Saint Joseph & Saint Teresa
CATHOLIC PRIMARY SCHOOL

'Together we live, learn, love'

Tuesday 15th July 2025

Our PSHE and RSHE curriculum

Dear Parents and Carers,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHE curriculum and all schools in England are required to teach RHE (relationships and health education) in primary schools (with the recommendation from the Department for Education to teach about conception and birth) We will be teaching lessons about RSHE/RHE as part of our RE and PSHE lessons which will include a range of topics, such as naming body parts; families; online safety; puberty; babies and birth; relationships and communication skills. During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

RSHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21st century pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

RSEH is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our pupils here at St Joseph and St Teresa's Catholic Primary School.

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through should you so wish.

Yours sincerely,

Teresa Harvey
Head Teacher

Frequently asked questions

What are the aims of RHE/RSHE in our school?

Depending on the age of the children and the lessons in their particular year group, we want RHE/ RSHE to:

- *develop the confidence to talk, listen and think about feelings and relationships*
- *develop friendship/relationship skills*
- *develop positive attitudes, values and self-esteem*
- *provide knowledge and understanding about puberty and the changes that will take place*
- *provide knowledge and understanding about reproduction and sexuality*
- *address concerns and correct misunderstanding that children may have gained from the media and peers*
- *develop skills to help children protect themselves against unwanted sexual experience*
- *empower pupils to understand their bodies are amazing and they have a right to talk about keeping safe and consent in a manner of situations not just those linked to sexual intimacy*
- *know where and how to seek help*
- *to empower children with the confidence to talk about their bodies and their feelings.*

What are the different topics in the RHE/RSHE curriculum at primary school?

- *Families and people who care for me*
- *Caring friendships*
- *Respectful relationships*
- *Online relationships*
- *Being safe*
- *Mental well-being*
- *Internet safety and harms*
- *Physical health and fitness*
- *Healthy eating*
- *Drugs, alcohol, tobacco*
- *Health and prevention*
- *Basic first aid*
- *Changing adolescent body*
- *How babies are made and born*

For further information on each strand of the topics visit 'Relationships and sex education (RSE) and health education' at www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

Can you explain the school's RHE/RSHE morals and values framework?

RHE/RSHE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents, carers and other members of the school community. RHE/RSHE will be delivered within the school's agreed policy and in line with the Equality Act 2010; our teaching will be inclusive.

RHE/RSHE will support the importance of marriage or stable relationships for family life and bringing up children. Care is taken to ensure children are not stigmatized according to their different home circumstances and all families will be discussed as part of a diverse community.

Families sometimes look different from a child's own family; children need to understand that they should respect those differences and know that other children's families are also characterised by love and care.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- *respect for ourselves and others*
- *commitment, trust and love within relationships*
- *an understanding of diversity in relation to religion, culture and sexual orientation*
- *an honesty with ourselves and others*
- *self-awareness*
- *exploration of our rights, duties and responsibilities.*

Misunderstandings about RHE/ RSHE

Schools have an important role to play in RHE/RSHE.

There is sometimes concern that RSE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSE has an effect it is a positive one: '*sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour'.*

Secretary of State Foreword 2020:
'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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'.
(See www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)

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