



**St. Anselm's College**  
*Edmund Rice Academy Trust*

# Relationships, Sex and Health Education Version 2.0

## **Mission Statement:**

Our Catholic Community offers a learning environment for us to develop our God given talents and to recognize Christ amongst us. We respect the dignity of God's creation and, inspired by Gospel values, seek to serve one another.

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| <b>Contents</b>                                      | <b>Page</b> |
|------------------------------------------------------|-------------|
| Mission                                              | 3           |
| Dissemination                                        | 3           |
| Defining Relationships, Sex & Health Education       | 3–4         |
| Policy Aims & Statutory Curriculum Requirements      | 4           |
| Values and Virtues                                   | 4           |
| Aim of RSHE and the Mission Statement                | 4           |
| Inclusion & Adapted Learning                         | 5           |
| Equalities Obligations                               | 5           |
| Broad Content of RSHE                                | 5           |
| Programme / Resources                                | 5           |
| Parents & Carers                                     | 5–6         |
| Balanced Curriculum                                  | 6           |
| Responsibility for Teaching the Programme            | 6           |
| External Visitors                                    | 6           |
| Other Roles & Responsibilities                       | 6–7         |
| Relationship to Other Policies & Curriculum Subjects | 7           |
| Controversial or Sensitive Issues                    | 7           |
| Supporting Children & Young People at Risk           | 7           |
| Confidentiality & Advice                             | 8           |
| Monitoring & Evaluation                              | 8           |
| Appendix A – RSHE Curriculum Letter                  | 9           |
| Appendix B – Overview of the RSHE Scheme of Learning | 10          |
| Ten:Ten Scheme of Learning                           | 11          |
| Annex A – Further Reading for Teachers               | 12–13       |
| Annex B – Cross-Government Strategies                | 14          |
| Curriculum Vision for RSHE                           | 15          |

## **1. Mission & Rationale**

At St. Anselm's College, our approach to Relationships and Sex Education (RSE) is rooted in our Catholic mission, which affirms the unique dignity of every human being as created in the image and likeness of God. Our program, guided by the pastoral letters of the

Bishops of England and Wales and the 'Ten Ten' resources, "Life to the Full," is centred on the principle of human flourishing, as captured in the Gospel of John, "I have come that they might have life and have it to the full" (Jn. 10:10).

We believe that RSE is an integral part of the holistic education of our students—spiritually, physically, intellectually, morally, socially, culturally, and emotionally. It is delivered in partnership with parents and aims to foster healthy, stable relationships built on respect, love, and care.

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic College. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity, Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSHE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSHE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved too be understood and appreciated.

All RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be provided to help pupils deal with different sets of values.

## **2. Dissemination:**

The policy will be given to all members of the Governing Body, including the SWAD Governors. All teaching and non-teaching members of staff will have access to copies of the policy, which is also available to parents and carers through the College website. A copy is also available from the College office.

## **3. Defining and differentiating Relationships Education, Sex Education, and Health Education**

The DFE guidance defines RSHE as "lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health". It is about the development of the pupil's knowledge and understanding of her or him 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. The DFE identifies three main elements: "attitudes and values, personal and social skills, and knowledge and understanding".

This program clearly distinguishes between the three core areas to provide clarity for parents and students.

- **Relationships Education (Primary & Secondary):** This is a statutory, compulsory subject for all pupils. At St. Anselm's College, it is a foundation for all of our RSE

teaching. It focuses on building positive relationships with family, friends, and the wider community.

- **Sex Education (Secondary):** This is also a statutory subject for all secondary students, with the exception of those who are formally withdrawn by their parents (see Section 5 for details). This component covers human sexuality, reproductive health, and how sexual love is an essential part of God's plan for creating new life within marriage.
- **Health Education (Primary & Secondary):** A statutory and compulsory subject that teaches pupils the knowledge needed to make informed decisions about their physical and mental health. This includes topics like mental wellbeing, physical health, healthy eating, and drug and alcohol awareness.

#### 4. Policy Aims and Statutory Compliance

This policy outlines the college's commitment to providing a high-quality RSE program that is:

- **Faithful to our Catholic ethos:** All teaching is in accordance with the Church's moral and social teaching, emphasizing the centrality of marriage and family life.
- **Compliant with Statutory Guidance:** This policy is written in line with the latest Department for Education (DfE) statutory guidance, effective from September 2026.
- **Transparent and Accessible:** This policy will be published on the college website and will be readily available to all parents, staff, and other stakeholders.

We are legally required to teach those aspects of RSHE which are statutory parts of National Curriculum Science. (There is also a separate requirement for maintained secondary Colleges to teach about HIV, AIDS and sexually transmitted infections. This does not apply to academies).

#### 5. Curriculum Content and Delivery

The core of our RSE program is delivered through the '**Life to the Full**' resources from Ten Ten, which are fully integrated into our **PSHE** and **Religious Education** curriculum. This content is taught in a spiral curriculum, with topics revisited at increasing depth throughout the key stages.

##### Delivery Methods:

- **Whole-School Approach:** RSE is not limited to PSHE or RE lessons. It is reinforced across the curriculum, including in Science (reproduction and physical health), PE (body image and health), and Computing (online safety).
- **Teaching Strategies:** Lessons will incorporate a range of teaching methods to engage all learners, including discussion, group work, role-play, and the use of approved films and videos.
- **External Visitors:** We may, from time to time, invite external agencies or health specialists to deliver specific sessions. These visitors will always complement our program, be fully briefed on our Catholic ethos and safeguarding procedures, and work under the direct supervision of college staff.

***Protocol for Visitors to Catholic Colleges, CES. Feb. 2011***

***CES-Speaker-Checklist – Protocol for Visitor to Catholic Schools. Diocese of Shrewsbury. 2022***

**Content for Years 7-13 (11-18 years):**

The curriculum will cover, but is not limited to, the following themes as per the 'Life to the Full' scheme of work:

- **Human Dignity and Identity:** Understanding ourselves as unique and loved by God.
- **Physical and Emotional Development:** Navigating the physical and emotional changes of puberty.
- **Healthy Relationships:** Developing positive relationships with family, friends, and peers, and understanding the importance of consent and boundaries.
- **Marriage and Family Life:** The sacredness of marriage and the gift of family life as the foundation of a healthy society.
- **Sexual Health:** An age-appropriate understanding of human reproduction, sexually transmitted infections (STIs), and avoiding unintended pregnancy within a morally sound context.
- **Media and Online Safety:** The influence of the media and the importance of online safeguarding, including an understanding of how to manage social media and identify harmful content like pornography and online exploitation.
- **Difficult Issues:** The program will address serious topics such as domestic abuse, coercive control, and the law relating to forced marriage. These will be taught in a sensitive and safeguarding-led manner.

## 6. Parental Engagement and Right to Withdraw

St. Anselm's College is committed to a strong partnership with parents and recognizes their role as the primary educators of their children.

- **Consultation:** The college will regularly consult with parents on the content of the RSE policy and curriculum. We will provide opportunities for parents to view the teaching materials and discuss any concerns with staff.
- **Right to Withdraw:** Parents have the right to withdraw their son from the non-statutory components of **Sex Education only**. This right does not apply to Relationships Education or Health Education, which are compulsory for all pupils. Parents wishing to withdraw their son from Sex Education must do so by writing to the Headteacher.

## 7. Inclusion and Support for All Pupils

We are committed to providing a fully inclusive RSHE program for all pupils.

- **Equitable Provision:** The curriculum will be taught in a way that is sensitive to the different needs and personal circumstances of our students, including their abilities, maturity, faith, and cultural background. We will ensure the program does not subject any pupil to discrimination, in line with the Equality Act 2010.
- **SEND and Vulnerable Pupils:** For students with Special Educational Needs and Disabilities (SEND), the curriculum will be differentiated and adapted to meet their specific needs, enabling them to gain a mature understanding of relationships and sexuality.

## 8. Managing Sensitive Topics and Pupil Questions

The college is committed to creating a safe and supportive atmosphere where pupils can ask questions freely and without fear of ridicule or bullying. There will always be sensitive or controversial issues in society where there is currently no consensus in the field of RSHE. These may be matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other

doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSHE programme. The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

- **Trained Staff:** All teachers delivering RSE will receive ongoing training and support to confidently and sensitively handle difficult or challenging questions.
- **Safeguarding:** If a pupil raises a sensitive issue or makes a disclosure that gives a member of staff cause for concern, the school's safeguarding policy will be followed immediately. All staff are trained to report any safeguarding concerns to the designated safeguarding lead.

## **9. Confidentiality and Advice:**

All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality. All lessons, especially those in the RSHE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the College's pastoral care system. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstance they would have to inform others, e.g., parents, Headteacher, Deputy Headteacher, Safeguarding lead

## **10. Responsibility, Monitoring and Evaluation**

### **Governors:**

- ☐ Draw up the RSHE policy, in consultation with parents and teachers;
- ☐ Ensure that the policy is available to parents;
- ☐ Ensure that the policy is in accordance with other whole College policies, e.g., SEND, the ethos

of the College and our Christian beliefs;

- ☐ Ensure that parents know of their right to withdraw their children;
- ☐ Establish a link governor to share in the monitoring and evaluation of the programme, including

resources used;

- ☐ Ensure that the policy provides proper and adequate coverage of relevant National Curriculum

science topics and the setting of RSHE within PSHE.

### **Headteacher:**

The Headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Colleges' Service and appropriate agencies.

**PSHE Co-ordinator:**

The co-ordinator with the Headteacher has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSHE and the provision of in-service training. They will be supported by both the curriculum and pastoral Deputy Headteachers.

**RSHE Co-Ordinator:**

The RSHE Co-ordinator will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils work at regular intervals. The programme will be evaluated biannually by means of questionnaires / response sheets/needs assessment given to pupils, and / or by discussion with pupils, staff and parents. The results of the evaluation should be reported to these groups of interested parties and their suggestions sought for improvements.

**Other staff:**

RSHE is a whole College issue. All teachers have a duty of care as well as fostering academic progress. They should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSHE in accordance with the Catholic Ethos of the College. Appropriate training will be made available for all staff teaching RSHE. All staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

**Appendix A**Letter to parents/carers Sept 2025

RSHE Curriculum 2025-2026

RE: Information and access to the Relationships, Sex and Health Education Programme 2024-26

Dear parents/carers,

Our Personal Development curriculum is delivered through assemblies, form time sessions, guest speakers and through our directed personal development timetabled lessons once a fortnight. Personal Development lessons will start w/c 25th September.

As part of the Personal Development curriculum all students are required to have access to RSHE: relationship, sex and health education. As directed by the Bishop and used for Catholic secondary schools throughout the UK we will continue to use the 'Life to the Full' programme.

Please see below details on how you can access the content of the RSHE curriculum via the parent portal. If you have questions or feedback please do contact me on [info@st-anselms.com](mailto:info@st-anselms.com). To enable you to share in your child's learning, the programme also includes a parent/carer portal which can be found at <https://www.tentenresources.co.uk/>

The Online Parent Portal contains:

- An overview of the programme, "Life to the Full"

- Guidance for parents on the content of lessons
- Activities that can be undertaken at home to support the delivery of the programme

Please see below the details on how to access the parent portal - **please follow the links to the year group your child is in.**

#### Username

st-anselm-ch43

#### Password

lunch-dinner

#### Parent Portal

<https://www.tentenresources.co.uk/parent-portal/>

#### Parent Consultation Tool

<https://www.tentenresources.co.uk/parent-consultation-tool-secondary/>

## **Appendix B**

Overview of the RSHE Scheme of Learning:

### **Year 12, 13 & 14 Session Content**

Session 1: STIs

Session 2: Coercive Control

### **Year 11**

Session 1: Self-worth

Session 2: Addiction

Session 3: Pornography

### **Year 10**

Session 1: Pregnancy and Abortion

Session 2: Abuse

Session 3: Solidarity

### **Year 9 Session Content**

Session 1: Love People, Use Things

Session 2: In Control of My Choices

Session 3: One Hundred Percent

Session 4: Knowing My Rights and Responsibilities

### **Year 8 Session Content**

Session 1: Created and Chosen

Session 2: Appreciating Difference

Session 3: Feelings

Session 4: Before I Was Born

### **Year 7 Session Content**

Session 1: Who Am I?

Session 2: Changing Bodies

Session 3: Healthy Inside and Out

Session 4: Where We Come From

## **Ten:Ten Scheme of Learning**

Ten Ten's programme, Life to the Full, teaches Relationship, Sex and Health Education (RSHE) within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.

Given that RSHE is becoming a statutory subject for all schools, we are embracing "the challenges of creating a happy and successful adult life" by giving pupils knowledge "that will enable them to make informed decisions about their wellbeing, health and relationships" (DFE Statutory Guidance).

We will deliver this teaching through the prism of Catholic RSHE. The framework of our programme is taken from the Model Catholic RSHE Programme by the Catholic Education Service, which has been highlighted by the Department of Education as a work of good practice.

Life to the Full will address the needs of young people where they are at in today's world. The teaching includes lessons on puberty, personal hygiene, fertility, menstruation, family and friends, sexual intimacy, delaying sex, an understanding of the body, sexuality, marriage, gender, online relationships, social media, consent, grooming, pressure, STIs, contraception and natural family planning, abortion/miscarriage, the effect of drugs and alcohol on relationships, pornography and sexual exploitation. The programme will be fully inclusive of all students.

Life to the Full platform also provides an online parent portal for links to home.

All lessons and resources meet the new statutory requirements for RSHE and fulfil the Model Catholic RSHE Curriculum by the Catholic Education Service. Some lessons may be taught by the RE Department; delivered via assemblies, form times or other departmental areas.

The programme is written on the assumption that not all lead staff will be Catholic.

## **Annex A**

### **Further Reading for Teachers**

#### **Relationships Education**

Safeguarding: NSPCC PANTS rule with film <https://www.nspcc.org.uk/preventingabuse/keeping-children-safe/underwear-rule/underwear-rule-schools-teaching-resources/>

Example of model primary curricula <http://catholiceducation.org.uk/schools/relationshipsex-education>

#### **Relationships and Sex Education**

Sexual health and relationships: up to date information on all aspects of sexual and reproductive health available at <https://sexwise.fpa.org.uk/> which teachers may find helpful for their knowledge

Abuse in relationships: Disrespect NoBody  
(Home Office and Government Equalities Office)

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody-teaching-resources-preventing>

Consent: PSHE Association lesson plans:

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-teaching-aboutconsent-pshe-education-key>

Resources covering all contexts, including online, and specifically relationships and bullying, alcohol, smoking, stress, body image: Public Health England website with videos made by young people and resources tested with teachers

[https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc\\_id=RiseAboveforSchools](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools) PSHEA EdComs Resource listing Sep17

Example model secondary curricula: <http://catholiceducation.org.uk/schools/relationshipsex-education>

#### **Mental health**

Mental health and emotional wellbeing: PSHE Association lesson plans <https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidancepreparing-teach-about-mental-health-and> MindEd educational resources on children and young people's mental health <https://www.minded.org.uk/>

#### **Online safety**

Education for a Connected World: UKCCIS framework of digital knowledge and skills for different ages and stages

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/683895/Education\\_for\\_a\\_connected\\_world\\_PDF.PDF](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/683895/Education_for_a_connected_world_PDF.PDF)

Sexting: UKCCIS advice for schools on preventative education and managing reports of sexting. <https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis>

Thinkuknow is the education programme from National Crime Agency (NCA)-Child Exploitation Online Programme (CEOP), which protects children both online and offline. The site offers materials for parents, teachers and pupils on a wide range of online safety issues and facts about areas such as digital footprints, recognising fake websites and checking URLs.  
<https://www.thinkuknow.co.uk/>

## **PSHE**

PSHE Association Programme of study for KS1-5

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/programmestudy-pshe-education-key-stages-1%E2%80%935>

## **Drugs and alcohol**

Planning effective drug and alcohol education: Mentor-ADEPIS research and briefing papers with ideas for lessons <http://mentor-adepis.org/planning-effective-education/>

## **Extremism and radicalisation**

Practical advice and information for teachers, teachers in leadership positions and parents on protecting children from extremism and radicalisation [www.educateagainsthate.com](http://www.educateagainsthate.com)

## **Curriculum**

[Non-statutory framework for Citizenship KS 1 and 2](#) (Non-statutory programme of study). Schools may wish to draw on the Citizenship programme of study in their planning.

## **Data to understand the health and wellbeing needs of the local school-age population**

Public Health England's Child and Maternal Health Intelligence Network

<https://fingertips.phe.org.uk/profile-group/child-health> brings together a range of publicly available data, information, [reports](#), tools and resources on child and maternal health into one easily accessible hub. It includes school-age health profiles:

<https://fingertips.phe.org.uk/profile-group/childhealth/profile/child-health-school-age>  
and young people's health profiles: <https://fingertips.phe.org.uk/profile-group/childhealth/profile/child-health-young-people>

The indicators allow areas to see how they perform against the national average and against other local areas. These tools, accompanied by local health intelligence, will be useful in supporting schools to identify and respond to the particular health and wellbeing needs of their local school-age population.

There are also early years profiles:

<https://fingertips.phe.org.uk/profile-group/childhealth/profile/child-health-early-years>

## Annex B

### Cross-government strategies

These subjects support many cross-government strategies of which schools will want to be aware. Whilst we have not referenced all strategies or supporting documents, we have included some of the key areas below.

- [Transforming children and young people's mental health provision](#): a green paper. The green paper announced new support in and near schools and colleges to support children and young people with their mental health.
- The [drug strategy](#) 2017 sets out how the government and its partners, at local, national and international levels, will take new action to tackle drug misuse and the harms it causes.
- [Internet Safety Strategy](#) green paper sets out steps towards developing a coordinated strategic approach to online safety.
- The Children's Commissioner [Digital 5 A Day](#) provides a simple framework that reflects the concerns of parents as well as children's behaviours and needs.
- Government aims to significantly reduce England's rate of childhood obesity within the next ten years. The [childhood obesity plan](#) sets out the approach to reduce childhood obesity.
- [Guidance](#) from the Chief Medical Office (CMO) on how much physical activity people should be doing, along with supporting documents.
- Over the last 18 years, the teenage pregnancy rate has reduced by 60%. However, a continued focus is needed to maintain the downward trend and narrow inequalities in rates between and within local authorities. The [Teenage Pregnancy prevention framework](#) provides evidence based guidance for local authorities, including the important role of RSHE and links to local sexual health services.
- Sustaining the downward trend and making further progress is one of the key objectives of the Department of Health and Social Care's [Framework for Sexual Health Improvement in England](#). These subjects provide a key opportunity to strengthen support for young people to develop healthy relationships and prevent early unplanned pregnancy.
- [Reproductive health - a public health issue](#). A consensus statement, data and women's experiences, covering reproductive health through the life course, from menstruation to menopause. (PHE. 2018)
- The cross-government [loneliness strategy](#), which sets out the Government's vision for supporting individuals, businesses and communities to build and maintain strong relationships.

## CURRICULUM VISION FOR RSHE

### VISION:

Our vision for religious, sex and health education at St. Anselm's College is to empower our students to lead lives guided by faith, moral integrity, and a deep respect for human dignity. We aim to provide a nurturing and inclusive educational environment that equips all students with the knowledge and values needed to navigate the complexities of the modern world while upholding the principles of our Catholic faith.

### INTENT:

The 'Live Life to the full' programme includes lessons on puberty, personal hygiene, fertility, menstruation, family and friends, sexual intimacy, delaying sex, an understanding of the body, sexuality, marriage, gender, online relationships, social media, consent, grooming, pressure, STIs, contraception, natural family planning, abortion, miscarriage, the effect of drugs and alcohol on relationships, pornography and sexual exploitation.

The programme is fully inclusive of all students.

### IMPLEMENTATION:

Students are taught a carousel of lessons which are reinforced by assemblies, form time sessions and extra-curricular activities, delivered at key points in the academic year for example: national anti-bullying, national mental health and national stay safe online awareness weeks.

The RSHE programme from TEN: TEN 'Life to the Full' teaches RSHE within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.

### IMPACT:

This curriculum will inspire students to embody the message in John 10:10, where it states, "I have come so that you may experience life to the fullest" through using their God-given talents. In doing so, students will foster a deeper appreciation for tolerance, respect, and consideration, not just for themselves but for everyone they encounter. This journey will further enhance their social, moral, cultural, and spiritual development while equipping them with the knowledge and skills to keep safe in the world today.

