings</b>	60 minutes
		Session 3: <b>Emotional Changes</b>	60 minutes
		Session 4: <b>Seeing Stuff Online</b>	60 minutes
<b>Spring II</b>	UKS2 Module 1, Unit 4	Session 1: <b>Making Babies (Part 1)</b>	60 minutes
		Session 2: <b>Making Babies (Part 2)</b> May be omitted or may be set as a homework task with parents.	60 minutes
		Session 3: <b>Menstruation</b>	60 minutes
		Session 4: <b>Hope Beyond Death</b>	60 minutes
		Session 5: <b>Coping with Change + Classroom Shorts</b>	60 minutes
<b>Summer I or II</b>	UKS2 Module 2, Unit 2	Session 4: <b>Build Others Up + Classroom Shorts</b>	60 minutes
	UKS2 Module 3, Unit 1	Session 1: <b>The Holy Trinity</b>	60 minutes
		Session 2: <b>Catholic Social Teaching</b>	60 minutes
	UKS2 Module 3, Unit 2	Session 1: <b>Reaching Out</b>	60 minutes
		Session 3: <b>Money and Me + Classroom Shorts</b>	60 minutes

This policy is available on the school website:

[Our Lady's Catholic Primary School and Nursery](#)

Paper copies are available on request from the School Office