

POLICY

POLICY TYPE

MAT Policy to adopted in full across all schools	
LGC Policy to be reviewed and approved locally	✓



*"Share the Love of God,
every day in everything
we learn, do and say"*

Approval Date:	2026/27 – AUTUMN TERM
Review Date:	2027/28 – AUTUMN TERM

ST PHILOMENA'S CATHOLIC PRIMARY SCHOOL

RELATIONSHIP AND HEALTH POLICY

1. Mission and Catholic Ethos

With Christ at the centre, we strive for excellence, act with respect and serve our community.

At St Philomena's Catholic Primary School, Relationships and Health Education (RHE) forms part of our commitment to educating the whole person: spiritually, morally, intellectually, physically, emotionally and socially.

Our teaching is rooted in the dignity and unique worth of every human person, created in the image and likeness of God. It reflects the teachings of Jesus Christ and the Catholic Church and promotes respect, compassion, honesty, responsibility, self-respect, dignity, virtue, service and care for the common good.

The school recognises that pupils come from different family circumstances and experiences. All pupils are taught to treat others with dignity, kindness and respect and to challenge bullying, prejudice, harassment and discriminatory behaviour.

As a Catholic school, RHE is taught in accordance with the school's mission and the teachings of the Catholic Church, while meeting statutory requirements and relevant legal duties.

The school seeks to help pupils understand themselves as children of God and to develop the virtues, knowledge, confidence and responsibility needed to flourish in family life, friendship, school and wider society.

2. Purpose and Scope

RHE enables pupils to develop the knowledge, understanding and skills needed to:

- develop healthy, respectful and caring relationships;
- understand and respect themselves and others;
- recognise appropriate and inappropriate behaviour;
- understand boundaries, privacy and personal space;
- develop physical and mental wellbeing;
- recognise and manage emotions;
- understand how to keep safe;
- recognise risks and harmful behaviour;
- know how to respond to unsafe situations;
- seek help from trusted adults;
- develop resilience, self-respect and responsible decision-making;
- understand the importance of family, friendship, commitment and responsibility; and
- make informed, ethical and responsible choices.

RHE is taught through a planned and progressive curriculum from the Early Years Foundation Stage to Year 6 and is reinforced through the wider life and ethos of the school.

The school clearly distinguishes between statutory Relationships Education, statutory Health Education, National Curriculum Science and any additional sex education provided by the school.

3. Statutory and Regulatory Framework

This policy has regard to:

- Department for Education statutory guidance on Relationships Education, Relationships and Sex Education and Health Education;
- the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019;

- the Education Acts 1996 and 2002;
- the Children and Social Work Act 2017;
- the Equality Act 2010;
- the SEND Code of Practice: 0 to 25 years;
- the National Curriculum, including statutory Science requirements;
- Keeping Children Safe in Education; and
- relevant guidance from the Catholic Education Service and the Catholic Bishops' Conference of England and Wales.

The school will comply with applicable statutory requirements and have regard to relevant statutory guidance. The curriculum will reflect the Catholic character and mission of the school.

The policy will be updated when relevant legislation or statutory guidance changes.

4. Relationships Education

Relationships Education is statutory in primary schools.

Pupils are taught about:

- families and people who care for them;
- family life and loving, supportive relationships;
- friendship;
- respectful relationships;
- permission-seeking and giving, personal boundaries and privacy;
- appropriate and inappropriate behaviour;
- bullying;
- online relationships and communication;
- personal safety and recognising risk;
- how to seek help and support;
- self-respect and respect for others;
- conflict, reconciliation and forgiveness;
- dignity, kindness and responsibility;
- trust, honesty and loyalty; and
- the importance of keeping safe.

Teaching is age-appropriate, carefully sequenced and consistent with the school's Catholic ethos.

5. Health Education

Health Education is statutory for pupils in state-funded primary schools.

The curriculum includes age-appropriate teaching about:

- physical health and fitness;
- healthy eating and nutrition;
- sleep and rest;
- hygiene and dental health;
- emotional wellbeing and mental health;

- loneliness, change, loss and bereavement;
- healthy routines and self-care;
- medicines and personal safety;
- first aid;
- puberty and physical development;
- menstruation;
- the effect of online activity on wellbeing;
- recognising when help is needed; and
- how and when to seek appropriate help.

The school will provide additional age-appropriate health and wellbeing education where appropriate to pupils' needs and safety.

6. Curriculum and Progression

The curriculum is planned progressively so that knowledge, understanding, skills and vocabulary develop as pupils mature.

The school's curriculum map identifies the content taught in each year group and distinguishes between statutory Relationships Education, Health Education, National Curriculum Science and additional sex education.

The curriculum may include:

- identity and self-worth;
- families and friendships;
- respectful relationships;
- trusted adults;
- boundaries and personal safety;
- online safety;
- emotional wellbeing;
- healthy lifestyles;
- bullying and harassment;
- prejudice and discrimination;
- recognising unsafe behaviour;
- preparation for adolescence;
- puberty and menstruation;
- physical development; and
- appropriate scientific understanding of human growth and reproduction.

All teaching will be age-appropriate, developmentally appropriate and accessible.

The statutory National Curriculum Science programme will be taught as required, including scientific content relating to human development and reproduction.

7. Catholic Teaching and Family Life

The school teaches relationships and family life within the Catholic understanding of the human person. Pupils learn about loving, respectful, responsible and faithful relationships, the dignity of human life,

family life, friendship, commitment, responsibility, forgiveness and care for others.

The school teaches that every human person is created in the image and likeness of God and possesses inherent dignity.

Teaching supports the formation of virtue, conscience, self-control, responsibility, respect, compassion and service.

Family life is taught within the Catholic understanding of marriage, family, commitment, fidelity, responsibility and the flourishing of human relationships.

Teaching will reflect the teachings of the Catholic Church while remaining age-appropriate and compliant with statutory requirements and equality duties.

The school recognises that pupils may experience different family circumstances and will avoid making assumptions about individual pupils' home lives.

8. Equality, Inclusion and SEND

RHE is for all pupils.

The school will comply with the Equality Act 2010 and provide an inclusive curriculum that respects pupils' different abilities, circumstances and needs.

Teaching will take account of:

- special educational needs and disabilities;
- developmental stage and maturity;
- communication and cognitive needs;
- physical, sensory and emotional needs;
- family circumstances; and
- religious and cultural backgrounds.

Reasonable adjustments will be made where required so that pupils with disabilities can access the curriculum.

The school will challenge bullying, prejudice, discrimination, harassment and harmful stereotypes.

9. Respectful Behaviour and Personal Safety

The curriculum promotes dignity, respectful behaviour, self-respect and healthy relationships.

Age-appropriate teaching may address:

- respect and kindness;
- personal boundaries;
- bullying;
- harassment;
- peer pressure;
- inappropriate behaviour;
- harmful online behaviour;
- violence and abuse;
- recognising unsafe situations; and
- seeking help when concerned.

Pupils will learn that abuse, harassment, exploitation and violence are unacceptable.

The school will promote respectful behaviour in accordance with its Catholic ethos and safeguarding responsibilities.

10. Online Safety

The curriculum addresses pupils' online and offline lives.

Age-appropriate teaching includes:

- online friendships and communication;
- privacy and personal information;
- responsible use of digital services;
- cyberbullying;
- harmful or misleading online content;
- manipulation and exploitation;
- sharing images and personal information;
- sharing information and personal data online;
- recognising inappropriate contact or requests;
- digital wellbeing;
- safe use of technology; and
- how to report concerns and seek help.

Pupils will be taught that abuse is never the fault of the child and that they should continue to seek help until they are heard.

This teaching complements the school's Online Safety and Computing provision.

11. Additional Sex Education

Sex education is not compulsory at primary level beyond relevant National Curriculum Science content. The school may provide additional age-appropriate sex education.

St Philomena's provides a limited amount of additional sex education in Year 6 as part of preparation for adolescence and secondary education.

This is distinct from statutory Relationships Education, Health Education and National Curriculum Science.

Additional teaching may include:

- physical and emotional changes during adolescence;
- puberty;
- reproductive organs;
- menstruation;
- human reproduction;
- conception and pregnancy; and
- how babies develop.

Additional sex education will be factual, age-appropriate, sensitive and consistent with the teachings of the Catholic Church. The precise content and sequence are identified in the school's curriculum planning.

The school will consult parents about the detailed content of additional sex education. Parents will be given clear information about the content to be taught and how it will be delivered, so that they can understand the programme and discuss it with their child.

The school will clearly identify which content forms part of National Curriculum Science and which content constitutes additional sex education.

12. Right to Request Withdrawal

There is no right to withdraw from statutory Relationships Education, Health Education or National Curriculum Science.

Parents may request that their child be withdrawn from some or all of the school's additional sex education, except where the content forms part of the National Curriculum Science programme.

Requests should be made to the Headteacher.

The school will provide parents with sufficient information about the proposed additional sex education to enable them to make an informed decision.

The Headteacher will discuss the request with the parent and explain the content concerned.

A pupil who is withdrawn will receive appropriate and purposeful education during the relevant period.

13. Teaching and Learning

Teaching will be age-appropriate, inclusive and carefully sequenced.

Approaches may include:

- discussion and questioning;
- stories and scenarios;
- reflection;
- case studies;
- role play;
- group and paired activities;
- quizzes and retrieval activities;
- written and practical activities; and
- appropriate digital resources.

Teachers will establish clear expectations for respectful discussion.

Pupils will not be required to disclose personal experiences.

Where a question is inappropriate, too personal, outside the planned curriculum or raises a safeguarding concern, the teacher may defer the question, respond at an appropriate level or seek advice.

Teaching will remain age-appropriate, factual where appropriate and consistent with the school's Catholic ethos.

14. Safeguarding and Confidentiality

RHE is delivered within the school's safeguarding framework.

Staff will:

- follow the Child Protection and Safeguarding Policy;
- report concerns promptly to the Designated Safeguarding Lead;
- never promise unconditional confidentiality;
- avoid investigating disclosures themselves;
- record concerns appropriately; and
- follow established safeguarding procedures.

Lessons may result in pupils disclosing information about abuse, neglect, exploitation, harassment or other safeguarding concerns.

Such concerns will be managed in accordance with the school's safeguarding procedures and current statutory guidance.

15. Resources and External Visitors

Resources will be reviewed to ensure that they are:

- age- and developmentally appropriate;
- accurate;
- consistent with statutory requirements;
- consistent with the Catholic ethos of the school;
- accessible to pupils with SEND; and
- suitable for the intended age group and learning objectives.

Where relevant, resources will be medically and scientifically accurate.

External visitors may contribute specialist knowledge but will not replace the school's responsibility for the curriculum.

The school will check visitors' credentials, proposed content and resources before sessions take place.

16. Parents and Carers

The school recognises parents as the primary educators of their children and seeks to work constructively with families.

The school will:

- publish this policy on the school website;
- provide a copy free of charge on request;
- make curriculum information available to parents;
- explain the content and purpose of Relationships Education and Health Education;
- provide information about additional sex education;
- clearly identify statutory and additional curriculum content;
- consult parents when developing and reviewing the policy;
- provide appropriate access to curriculum information and materials, subject to copyright and safeguarding requirements;
- make withdrawal arrangements clear; and
- provide opportunities for parents to raise questions about the curriculum.

Parents' views will be considered carefully, but the school remains responsible for determining how the curriculum is delivered within statutory requirements.

17. Roles and Responsibilities

Governing Body

The Governing Body will:

- approve this policy;
- ensure statutory requirements are met;
- ensure that the curriculum reflects the school's Catholic character;

- ensure appropriate resources and training are available;
- monitor effectiveness; and
- ensure that the policy is reviewed.

Headteacher

The Headteacher will:

- have overall responsibility for implementation;
- ensure staff are appropriately supported and trained;
- oversee parental withdrawal requests;
- ensure safeguarding procedures are followed;
- ensure appropriate resources are used;
- ensure parents receive appropriate information; and
- report to governors on provision and effectiveness.

RHE Lead

The RHE Lead will:

- coordinate the curriculum;
- maintain progression and curriculum planning;
- identify statutory and additional content;
- support teachers;
- monitor teaching and resources;
- identify training needs;
- gather appropriate pupil voice; and
- contribute to policy review.

Teachers

Teachers will:

- deliver the curriculum in accordance with this policy;
- create a safe and respectful learning environment;
- respond appropriately to questions;
- adapt teaching for individual needs;
- assess learning appropriately; and
- report safeguarding concerns.

All staff contribute to the development of respectful relationships and healthy behaviours through their conduct and interactions with pupils.

18. Assessment, Monitoring and Evaluation

Assessment will focus on pupils' knowledge, understanding and ability to apply learning. Pupils will not be required to disclose personal experiences.

Teachers may use questioning, discussion, observation, quizzes, written work, retrieval activities and other appropriate methods.

The RHE Lead and senior leadership will monitor provision through:

- curriculum and planning review;
- work scrutiny;
- lesson visits where appropriate;
- pupil voice;
- assessment information;
- resource review;
- staff feedback; and
- parental feedback where appropriate.

Monitoring will consider whether statutory content is being taught, whether pupils are making appropriate progress, whether teaching is accessible and whether safeguarding, equality and Catholic ethos requirements are being met.

19. Policy Availability and Review

This policy will be published on the school website and made available free of charge to anyone who requests a copy.

The school will consult parents when developing and reviewing the policy and will seek pupils' views in an age-appropriate way.

The policy will be reviewed at least annually and sooner where there are significant changes to legislation, statutory guidance, safeguarding requirements, curriculum content or pupil needs.

The school will take account of updates to Department for Education statutory guidance, Keeping Children Safe in Education and relevant Catholic Education Service guidance.

Next scheduled review: Autumn 2027

20. Links with Other Policies

This policy should be read alongside:

- Child Protection and Safeguarding Policy;
- Behaviour Policy;
- Anti-Bullying Policy;
- Online Safety Policy;
- Computing Policy;
- Science Policy;
- Religious Education Policy;
- Mental Health and Wellbeing Policy;
- SEND Policy;
- Equality Policy;
- Attendance Policy; and
- First Aid and Supporting Pupils with Medical Conditions arrangements.