



St. Columbas Catholic Primary School

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"I have come that they may have life and have it to the full" (John 10 : 10)



St Columba's Catholic Primary School Human Relationships and Sex Education (HRSE) Policy

Including Ten:Ten *Life to the Full* and 1decision PSHE Resources

Policy Information

School: St Columba's Catholic Primary School

Policy Title: Human Relationships and Sex Education (HRSE) Policy

Curriculum Resources: Ten:Ten *Life to the Full* and 1decision

Policy Lead: Headteacher / HRSE and PSHE Lead

Approved by: Governing Body

Date Approved: _____

Review Date: _____

This edition has been revised to reflect the statutory RSHE guidance in force from 1 September 2026.

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1. Policy Statement

Human Relationships and Sex Education (HRSE) is provided at St Columba's Catholic Primary School as part of the mission of the Catholic Church.

HRSE is delivered in a manner consistent with that mission: it seeks to form the whole person through knowledge, virtues and values; it is conducted through dialogue; it is exercised with prudent judgement appropriate to the age, maturity and needs of pupils; and it is directed positively towards human flourishing and the fullness of life.

HRSE is taught in unity with the Catholic Church under the pastoral oversight of the Bishop of Lancaster. It is delivered in partnership with parents and carers, who are recognised as the primary educators of their children. The Governing Body oversees HRSE provision on behalf of the Bishop and ensures that the curriculum fulfils statutory requirements for Relationships Education and Health Education while remaining faithful to Catholic teaching.

At St Columba's Catholic Primary School, HRSE is rooted in the belief that every person is created in the image and likeness of God and possesses inherent dignity and worth. Through HRSE, pupils are supported to understand themselves, develop healthy relationships, make safe and responsible choices and grow in virtue, compassion and respect for others.

2. Catholic Ethos and Rationale

At St Columba's Catholic Primary School, Human Relationships and Sex Education is an important part of our Catholic mission to educate the whole child: spiritually, physically, intellectually, morally, socially and emotionally. We believe that every child is created and loved by God. Each person is unique, valued and called to live in relationship with others. HRSE therefore seeks not only to provide knowledge but also to support the formation of character, conscience and virtue.

Our approach reflects the teaching of the Catholic Church, recognising that human relationships, love and sexuality are gifts which are understood within the wider vocation of every person to love and serve God and others.

HRSE is therefore presented positively and prudently, helping pupils to appreciate:

- the dignity and uniqueness of every human person;
- the importance of loving, respectful and faithful relationships;
- the value of family life and community;
- the responsibility we have for ourselves and others;
- the virtues needed to live well, including respect, honesty, compassion, forgiveness, integrity and self-control.

The school's approach is shaped by the Gospel values of love, truth, forgiveness, compassion and service. We aim to help pupils recognise that genuine relationships are founded on respect, kindness, responsibility and care.

In partnership with parents and carers, St Columba's seeks to provide an age-appropriate HRSE curriculum which enables pupils to grow in confidence, resilience and understanding while developing the knowledge and skills required to live happy, healthy and fulfilled lives.

3. Statutory Context and Compliance

This policy has been developed with reference to:

- The Children and Social Work Act 2017;
- Department for Education, Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, revised July 2025 and in force from 1 September 2026;
- Keeping Children Safe in Education;
- The Equality Act 2010;
- The National Curriculum;
- Catholic Education Service guidance, including the RSE Model Framework Policy for Catholic schools (updated March 2026);
- Catholic Bishops' Conference of England and Wales guidance;
- Diocese of Lancaster Education Service guidance and expectations.

2026 statutory update

From 1 September 2026 the school has regard to the revised DfE statutory guidance. In particular, this policy and the planned curriculum reflect the strengthened expectations for careful sequencing, pupil and parent engagement, transparency over materials, online safety and digital risks, safeguarding and protective education, mental wellbeing, equality, SEND accessibility and age-appropriate teaching about developing bodies.

The school will keep a curriculum mapping document showing where each end-of-primary statutory outcome is taught through Ten:Ten Life to the Full, 1decision, Science, Computing/online safety and other planned provision. Commercial resources are used as teaching tools and are not treated, by themselves, as evidence of statutory compliance.

As a Catholic primary school, St Columba's ensures that HRSE:

- fulfils statutory requirements for Relationships Education;
- fulfils statutory requirements for Health Education;
- includes statutory elements of Science relating to human development and reproduction;
- remains faithful to Catholic teaching and the mission of the Church.

Sex Education beyond the National Curriculum for Science is not a statutory requirement in primary schools. Where any additional Sex Education is included, it will be age appropriate, delivered within the Catholic framework of human dignity and relationships, and communicated clearly with parents and carers.

4. Aims of HRSE

The aims of HRSE at St Columba's Catholic Primary School are to help pupils:

- understand and value themselves as unique individuals created and loved by God;
- recognise the dignity and worth of every person;
- develop healthy, respectful and positive relationships;
- understand the importance of family, friendship and community;
- develop emotional literacy and resilience;
- understand physical and mental health;
- recognise personal boundaries and understand the importance of respect and consent in an age-appropriate way;
- understand how to keep themselves safe, including online;
- develop the confidence to seek help from trusted adults;
- make informed and responsible choices;
- appreciate the virtues required for positive relationships;
- respect difference and contribute to a culture of kindness and inclusion.

Through HRSE, pupils are supported to develop the knowledge, understanding, attitudes and skills needed to flourish as individuals and members of their communities.

5. Definition and Scope of HRSE

Human Relationships and Sex Education (HRSE) is the Catholic school's approach to Relationships Education and Health Education, incorporating all statutory requirements while being rooted in Catholic understanding of the human person, relationships, dignity and vocation.

HRSE seeks to educate the whole person by developing:

- **knowledge and understanding** of relationships, health, wellbeing and human development;
- **personal and social skills** needed to build positive relationships and make safe choices;
- **attitudes and virtues** which support respect, responsibility, compassion and human flourishing.

At St Columba's Catholic Primary School, HRSE is delivered through three connected areas:

1. Relationships Education
2. Health Education
3. Science curriculum content relating to human development and reproduction

Where additional Sex Education beyond statutory requirements is provided, this will be clearly identified, age appropriate, delivered within the Catholic understanding of human dignity and relationships, and communicated with parents and carers.

5.1 Relationships Education

Relationships Education helps pupils develop positive relationships based on respect, kindness, responsibility and care.

Pupils learn about:

- families and people who care for them;
- friendships and positive relationships;
- respectful behaviour;
- emotions and feelings;
- managing relationships;
- forgiveness and reconciliation;
- recognising kindness and unkindness;
- personal boundaries;
- online relationships and digital responsibility;
- recognising unsafe situations;
- seeking support from trusted adults.

The school recognises the importance of family life and teaches pupils that families can take different forms while ensuring that all pupils and their families are treated with dignity and respect.

In line with the 2026 guidance, teaching about families will positively illustrate a range of family structures, which may include single-parent families, same-sex parents, families headed by grandparents, kinship carers, adoptive parents and foster parents/carers. No pupil will be stigmatised because of their family circumstances.

By the end of primary, pupils will also be taught, in an age-appropriate way, about healthy boundaries, assertiveness, managing conflict without violence, stereotypes and bullying, recognising harmful or unsafe relationships, and how to seek help for themselves or others.

5.2 Health Education

Health Education supports pupils in developing the knowledge and skills needed to maintain physical, emotional and mental wellbeing.

Pupils learn about:

- mental wellbeing;
- emotional literacy;
- resilience and coping strategies;
- physical health and fitness;
- healthy eating;
- hygiene and self-care;
- online wellbeing;
- personal safety;
- prevention and protection;
- risks associated with harmful substances, including drugs, alcohol, tobacco and vaping;
- basic first aid;
- changes associated with growing and development.

The revised 2026 primary health and wellbeing requirements are explicitly included in curriculum mapping. These include:

- the links between physical health and mental wellbeing, including physical activity, time outdoors, sleep, hobbies, community participation and helping others;
- recognising and naming a wide range of emotions, understanding loneliness, change, loss and bereavement, and knowing when and how to seek early support;
- a healthy relationship with food, dental health, hygiene, sun safety, vaccination and immunisation;

- the risks of smoking, vaping, alcohol, illegal drugs and nicotine products, including nicotine pouches;
- personal safety around roads, railways, level crossings, water and fire risks, together with basic first aid and making an effective emergency call;
- developing bodies, including the human lifecycle, puberty, the menstrual cycle and the correct anatomical names for body parts.

Health Education is statutory and there is no right of withdrawal.

5.3 Science and Human Development

Science teaching includes statutory learning about human development and reproduction.

This learning is delivered in accordance with the National Curriculum and is taught accurately, sensitively and appropriately for pupils' age and stage of development.

The scientific aspects of human development are presented within the wider Catholic understanding of the dignity of human life and the value of each person.

6. HRSE Curriculum Content

The HRSE curriculum at St Columba's fulfils statutory requirements while extending learning through a Catholic vision of the human person.

The curriculum develops:

Knowledge and Understanding

Pupils develop understanding of:

- the dignity and uniqueness of every person;
- the importance of relationships based on love and respect;
- family life and community;
- physical and emotional changes as children grow;
- personal safety and safeguarding;
- online safety;
- healthy choices and wellbeing;
- the responsibilities involved in caring for themselves and others.

Virtues and Values

HRSE promotes virtues which help pupils respond positively to God's call to love others.

These include:

- respect;

- compassion;
- kindness;
- honesty;
- forgiveness;
- responsibility;
- integrity;
- courage;
- prudence;
- self-control.

The curriculum encourages pupils to recognise that relationships require commitment, care and respect for the dignity of others.

6.1 Catholic Understanding of Relationships

At the heart of Catholic teaching is the belief that God is relational: Father, Son and Holy Spirit united in perfect love. Human beings are created in the image and likeness of God and are therefore called to live in loving relationships with others.

HRSE at St Columba's presents relationships as a gift and encourages pupils to understand:

- the value of every human person;
- the importance of loving and respectful relationships;
- the role of family and community;
- the responsibility to treat others with dignity;
- the call to live with compassion and generosity.

The school teaches Catholic understanding while ensuring that pupils learn to engage respectfully with people whose experiences, beliefs or circumstances may differ from their own.

6.2 Balanced and Respectful Curriculum

St Columba's provides an HRSE curriculum which is faithful to Catholic teaching while preparing pupils for life in modern Britain.

Pupils are supported to:

- understand accurate information;
- develop respectful dialogue;
- recognise that people may hold different beliefs and viewpoints;
- express disagreement appropriately;
- appreciate the dignity of all people.

Where questions arise which involve different viewpoints, staff will respond with sensitivity, honesty and appropriate professional judgement.

The school distinguishes between:

- respecting the dignity of every person;
- understanding different perspectives;
- teaching the Catholic understanding of human flourishing.

7. Curriculum Organisation and Delivery

HRSE is taught as part of the school's planned PSHE curriculum and is supported through:

- Religious Education;
- Science;
- Computing and online safety;
- Collective Worship;
- Catholic Social Teaching;
- safeguarding education;
- wellbeing initiatives;
- assemblies and wider school life.

At St Columba's, HRSE is delivered through a progressive curriculum from Reception to Year 6. Learning is carefully sequenced so that pupils revisit key themes as they mature and build on previous understanding.

The school uses:

- **Ten:Ten *Life to the Full*** as the core HRSE programme;
- **1decision** as a complementary PSHE, safeguarding and protective behaviours resource.

Teachers adapt learning to meet the needs of pupils, including those with SEND, ensuring that all pupils can access HRSE appropriately.

The 2026 curriculum gives increased emphasis to online safety and awareness. Pupils will be taught progressively about respectful online behaviour, peer pressure, privacy and location settings, age restrictions, harmful contact and content, scams and fraud, gaming monetisation and gambling-like features, targeted information, personal data and consent, and how to report concerns and obtain help. Teaching will respond to emerging risks without causing unreasonable alarm or normalising risky behaviour.

8. Ten:Ten *Life to the Full* Programme

St Columba's Catholic Primary School uses Ten:Ten's *Life to the Full* programme as the foundation of its HRSE curriculum.

Life to the Full has been designed specifically for Catholic schools and supports schools in meeting statutory Relationships Education and Health Education requirements while remaining faithful to Catholic teaching.

The programme is based on the belief that every person is created and loved by God and supports pupils in understanding:

- their dignity and worth;
- the value of relationships;
- the importance of love, respect and responsibility;
- how to care for themselves and others;
- their role within the wider community.

The programme is organised around three key themes:

Module One: Created and Loved by God

Pupils explore:

- being created and loved by God;
- uniqueness and personal identity;
- strengths and qualities;
- emotions and feelings;
- mental wellbeing;
- physical health;
- dignity and self-worth.

Module Two: Created to Love Others

Pupils explore:

- families and friendships;
- kindness and compassion;
- respect;
- forgiveness;
- managing relationships;
- positive and unhealthy behaviours;
- caring for others.

Module Three: Created to Live in Community

Pupils explore:

- belonging and community;
- Catholic Social Teaching;
- service;
- responsibility;
- online safety;
- making positive choices;
- living respectfully with others.

The programme is delivered progressively and sensitively across year groups.

9. Use of 1decision Resources

Alongside *Ten:Ten Life to the Full*, St Columba's uses 1decision resources to strengthen PSHE, safeguarding and wellbeing education.

1decision supports pupils in developing practical skills for staying safe, making positive choices and managing challenges.

The resources support learning in areas including:

- safeguarding;
- protective behaviours;
- personal safety;
- recognising risks;

- online safety;
- digital citizenship;
- mental wellbeing;
- resilience;
- healthy lifestyles;
- relationships;
- decision-making.

1decision is used carefully alongside the Catholic ethos of the school and complements the values and messages promoted through *Life to the Full*.

10. Inclusion, SEND and Equality

At St Columba's Catholic Primary School, we are committed to ensuring that HRSE is accessible, inclusive and respectful for all pupils.

Every child is created in the image and likeness of God and possesses inherent dignity and worth. This belief underpins our commitment to ensuring that all pupils are welcomed, valued and supported.

HRSE teaching reflects the principles of the Equality Act 2010 and promotes respect, compassion and understanding.

The school will comply with the Equality Act 2010 and, where applicable, the Public Sector Equality Duty. Teaching will not discriminate against pupils or amount to harassment. Pupils will be taught the importance of equality and respect, with content selected and sequenced appropriately for primary age pupils.

Where matters concerning biological sex, gender reassignment or other contested questions arise, staff will distinguish factual and legal content from contested views, will not present a contested position as established fact, and will maintain the dignity and safety of every pupil. Bullying or disrespectful language or behaviour is never acceptable. This is taught within the school's Catholic character and in accordance with statutory duties.

The school recognises that pupils develop at different rates and that personal circumstances, experiences and individual needs may affect how pupils engage with HRSE.

Teachers adapt learning through:

- clear and consistent language;
- visual resources;
- simplified explanations where appropriate;
- repetition and reinforcement;
- smaller learning steps;
- additional processing time;
- alternative methods of recording responses;
- personalised support where appropriate;
- consideration of emotional and developmental needs.

Teachers work closely with the SENDCo and other professionals where required to ensure that HRSE provision is appropriate and accessible.

HRSE teaching will be sensitive to:

- pupils' different abilities;
- levels of maturity;
- family circumstances;

- faith backgrounds;
- cultural contexts;
- individual needs.

All pupils are encouraged to participate in HRSE in ways that promote confidence, respect and inclusion.

The school teaches pupils that discrimination, bullying, prejudice and harmful behaviour are unacceptable. Pupils learn how to recognise these behaviours, respond appropriately and seek help.

11. Safeguarding and Creating a Safe Learning Environment

HRSE contributes significantly to the school's safeguarding responsibilities by helping pupils understand how to keep themselves safe, recognise risks and seek support.

Lessons are taught within a safe, respectful and supportive environment where pupils are encouraged to ask questions and explore ideas appropriately.

Before HRSE teaching begins, teachers establish clear expectations including:

- respectful listening;
- appropriate language;
- valuing different experiences;
- maintaining privacy;
- understanding professional boundaries.

Teachers use strategies including:

- establishing ground rules;
- distancing techniques;
- fictional scenarios;
- discussion;
- reflection activities;
- group work;
- questioning;
- anonymous questions where appropriate.

Pupils are reminded that HRSE lessons are not a place for sharing private experiences. However, they are encouraged to speak to trusted adults if they have worries or concerns.

Teachers remain alert to the possibility that HRSE discussions may lead to disclosures or raise safeguarding concerns.

Any concerns or disclosures will be managed in accordance with the school's:

- Safeguarding and Child Protection Policy;
- Behaviour Policy;
- Online Safety Policy;
- Complaints and Concerns Procedure.

The welfare and safety of pupils remains the highest priority.

12. Questions, Dialogue and Confidentiality

HRSE provides opportunities for pupils to develop understanding through discussion, reflection and questioning.

Teachers will:

- answer questions honestly and sensitively;
- provide information appropriate to pupils' age and maturity;
- correct misconceptions;
- maintain professional boundaries;
- ensure responses are consistent with Catholic teaching and school policy.

Some questions may be personal, sensitive or outside the scope of a particular lesson. In these circumstances, teachers may:

- acknowledge the question;
- explain that it requires further consideration;
- discuss it privately where appropriate;
- refer it to the HRSE Lead or another appropriate member of staff.

Teachers will not promise absolute confidentiality.

Pupils are informed that if information suggests that a child may be at risk of harm, staff have a duty to follow safeguarding procedures.

All pastoral support offered to pupils reflects the Catholic identity of the school and promotes dignity, compassion and respect.

13. Roles and Responsibilities

Effective HRSE provision requires the commitment of the whole school community.

Governing Body

The Governing Body is responsible for:

- approving the HRSE policy;
- ensuring statutory requirements are met;
- ensuring the curriculum reflects the Catholic ethos of the school;
- ensuring appropriate consultation takes place;
- ensuring parents and carers are informed about HRSE provision;
- ensuring parents know their rights regarding withdrawal;
- monitoring the effectiveness of HRSE provision;
- ensuring appropriate resources and training are available.

The Governing Body appoints a link governor to support monitoring and evaluation of HRSE.

Headteacher

The Headteacher has overall delegated responsibility for:

- implementing this policy effectively;
- ensuring statutory and diocesan requirements are met;

- maintaining communication with governors, parents, the Diocese and relevant agencies;
 - ensuring staff receive appropriate training and support;
 - ensuring safeguarding procedures are followed;
 - overseeing the use of external visitors and resources;
 - managing parental requests regarding withdrawal;
 - ensuring HRSE information and curriculum content are shared transparently.
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HRSE / PSHE Lead

The HRSE Lead is responsible for:

- overseeing the planning and delivery of HRSE;
 - ensuring progression across year groups;
 - coordinating Ten:Ten *Life to the Full* and 1decision resources;
 - supporting teachers with planning and delivery;
 - monitoring curriculum coverage;
 - gathering feedback from pupils, staff and parents;
 - identifying training needs;
 - supporting policy review;
 - maintaining communication with diocesan guidance where appropriate.
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Religious Education Lead

The Religious Education Lead supports HRSE by ensuring:

- Catholic teaching and values are reflected appropriately;
 - links between HRSE and Religious Education are strengthened;
 - pupils develop understanding of dignity, vocation, relationships and service.
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Teachers and Support Staff

All staff involved in HRSE are responsible for:

- delivering lessons in accordance with the agreed curriculum;
- creating a safe and respectful learning environment;
- responding sensitively to pupil questions;
- maintaining professional boundaries;
- following safeguarding procedures;
- adapting teaching to meet pupil needs.

All staff contribute to the wider culture of respect, kindness and positive relationships throughout school life.

14. Staff Training and Formation

Appropriate training and support are provided to ensure staff are confident and well prepared to deliver HRSE.

Training may include:

- Ten:Ten *Life to the Full* training;
- effective use of 1decision resources;
- the DfE Relationships Education, RSE and Health Education statutory guidance in force from 1 September 2026;
- safeguarding updates;
- supporting sensitive conversations;
- inclusion and SEND considerations;
- responding appropriately to questions;
- understanding Catholic teaching and values.

Staff delivering HRSE are supported to present Catholic teaching accurately, respectfully and sensitively.

Where staff require additional guidance regarding complex or sensitive topics, they should seek support from the HRSE Lead, Headteacher or appropriate diocesan guidance.

15. Partnership with Parents and Carers

At St Columba's Catholic Primary School, we recognise that parents and carers are the primary educators of their children. The school seeks to work in partnership with families, supporting parents in their important role in the education and formation of their children.

HRSE is provided as part of the mission of the Catholic Church and is intended to support, not replace, the role of parents and carers.

The school is committed to open, respectful and transparent communication.

In accordance with the 2026 guidance, the school will proactively engage and consult parents and carers when developing or reviewing this policy, and will explain what is taught, when it is taught and which resources or external providers are used. Parents and carers will be shown a representative sample of planned resources and may request to view all curriculum materials used for HRSE.

Parents and carers will be:

- informed about the school's HRSE curriculum;
- made aware of the use of Ten:Ten *Life to the Full* and 1decision resources;
- provided with opportunities to understand the content and approach used;
- informed when sensitive aspects of HRSE are due to be taught;
- supported in discussing themes and questions with their children at home.

The school will:

- provide curriculum information and overviews;
- make HRSE resources available for parents to view on request;
- respond respectfully to questions or concerns;
- consult parents and carers during policy development and review;
- ensure the Catholic principles underpinning HRSE are clearly communicated.

Parents and carers are encouraged to contact the school if they wish to discuss any aspect of HRSE provision.

15.1 Access to HRSE Materials

The school recognises the importance of transparency.

Parents and carers may request access to HRSE curriculum materials used with pupils, including materials from external providers.

Requests should be made through the school office or Headteacher.

The school will provide access in a way that:

- respects copyright requirements;
- enables parents to understand the content being taught;
- supports constructive partnership between home and school.

Copyright restrictions will not be used as a reason to prevent parents from viewing materials.

Where copyright applies, the school may provide access through a parent portal, presentation or supervised/controlled viewing arrangement and may require materials not to be copied or redistributed. The school will not enter into contractual arrangements with providers that prevent parents from viewing material used with pupils.

16. Right of Withdrawal

The school recognises the rights and responsibilities of parents and carers regarding their children's education.

At primary level:

- Relationships Education is statutory.
- Health Education is statutory.
- Science curriculum requirements relating to human development and reproduction are statutory.
- Parents do not have the right to withdraw their child from these areas.

Sex Education beyond the National Curriculum for Science is not a statutory requirement in primary schools.

Where St Columba's provides Sex Education beyond Relationships Education, Health Education and the National Curriculum for Science, parents and carers have the right to request withdrawal from some or all of that primary Sex Education. At primary level, the Headteacher will grant such a request, except for content taught as part of the Science curriculum.

Any request for withdrawal should be made in writing to the Headteacher.

The Headteacher will discuss the request with parents or carers to ensure that:

- the curriculum content is understood;
- the distinction between statutory and non-statutory content is clear;
- the child's educational and pastoral needs remain central.

Where a pupil is withdrawn, the school will provide appropriate and purposeful alternative education during the period of withdrawal and will keep a record of the discussion and decision.

The school believes that a carefully planned and professionally delivered HRSE curriculum provides the safest and most supportive environment for children to develop understanding of relationships, health and personal safety.

17. Monitoring, Assessment and Evaluation

HRSE provision is monitored regularly to ensure that it remains effective, appropriate and responsive to pupils' needs.

Monitoring focuses on:

- curriculum coverage;
 - progression of knowledge and skills;
 - quality of teaching;
 - pupil confidence and engagement;
 - pupil understanding;
 - safeguarding impact;
 - suitability of resources.
- alignment with the September 2026 DfE statutory outcomes and current Catholic Education Service/diocesan guidance;
- the sequencing and timing of sensitive content, informed by pupil need, safeguarding intelligence and appropriate engagement with parents;
- whether teaching materials remain accurate, age- and stage-appropriate, accessible, unbiased in the presentation of factual/legal content, and suitable for the school's Catholic context.

The HRSE Lead may undertake:

- curriculum reviews;
 - planning checks;
 - learning walks;
 - pupil discussions;
 - staff discussions;
 - review of resources;
 - evaluation of pupil work.
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17.1 Assessment

Assessment in HRSE is formative and focuses on pupils' understanding, confidence and personal development.

Assessment may include:

- questioning;
- discussion;
- reflection activities;
- knowledge checks;
- written responses where appropriate;
- observation of participation and understanding.

Assessment will not require pupils to disclose personal experiences, private beliefs or family circumstances.

Assessment information is used to:

The 2026 guidance expects regular feedback on pupil progress and assessment that identifies where extra support or intervention is needed. Assessment remains formative and proportionate, and never requires disclosure of private experiences or beliefs.

- identify areas requiring further teaching;
- adapt future learning;
- provide additional support;
- ensure progression across year groups.

HRSE is not assessed through formal examinations.

18. Links with Other Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy;
- Behaviour Policy;
- Online Safety Policy;
- Equality Policy;
- SEND Policy;
- Anti-Bullying Policy;
- Religious Education Policy;
- PSHE Policy;
- Attendance Policy;
- Curriculum Policy;
- Complaints and Concerns Procedure;
- Staff Code of Conduct.

HRSE contributes to the wider Catholic life and safeguarding culture of St Columba's Catholic Primary School.

19. External Visitors and Resources

The school may invite external visitors or use external resources to support aspects of HRSE.

Any contribution from external providers:

- complements teacher-led provision;
 - remains under the direction of the school;
 - must align with Catholic teaching, safeguarding requirements and statutory guidance;
 - must be age appropriate;
 - must be reviewed and approved before use.
- must be checked for accuracy, age and stage appropriateness, accessibility, safeguarding suitability and impartial presentation of factual/legal content;
- must be available for parents and carers to view on request, with lesson plans/materials obtained in advance where an external provider is involved.

A member of school staff will always be present when external visitors contribute to HRSE learning.

The school remains responsible for all content delivered to pupils.

The school uses:

- Ten:Ten *Life to the Full* as its core HRSE resource;
- 1decision as a complementary PSHE and safeguarding resource.

All resources are reviewed to ensure that they are appropriate, accurate and consistent with the Catholic identity of the school.

Before using any new or substantially revised Ten:Ten or 1decision material, the HRSE/PSHE Lead will check it against the school's 2026 statutory curriculum map. Where a resource does

not cover a statutory outcome, the school will supplement it through planned teaching rather than assume provider coverage.

20. Policy Review and Approval

This policy has been developed by the Senior Leadership Team in consultation with:

- the HRSE/PSHE Lead;
- teaching staff;
- governors;
- parents and carers;
- diocesan guidance.

The policy reflects:

- statutory HRSE requirements;
- Diocese of Lancaster expectations;
- Catholic Education Service guidance;
- safeguarding responsibilities;
- the mission and values of St Columba's Catholic Primary School.

The policy will be reviewed annually, or sooner if:

- statutory guidance changes;
- diocesan guidance is updated;
- curriculum resources change;
- school circumstances require amendment.

During review, the school will consider:

- pupil feedback;
- staff feedback;
- parental views;
- curriculum effectiveness;
- safeguarding developments.

Significant changes will be communicated to parents and carers.

Policy Approval

Policy Title: Human Relationships and Sex Education (HRSE) Policy

School: St Columba's Catholic Primary School

Date Approved: _____

Review Date: _____

Headteacher Signature: _____

Chair of Governors Signature: _____

Appendices

Appendix 1: HRSE Curriculum Overview

Reception – Year 2

Pupils explore:

- being unique and valued;
 - families and friendships;
 - feelings and emotions;
 - kindness and respect;
 - personal safety;
 - asking for help;
 - healthy habits;
 - growing and changing.
- age-appropriate body vocabulary, privacy and boundaries;
safe and unsafe contact, trusted adults and keeping on asking for help until heard;
early online safety, privacy and respectful behaviour;
physical activity, sleep, hygiene and basic health routines.
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Years 3 – 4

Pupils explore:

- positive relationships;
 - managing emotions;
 - resilience;
 - online safety;
 - personal responsibility;
 - health and wellbeing;
 - changes during growing up;
 - respect for themselves and others.
- assertiveness, healthy boundaries and managing conflict without violence;
online age restrictions, privacy, harmful content/contact and reporting;
healthy eating, dental health, sun safety, vaccination and immunisation;
risks from smoking, vaping, alcohol and other harmful substances;
road, rail and water safety and age-appropriate first aid.
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Years 5 – 6

Pupils explore:

- relationships and commitment;
 - puberty and physical changes;
 - emotional wellbeing;
 - personal boundaries;
 - consent in an age-appropriate context;
 - online relationships;
 - making responsible choices;
 - preparing for transition to secondary school.
- correct anatomical vocabulary, puberty and the menstrual cycle;
online peer pressure, scams/fraud, gaming monetisation, data/privacy and reporting harmful content;
stereotypes, bullying, respectful disagreement and recognising harmful or unsafe relationships;
loneliness, change, loss, bereavement and knowing when to seek early support;

age-appropriate protective teaching about image sharing or online sexual content where this is needed for safeguarding, with parents informed of material deviations from the published curriculum in advance.

Appendix 2: Parent and Carer Information

Parents and carers can support HRSE by:

- talking openly with children about feelings and relationships;
- encouraging children to ask questions;
- reinforcing messages about respect and kindness;
- discussing online safety;
- promoting healthy choices.

The school welcomes partnership with families and encourages parents to contact school with any questions.

Appendix 3: Withdrawal Request Form

Request to Withdraw from Non-Statutory Sex Education

Child's Name: _____

Class: _____

Parent/Carer Name: _____

I request that my child is withdrawn from non-statutory Sex Education lessons beyond the National Curriculum for Science.

Reason for request:

I understand that:

- Relationships Education is statutory.
- Health Education is statutory.
- Science curriculum requirements remain statutory.

Signed: _____

Date: _____

Appendix 4: September 2026 Statutory Alignment Checklist

The HRSE/PSHE Lead will maintain evidence that the following are in place:

- an up-to-date written policy published on the school website and available free of charge;
- proactive parent consultation on policy development/review and clear advance information about sex education content;
- arrangements for parents to view all HRSE materials, including external-provider materials, while respecting copyright;
- a Reception-to-Year-6 curriculum map against all end-of-primary Relationships Education and Health and Wellbeing outcomes;
- clear identification of statutory Relationships Education, statutory Health Education, statutory Science and any non-statutory primary Sex Education;

- progressive teaching on online safety, privacy, data, age restrictions, harmful content/contact, gaming-related financial harms and reporting;
- progressive teaching on mental wellbeing, loneliness, bullying, bereavement, help-seeking and early support;
- progressive teaching on developing bodies, correct anatomical vocabulary, puberty and menstruation;
- SEND adaptations and accessibility checks;
- resource and visitor quality assurance, safeguarding checks and parental transparency;
- formative assessment and regular feedback that identifies gaps and pupils needing extra support;
- annual review against current DfE, Catholic Education Service and Diocese of Lancaster guidance.

Key references (current at September 2026)

Department for Education, Relationships Education, Relationships and Sex Education (RSE) and Health Education: statutory guidance, revised July 2025, in force from 1 September 2026.
Catholic Education Service, RSE Model Framework Policy to Support Schools, updated March 2026.

End of Policy