



Relationships and Health Education St Mary's Priory Catholic Infant and Junior Schools June 2026



Why are we consulting?



- Relationships & Health Education has been **statutory in all primary schools since September 2021**
- Schools are required to **consult with parents on their RHE policy at least every two years**, or when changes are made
- **New national RSHE guidance (published July 2025)** becomes statutory from **September 2026**

At St Mary's Priory:

- RHE is taught through our **Relationships & Health curriculum**, supported by **Religious Education and Science**
- We are committed to working **in partnership with parents** to ensure our approach reflects our **Catholic values** and meets the needs of our children
- Our aim is to support children to be **happy, healthy and safe**, and prepared for adult life.



Consultation

We are now inviting your views on our Relationships & Health Education (RHE) policy.

Consultation period:

Monday 29 June – Friday 17 July 2026

How to take part:

Review the RHE policy and information provided

Submit any **comments or questions** through the consultation form

What happens next:

All feedback will be **reviewed carefully**

A summary will be shared with **Governors**

Feedback will help to **inform our final policy**



Will my child be taught sex education at primary?



We do not cover sex education (with one exception – see later).

Relationships & Health Education at primary aims to put in place the building blocks needed for positive and safe relationships of all kinds.

This will start with:

- family and friends,
- how to treat each other with kindness,
- recognising the difference between online and offline friendships.



What is taught in Science?



Children from Reception to Year 6 will still be taught all of the aspects of the Science curriculum which link to reproduction.

Specifically –

- **FOUNDATION & KEY STAGE 1 (age 5-7)**
 - That humans move, feed, grow, use their senses and reproduce
 - To name the main external parts of the body
 - That humans grow from babies into children and then into adults, and that adults can produce babies
 - To recognise similarities and differences between themselves and other pupils
- **KEY STAGE 2 (age 7-11)**
 - That life processes common to humans and all animals include nutrition, growth and reproduction
 - The main stages of the human life cycle.



What is taught in Year 6?



The only aspect of **Sex Education** that is planned is the following:

Non-Statutory Sex Education

YEAR 6 (age 10 and 11)

The basic scientific facts about sexual intercourse between a man and woman

Right to withdraw:

Parents and Carers have the right to withdraw their children from this one aspect. All other parts of the curriculum are statutory and there is no right to withdraw.



Will my children be taught about LGBT?



It is **not statutory in primary schools** to explicitly teach about LGBT as part of the curriculum.

In teaching Relationships Education and RSE, schools must:

- Ensure the needs of **all pupils are appropriately met**
- Help children understand the importance of **equality and respect for others**
- Comply with the **Equality Act 2010**, which includes protected characteristics such as sexual orientation and gender reassignment
- Ensure all content is **sensitive and age-appropriate**

Within the TenTen programme, children are taught about:

- **Loving relationships** and what makes them healthy
- The importance of **kindness, respect and inclusion**
- Respect for the **diversity of family backgrounds**

This is delivered through modules such as “*One Kind Word*” and learning about community and respect.

Will my children be taught about Female Genital Mutilation (FGM)?

It is **not statutory in primary schools** to explicitly teach about Female Genital Mutilation (FGM) as part of the curriculum.

In teaching Relationships Education and RSE, schools must:

- Ensure the needs of **all pupils are appropriately met**
- Help children understand how to **keep themselves safe**
- Provide clear teaching about **healthy relationships and safeguarding**
- Ensure all content is **sensitive and age-appropriate**

Within the TenTen programme, children are taught about:

- **Keeping their bodies safe**
- Understanding the difference between **safe and unsafe behaviours**
- Knowing when and how to **seek help from a trusted adult**

This learning sits within broader teaching on **personal safety and safeguarding**, rather than naming specific issues.



Can we opt out of any of the lessons?

The statutory parts of the curriculum covered in **RHE and Science** are mandatory.

Parents have a right to withdraw their children from all or part of the **sex education** provided, but not from the biological aspects of human growth and reproduction as required by the National Curriculum Science Order.



Aims of our RHE

Our RHE curriculum is integral to our mission to educate the whole child – spiritually, physically, intellectually, morally and socially.

In partnership with parents, we provide Relationship and Health Education which:

- Is **appropriate to each child's stage of development**
- Promotes **loving and respectful relationships**
- Supports children in **keeping themselves safe and making good choices**
- Reflects our **Catholic ethos of dignity, compassion and respect for all**



Objectives – virtues and morals

To develop the following attitudes and virtues:

Respect for the dignity of every human being – in their own person and in the person of others;

Joy in the **goodness of the created world** and their own bodily natures;

responsibility for their own actions and a recognition of the impact of these on others;

Celebrating the gift of **life-long love**;

Recognising the importance of **marriage and family life**;

Fidelity in relationships.



Objective – social skills



We support children to develop the following personal and social skills:

- Making **good choices** with integrity and respect
- Forming **positive, healthy relationships and friendships**
- **Understanding and managing emotions** within relationships
- **Resolving conflict positively** and respecting differences
- Showing **kindness, compassion and forgiveness**
- Building **self-esteem, confidence and empathy**
- Developing **resilience** and resisting peer or media pressure
- Understanding **personal boundaries** and keeping themselves safe

Module One: Created and Loved by God

explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.



Module Two: Created to Love Others

explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and other relationships, and teaches strategies for developing healthy relationships and keeping safe both online and in our daily lives.



Module Three: Created to Live in Community

explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.



Module One: Created and Loved by God

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What will my
child be
taught?



EYFS



- Our uniqueness in real terms
- Celebrating differences and individual gifts, talents and abilities
- Looking after and using our bodies [including vocabulary around this topic]
- The necessity of when and how to say sorry in relationships new line
- A basic exploration of Jesus forgiveness and growing up as God's plan for us

KS1

- We are uniquely made by a loving God
- We have differences and similarities
- Key information about staying physically healthy
- Understanding feelings and emotions, including strong feelings such as anger
- The cycle of life from birth to old age.



LKS2

- Understanding differences respecting our bodies
- Puberty and changing bodies
- Strategies to support emotional well-being including practising thankfulness
- The development of pupils understanding of life before birth.



UKS2

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girl and boys bodies
- Body image
- Strong emotional feelings
- The impact of the internet and social media on emotional wellbeing
- A more nuanced and scientific understanding of life in the womb and how babies are made
- Menstruation.

Life to the Full Plus in Module 1

- The Life to the Full Plus sessions and classroom short videos for Module 1 focus on **Transition and Change**. From EYFS to UKS2, children will follow a journey which explores:
- Starting school and identifying changes to come
 - Learning how to prepare for future changes alongside celebrating how they have already changed and grown
 - Reflecting on change now they are older
 - Feelings around big changes will feature, and children will learn how to prepare for new changes, including some coping strategies and how we can learn to rely on the constancy of God.
 - A celebration of the journey of change peoples have been on
 - Looking forward to upcoming changes including the transition to secondary school
 - God's presence with us throughout our lives, and how this helps us to cope with change of all kinds

This shows how learning builds progressively across each phase.



What will my child be taught?

Module Two: Created to Love Others

explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this Module explores how we take this calling into our family, friendships and other relationships, and teaches strategies for developing healthy relationships and keeping safe both online and in our daily lives.

EYFS



- Vocabulary to identify different family/ friend relationships
- The features of positive/ negative behaviour in relationships
- The importance of resolving conflict and asking for forgiveness where necessary
- Introducing the internet
- Recognising both positive and negatives of internet use
- Learning some basic rules to help them stay safe online
- Practical ways to stay safe inside and out
- Staying safe around medicines
- People who help us in emergencies

KS1

- Special people in their lives who they love and can trust
- Coping with various social situations and dilemmas
- The importance of saying sorry and forgiveness within relationships
- Explore the risks of being online
- * Develop an understanding that not everything presented to them online is true.
- * Learn the difference between good and bad secrets
- * Learn to understand physical boundaries



LKS2

- Children to develop a more complex appreciation of different family structures
- Activities and strategies to help them develop healthy relationships with family and friends
- Techniques for managing thoughts, feelings and actions
- Learn how to stay safe online and in real life
- Begin to think critically about the content they encounter in the digital world and how to get help when they encounter inappropriate content online
- Explore themes of bullying and abuse through a series of animated stories
- Understand the importance of recognising and reducing risks associated with roads, railways, water and fire
- They will also learn in greater depth about the effects of drugs, alcohol and tobacco

UKS2



- Equip children with strategies for more complex experiences of relationships and conflict
- Identify and understand how to respond to spoken and unspoken pressure
- The concept of consent
- Further teaching on how our thoughts and feelings have an impact on how we act
- The concept of fairness is introduced, where pupils will consider what bullying, prejudice and discrimination are
- Risks of sharing and chatting online
- Equipping children to make safe and sensible decisions about what online content they should/shouldn't share
- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning

Life to the Full Plus in Module 2

The main session content for Life to the Full Plus in Module 2 are the numerous Classroom Short videos available for LKS2 and UKS2 enhancing the existing Life to the Full sessions, covering topics such as critical thinking; safety out and about; prejudice and discrimination; types of abuse and the law. In addition to this, LKS2 will have the opportunity to explore **Rights and Responsibilities** through a session and associated Classroom Short videos.

This session identifies legal rights, discussion scenarios where these are compromised, and offers an opportunity for pupils to consider how their own responsibilities relate to rights. The session celebrates diversity and how we all play a part in the Body of Christ.



What will my child be taught?



Module Three: Created to Live in Community
explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.



Religious UNDERSTANDING

At every key stage children will learn that just like the Holy Trinity of God we are called to live and love in community. We are called to love God and love others.

Living in the WIDER WORLD

At every stage, the religious understanding from unit 1 is applied to real world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

Life to the Full Plus in Module 3

In Life to the Full Plus Module 3, each key stage has sessions and associated Classroom Short videos on the topics of **Careers and Money**.



EYFS	KS1	LKS2	UKS2
<p>Careers</p> <p>Children will begin to explore the working world of jobs, focusing on their current strengths and aspirations.</p>	<p>Children will understand more about the purpose of work and the harmful impact of gender stereotypes in the workplace, alongside an introduction to the concept of vocation.</p>	<p>Further learning on careers considers where value will be placed on how school and ongoing learning options contribute to our future work opportunities.</p>	<p>A deeper exploration of the world of work call on getting and changing jobs, aspiration and goal setting, gender stereotypes, unemployment and more will be explored.</p>
<p>Money</p> <p>Money is introduced - this is underpinned by the religious understanding that our identity, value and worth comes from God.</p>	<p>Children will consolidate learning about what money is and they will explore the choices we have with our money.</p>	<p>Building on the theme of stewardship, pupils consider financial stewardship through budgeting activities, discussions about the pros and cons of different payment methods and learning about financial risks.</p>	<p>Children consider what influences our money choices, including God's call to live generously. Additionally, children will consider why some people have more money than others, developing an awareness of fairness and justice.</p>



What is changing?

Families and People Who Care For Me — emphasising that families should be places of safety and security for children as they grow up.

Caring Friendships — practical skills for being caring and kind in friendships, and emphasising the importance of generosity and trust in friendships.

Respectful, Kind Relationships and Being Safe — more information about who children can turn to when they are in need, especially when they are not sure who they can trust. There is also an emphasis on persisting when children feel like they are not being heard.

General Wellbeing — normalising feelings of worry and feeling down, the importance of asking for help, and the benefits of helping others.

Physical Health and Fitness — emphasising the need for children to know who they can talk to if they are concerned about their health.

Drugs, Alcohol, Smoking and Vaping — more information about vaping and nicotine pouches.

Basic First Aid — emphasising the importance of not filming incidents, and sharing basic information with children about head injuries.

Developing Bodies — the addition of 'nipples' to key terminology and explicitly connecting this to privacy, and a renewed emphasis on children expressing boundaries in relation to their bodies.



What is changing? Please take a look at the document shared with this slide, which has the new content for all phases.

EYFS			
Module	Unit	New Content	RSHE Curriculum reference*
Created and Loved by God	Me, My Body, My Health	New Classroom Short: Do you know... how to talk about your body and your health? The first in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i>	GW 2: The importance of promoting general wellbeing and physical health. PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health. HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
Created to Love Others	Personal Relationships	New Classroom Short: Do you know... how to ask for help? The first in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i>	GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
Created and Loved by God	Me, My Body, My Health	New Classroom Short: Do you know... how to brush your teeth? The first in a series of two Classroom Shorts that will teach children about	HPP 4: About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.



Parent Portal – have a look yourself



Online Parent Portal

We know this is an important area for families, and we value working closely with you.



Log on to the site using the link and details below and take a look at the resources used in the classroom

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

Username: st-marys-n15

Password: ally-pally

Please note that whilst we use the Ten Ten materials for the vast majority of topics, we always use our professional discretion if we think that a presentation is not age appropriate and on these rare occasions amend appropriately.