



CHARLTON HOUSE

— Catholic Prep —

Nurturing excellence, embracing
communities and inspiring futures

Relationships and Sex Education (RSE) Policy

Reviewed and approved by the full governing body June 2026

To be reviewed in June 2027

Date	Nov 2024	June 2026		
Reviewed by	FGB	FGB		

Charlton House Catholic Prep Collective Relationship Education Policy

1. Aims

The intended aims of Relationships Education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

At Charlton House Catholic Prep, we will aim to enshrine Catholic values relating to the importance of stable relationships, marriage and family life. We will also aim to promote those virtues, which are essential in responding to the God's call to love others with a proper respect for their dignity and the dignity of the human body.

We want pupils to leave Charlton House Catholic Prep as confident young people who have a clear view of how to form and maintain respectful and healthy relationships based on their understanding that all human life is created and formed in the image of God.

2. Defining relationship and sex education

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.” It is about the development of the pupil's knowledge and understanding of themselves as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

In primary schools the focus should be on “teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.” This would include the topics of Families and The People Who Care For Me, Caring Friendships, Respectful Relationships, Online Relationships and Being Safe.

3. Policy development

This policy was developed in consultation with staff, pupils and parents. The consultation and policy

development process involved the following steps:

1. Forming the policy – members of staff or working group collated the information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy
4. Pupil consultation – pupils were spoken to, to ascertain what they wanted from their RSE
5. Ratification – once amendments were made, the policy was shared with governors and ratified

4. Curriculum

The RSE curriculum that the school follows is provided by Ten:Ten Resources. 'Life to the full' is a fully-resourced scheme of work specifically designed for Catholic primary schools. Taught with a spiral approach to learning, the programme includes teaching about personal health, physical and emotional well-being, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and do not seek answers online.

5. Delivery of RSE

RSE is taught within the personal, social, health (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in Religious Education (RE).

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

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

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances, along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Confidentiality

If a child is withdrawn from specific RSE lessons, the school cannot guarantee that the withdrawn child will not hear the information from another source. Parents are invited to share any changes in circumstances with the school as necessary e.g. changes in family structures etc. For the welfare of some children, this information may be important for a teacher to know prior to engaging in specific topics on family/relationships etc.

Children may disclose personal information during RSE lessons. It is important to protect the privacy of children and their families. This can be done by ensuring there are ground rules for the sharing of information in relation to the topics covered in RSE. Disclosures of abuse must be dealt with in line with our Child Protection and Safeguarding policy.

Balanced curriculum

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we ensure that pupils are offered a balanced programme by aiming to provide an RSE programme that offers a range of viewpoints on issues.

Pupils receive clear scientific information as well as covering the aspects of the law pertaining to RSE. Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our school's promotion of Catholic teaching. We ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Inclusion and differentiated learning

We ensure RSE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example, their own sexual orientation, faith or culture and that it is taught in a way that does not subject pupils to discrimination. Lessons help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyberbullying), use of prejudice-based language and how to respond and ask for help.

Equalities obligations

The governing body has wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, religion, sex, gender identity, or sexual orientation or whether they are looked-after children.

6. Roles and responsibilities

6.1 The Governing Board

The governing board will hold the Headteacher to account for the implementation of this policy. The governing board has delegated the review of this policy to the Curriculum and Standards Committee.

6.2 The Head Teacher

The Head Teacher is responsible for ensuring that RSE is taught consistently across the school.

6.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

RSE is a whole school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual wellbeing of their pupils. Teachers are expected to teach RSE in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching RSE. All staff should be aware of the policy and how it relates to them.

6.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Children's questions

The school aims to promote a healthy, positive atmosphere in which RSE can take place. Therefore, we want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.

7. Parents/carers' right to withdraw (also see appendix 2)

We recognise that parents/carers (and other carers who stand in their place) are the primary educators of

their children. As a Catholic school, we provide the principal means by which the Church assists parents/carers and carers in educating their children.

Therefore, the school will:

- share the resources used by the school in the RSE programme.
- support parents and carers by providing material to be shared with their children at home and workshops to help parents/carers to find out more.
- inform by letter when the more sensitive aspects of RSE will be covered in order that they can be prepared to talk and answer questions about their children's learning.
- Consult with parents/carers before this policy is ratified by the governors and at every stage of the development of the RSE programme, as well as during the process of monitoring, review and evaluation.

Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSE programme to meet their child's needs.

Parents/carers continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parents/carers wish to withdraw their children, they are asked to notify the school by contacting the headteacher in writing. The school will provide support by providing material for parents/carers to help the children with their learning.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. Please refer to the DfE guidance Page 17 for further details on the right to be excused from sex education (commonly referred to as the right to withdraw).

8. Training

Staff will be trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The Headteacher will also invite visitors from outside the school where possible and appropriate.

9. Monitoring arrangements

The delivery of RSE is monitored by the Head Teacher through: planning scrutinies, learning walks and pupil conferencing.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the curriculum and Standards Committee annually. At every review, the policy

will be approved by the Full Governing Board.

Appendix 1: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	● That families are important for children growing up because they can give love, security and stability ● The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives ● That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care ● That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up ● That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong ● How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	● How important friendships are in making us feel happy and secure, and how people choose and make friends ● The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties ● That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded ● That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right ● How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	● The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs ● Practical steps they can take in a range of different contexts to improve or support respectful relationships ● The conventions of courtesy and manners ● The importance of self-respect and how this links to their own happiness ● That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority ● About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help ● What a stereotype is, and how stereotypes can be unfair, negative or destructive ● The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	● That people sometimes behave differently online, including by pretending to be someone they are not ● That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous ● The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them ● How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met ● How information and data is shared and used online

TOPIC	PUPILS SHOULD KNOW
Being safe	● What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) ● About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe ● That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact ● How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know ● How to recognise and report feelings of being unsafe or feeling bad about any adult ● How to ask for advice or help for themselves or others, and to keep trying until they are heard ● How to report concerns or abuse, and the vocabulary and confidence needed to do so ● Where to get advice e.g. family, school and/or other sources

Nb Science Curriculum content to be added cross-referencing RSE coverage

Appendix 2: Right to Withdraw Letter



CHARLTON HOUSE INDEPENDENT SCHOOL

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Dear Parents,

As you may already be aware, Relationships Education became statutory in all primary schools from September 2020. We are pleased that this decision has been made as it means that all children will be able to learn about different relationships, different families, growing up, puberty and their changing bodies. Parents and carers do not have the right to withdraw their children from Relationships Education objectives which link to the national curriculum as part of their science learning. This includes all the information on puberty and how the human body changes.

The PSHE Association states, Teaching about puberty before children experience it is essential to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe.' Ofsted's PSHE lead, Janet Palmer HMI, has said: 'If pupils are kept ignorant of their human, physical and sexual rights... they are not being adequately safeguarded.' In order to keep pupils safe, it is vital that they learn about puberty before it happens. NHS advice states that puberty can begin as early as 8 for girls and 9 for boys. We aim to teach children about puberty from Year 4.

Parents and carers have the right to withdraw their child from all or any part of the Relationships Education, other than learning about reproduction and human development within national curriculum science. However, we would urge any parents and carers considering withdrawing their child from these lessons to consider what is being taught, how it is being taught and how important this education is for all children.

Our Relationships Education is fully inclusive to meet the needs of all our pupils. We cover the following objectives:

- being a good friend
- kind and unkind behaviours, including bullying
- teamwork and resolving disputes
- feelings we experience and how to discuss our feelings
- self-worth and self-respect
- important people in our lives
- consent and autonomy
- secrets and surprises
- growing up and physical and emotional changes to our bodies
- different families and relationships
- how babies are made and how babies are born

- differences, similarities and stereotypes
- body image

We fully believe that all children should learn about these important life skills in an open, honest and safe environment. We also believe that they should be taught in an age-appropriate and engaging way. We encourage parents and carers to view our Relationships Education Policy and scheme of work. We believe it is important to have a strong partnership with parents and carers and will always communicate what is being taught when. We will also provide any further reading or support for any parents and carers wishing to discuss the objectives taught with their children at home.

Any children who are withdrawn from the Relationships Education lessons will have to be provided with alternative learning in another learning space.

If there is any part of the curriculum that you have concerns or queries about, please be in touch and we will be more than happy to speak to you.

Yours faithfully,

Lea Pay
Head Teacher