

RSE at Botwell House

Prayer

Father,

Thank you for your great love for us. You sent your only Son to live with us and show us how to love.

As we explore teaching about relationships to the young people in our school, help us to keep them and Christ at the centre of our minds.

May The Holy Spirit bring us wisdom and peace in guiding our conversations.

We commend to you our words and actions.

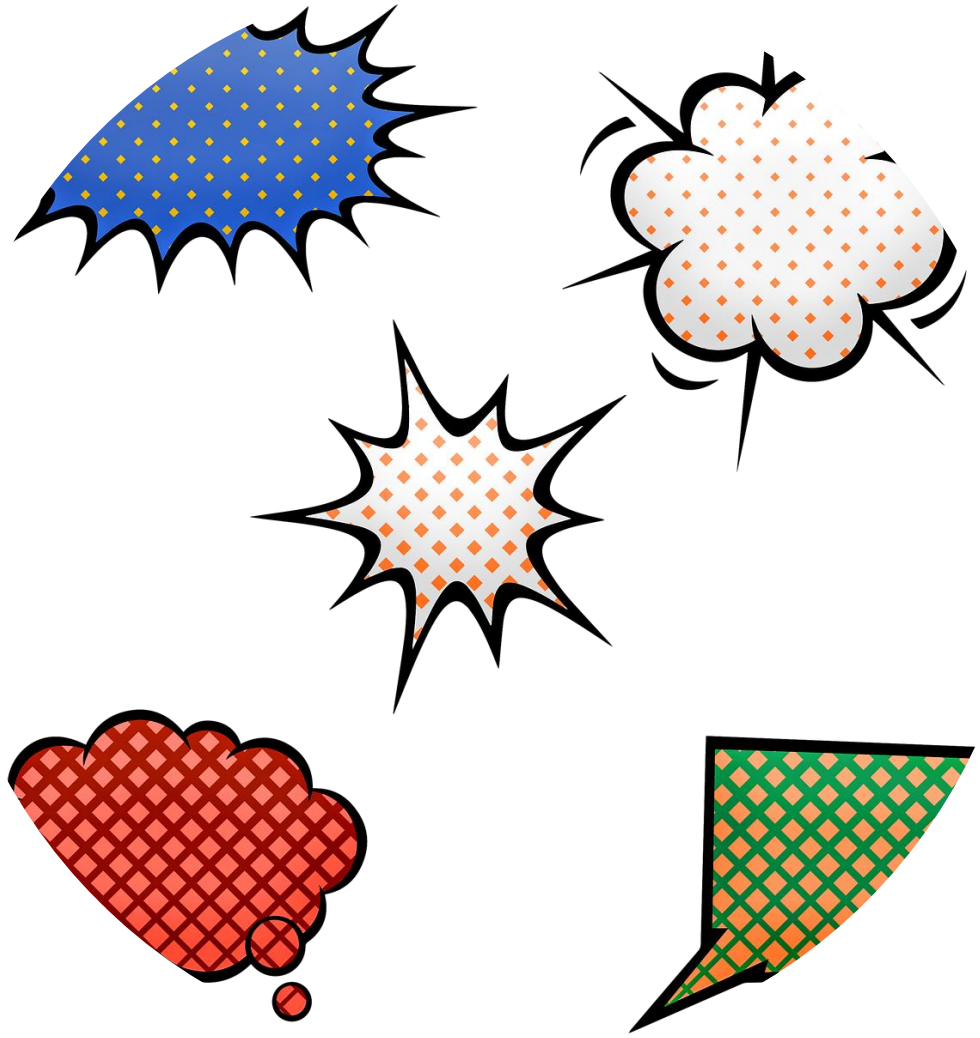
Amen

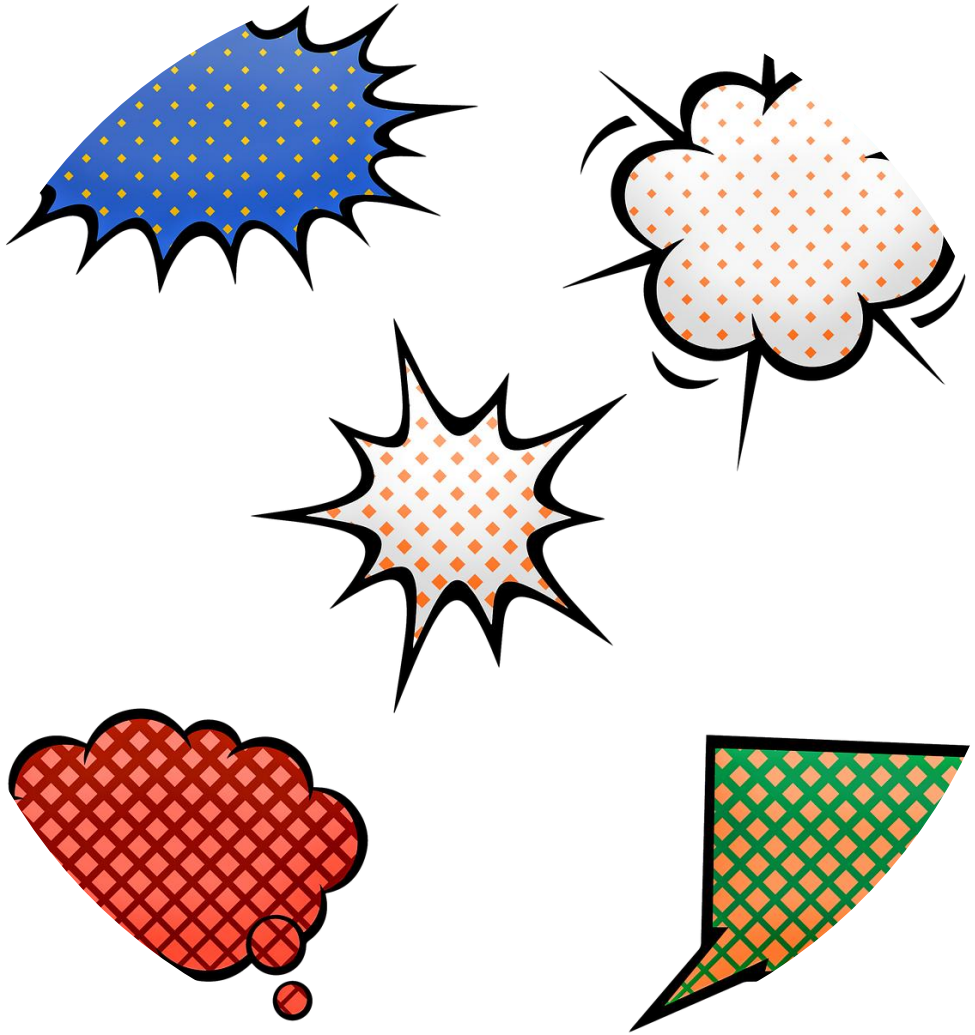


Objectives:

- To explore why RSE is important.
- To share the statutory requirements of RSE.
- To share the Curriculum and supporting documents from the Catholic Education Service.
- To give and overview of the policy consultation process.

What was your experience of RSE?





What do you want
for your children?

What do
your children need?

Why is RSE important?

- Majority of parents support RSE.
- Some parents say that RSE was the responsibility of parents, and that they welcome the right they have (enshrined in current law) to withdraw their child from Sex education lessons
- Most of the young people disagreed, stressing that their parents have not in fact taught them.
- Many parents/carers don’t discuss RSE as much as they wish to.

Why is RSE important?

- Research show that effective, honest, well-delivered sex and relationship education:
  - Delays a young person's first experience of sex
  - Means they have fewer sexual partners
  - Reduces the chance of teenage pregnancy.
  - Abstinence only sex education programmes are not proved effective in these areas.

(UNESCO – international technical guidance on sexuality education)

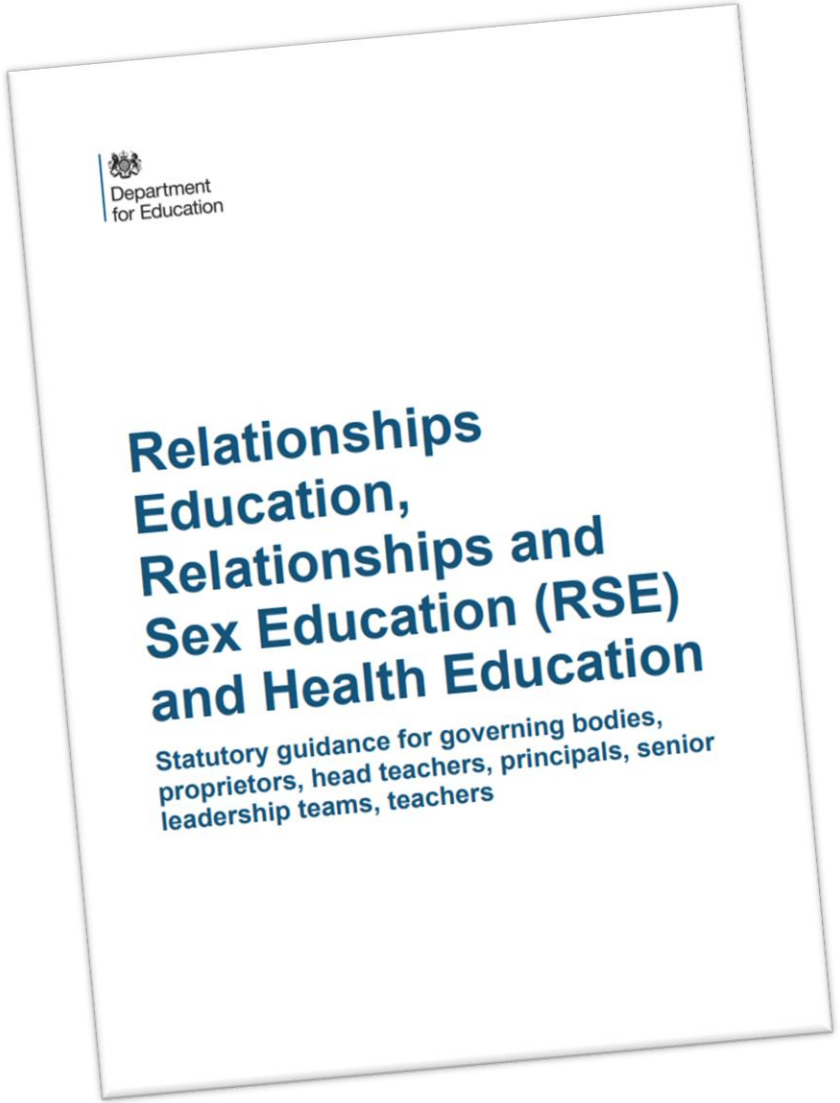
The world in which they live

- Social media
- Celebrity culture & Media influences
- Unrealistic body images –TV, advertising, online
- AI and deep fakes
- Access to pornography
- Online safety & behaviour, sexting, vulnerability to grooming
- Impact above all on children and young people's attitudes, behaviour and values

What we can offer through RSE:

- Understanding their value and the values of others.
- Instilling confidence and self-esteem.
- Reliable, correct information in a safe learning environment
- Knowing how to keep safe and how to get help.
- Helping with peer pressure.
- Learning how to make sensible and informed decisions in a changing cultural climate.
- Understanding the positive impact of loving God, self, neighbour and our common home.

Statutory RSE



Non-statutory content of our RSE curriculum:

- Teaching of puberty in Year 5 (it is statutory from Year 5)
- Teaching of FGM

Areas which are statutory:

- Describing changes in human development (including puberty) from Year 5
- Finding out about different types of reproduction, including sexual reproduction in animals from Year 5
- Recognising that living things produce offspring of the same kind and learning about the gestation periods of humans and other animals

Primary Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them.

In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further details by searching **'relationships, sex and health education'** on GOV.UK.

Primary Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

You can find further details by searching **'relationships, sex and health education'** on GOV.UK.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

(The science curriculum in all primary schools also includes content on human development, including reproduction, which there is no right to withdraw from.)

Secondary Health Education

Relationships and Sex Education will build on the teaching at primary. It aims to give young people the information they need to help them develop healthy, nurturing relationships of all kinds.

You can find further details by searching **'relationships, sex and health education'** on GOV.UK.

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body
- intimate and sexual relationships, including sexual health

Vision for Relationship and Sex Education in Westminster Catholic Schools

It is our vision for Relationship and Sex Education in Catholic Schools in the Diocese of Westminster that pupils would learn how to foster healthy relationships and friendships in light of the wisdom of the Church.

Pupils will flourish when they truly understand their innate human dignity, love and appreciation of themselves, including respect for their bodies, and the way they were made by God.

Pupils will learn to make sensible and informed decisions in a changing cultural climate, focussing on the virtues, such as patience and chastity, that ultimately lead to true happiness.

Sacred Scripture is key to this vision and the message Jesus gave us to love God, self, neighbour and our common home.

RSE in our schools must always remain faithful to the teaching of the Church, recognising the diversity of pupils' situations. We aim to be sensitive to each individual, ensuring that their physical and emotional well-being and their safety are of paramount importance.

Catholic Education Service- RSE Documents

- Model Curricula
- Who is responsible for delivering RSE?

"RSE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education which seeks to form as well as inform young people in preparation for adult life." (CES)

Pedagogical principles

‘it must, above else, qualify as good education’.

- *Model Curriculum page 1*

Progressive and developmental

Differentiated

Cross curricular

Integrated

Coordinated

Balanced

Pedagogical principles

'….Led to a deeper and fuller understanding by degrees at a rate which corresponds to their maturing'

Progressive and developmental

Pedagogical principles

'RSE is sensitive to the different needs of individuals and taught in a way that allows access to pupils at different stages of cognitive and emotional development'

Differentiated

Pedagogical principles

'Each discipline should speak with consistency about the meaning of human love and the virtues that are enshrined in the Church's teaching on human love.'

Cross curricular

Pedagogical principles

'This can only be achieved if the home, parish and school work to integrate the teaching of RSE'

Integrated

Pedagogical principles

'None of these educational goals are possible if RSE is not given the time and importance it deserves by those who plan and implement its delivery in school. RSE must be taken seriously by school leaders; led properly by someone who has the time and expertise to co-ordinate the subject with dedication and commitment at a senior level; taught by those committed to doing it well; taught as part of a whole-school approach by those who are able to celebrate – not merely tolerate – the teaching of the Church on love and human sexuality.'

Coordinated

Pedagogical principles

'Whilst promoting Catholic virtues, schools should ensure that children and young people are offered a broad and balanced RSE programme which provides them with clear factual, scientific information when relevant and meets the statutory requirements placed on schools.'

Balanced

Model Curricula

- A model RSE Curriculum for Primary
- A model RSE Curriculum for Secondary

3 themes

- Created and loved by God
- Created to love others
- Created to live in community

Model Curriculum page 2

Created and loved by God

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- Education in virtue
- Religious understanding of the human person: loving myself.
- Me, my body and my health
- Emotional wellbeing and attitudes
- Life cycles and fertility

Created to love others

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality

- Education in virtue
- Religious understanding of human relationships: Loving others
- Personal Relationships
- Keeping Safe and People Who Can Help Me

Created to live in community

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.

- Education in virtue
- Religious understanding of the importance human communities
- Living in the wider world

Education in Virtue

Each theme begins with a statement of the virtues which are necessary to living well in relationship with others and these virtues **should underpin the teach habits which are learned from experiencing but also should emerge as a consequence of it**. Virtues are, and are gained through imitation the same virtues being **modelled by those who teach.** They express the qualities of character that schools **should seek to develop in their pupils,** through their exemplification by the whole community of which the pupils are a part. These virtues reflect our Christian tradition but they are also, of course, fundamental human virtues which are universally shared

Model Curriculum page 2

September 2026 Statutory Updates

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 — sharing ideas for daily exercise and also 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.

Health Protection and Prevention — including recommended hours of sleep by age, avoiding screens in bedrooms, and the impact of sleep on weight, mood and learning. Also sharing information about vaccinations to coincide with the time children are likely to receive the vaccinations. It also includes the importance of children cleaning between their teeth.

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.

New modules September 2026

Lower Key Stage Two

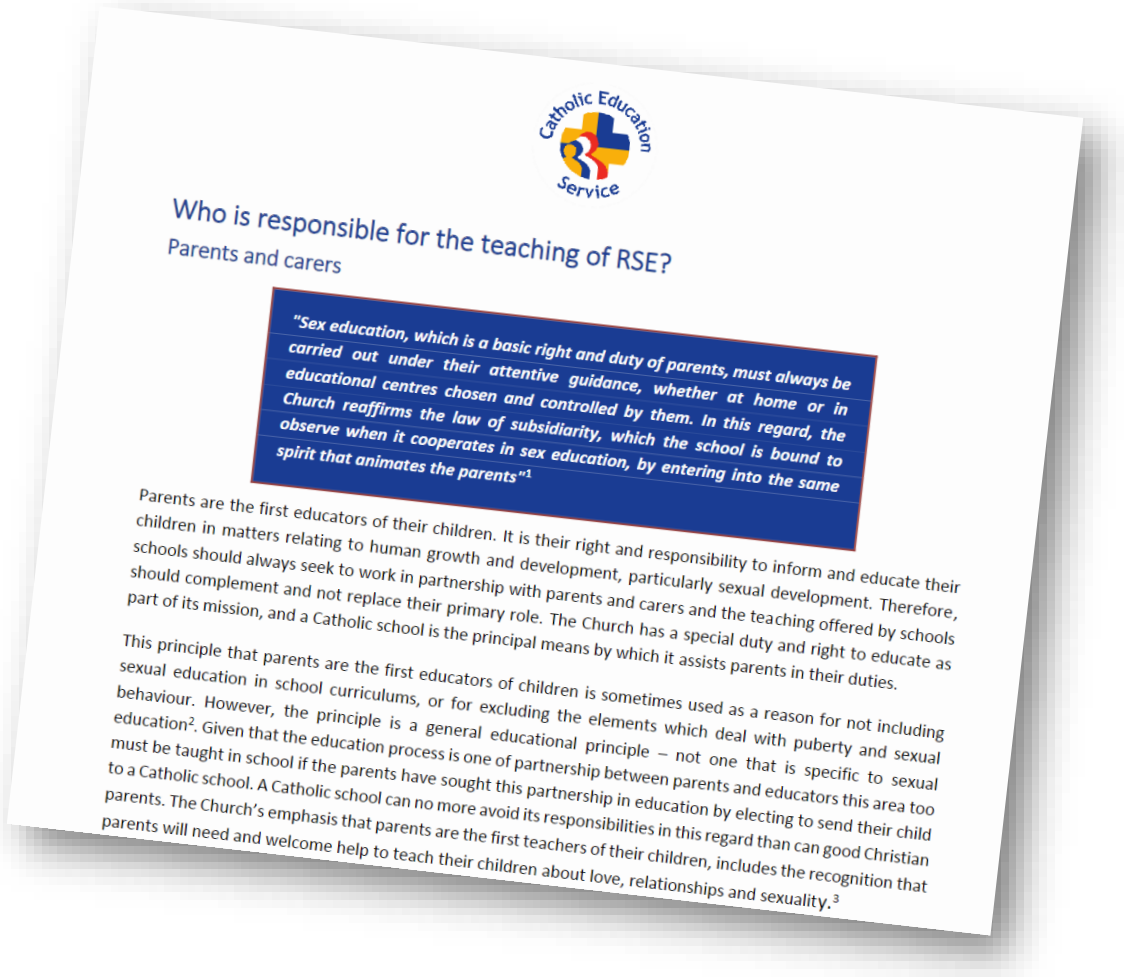
Module	Unit	New Content
Created to Love Others	Personal Relationships	**New Session: Balancing Needs** This session will help pupils understand how to balance their own needs with the needs of others — and why this can sometimes be challenging.
Created and Loved by God	Me, My Body, My Health	**New Classroom Short: Food Needs and Wants** This Short will explore the difference between food needs and wants, and support pupils to develop a healthy, balanced relationship with food.
Created and Loved by God	Emotional Wellbeing	**New Classroom Short: Loneliness** This Short will address loneliness, help pupils recognise that feeling lonely is common, and encourage them to talk to trusted adults when they need support.
Created to Love Others	Keeping Safe	**New Classroom Short: Out and About: Fire** This Short will help pupils recognise common fire risks in everyday settings and understand simple steps they can take to reduce risk and stay safe.

Upper Key Stage Two

Module	Unit	New Content
Created to Love Others	Personal Relationships	**New Session: Confidence vs Control** This session will help pupils understand the difference between being confident and being controlling in relationships, and the importance of respecting our own and others' needs and boundaries.

Who is responsible for the teaching of RSE?

- Parents
- Governors
- Headteacher
- Teachers and other staff
- Visitors and external speakers
- Parish and diocese



Who is responsible for the teaching of RSE?

Parents and carers

"Sex education, which is a basic right and duty of parents, must always be carried out under their attentive guidance, whether at home or in educational centres chosen and controlled by them. In this regard, the Church reaffirms the law of subsidiarity, which the school is bound to observe when it cooperates in sex education, by entering into the same spirit that animates the parents"[1]

Parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matters relating to human growth and development, particularly sexual development. Therefore, schools should always seek to work in partnership with parents and carers and the teaching offered by schools should complement and not replace their primary role. The Church has a special duty and right to educate as part of its mission, and a Catholic school is the principal means by which it assists parents in their duties.

This principle that parents are the first educators of children is sometimes used as a reason for not including sexual education in school curriculums, or for excluding the elements which deal with puberty and sexual behaviour. However, the principle is a general educational principle – not one that is specific to sexual education[2]. Given that the education process is one of partnership between parents and educators this area too must be taught in school if the parents have sought this partnership in education by electing to send their child to a Catholic school. A Catholic school can no more avoid its responsibilities in this regard than can good Christian parents. The Church's emphasis that parents are the first teachers of their children, includes the recognition that parents will need and welcome help to teach their children about love, relationships and sexuality.[3]

Partnership with parents

- Primary educators of children
- Unique knowledge of your children
- Ability to have regular conversations
- Impart our shared values.
- Teach alongside the school.
- RSE most effective when reinforced at home and elsewhere.

- Some parents find it difficult or lack confidence.
- Some homes are unable to provide this.
- Some children prefer these conversations outside the home

What will help you grow in confidence?

Would it be helpful for us to upload resources onto the app every half term so you see what your children are learning?

DfE- Parents rights

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum.

Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content.

Schools are required to ensure their teaching reflects the age and religious background of their pupils.



DfE - Right to withdraw your child- Primary

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

Programme details

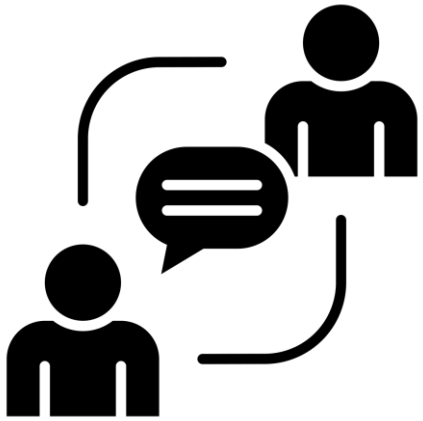
TenTen: Life to the Full

www.tentenresources.co.uk/parent-portal

School Username: botwell-ub3

School Password: house-22-ub3

Parent Consultation



We are consulting on our RSE policy.

The school welcomes and will take account of and listen to your views. Decisions will also be based on the needs of pupils, the views of staff and governors as well as compliance with legal requirements as set out in the DfE guidance and the Equalities Act 2010.

Ultimate decisions about the curriculum and policy will be up to the school.

- To take part in the consultation please complete the online survey that will be sent out next Tuesday 20th January- Tuesday 24th February 2026

Timeline - What Next?

Parent Information Session 1 – Today
- Statutory requirements
- Distinctive Catholic approach

Parent consultation on policy from Tuesday 20th January- Tuesday 24th February 2026
- Please contribute to this consultation by completing the online survey.
- Parents will be informed of the conclusions that have been reached and the curriculum and policy that has been adopted via the school newsletter, app and publishing the policy on the school website.

Parent information session 2 date- Wednesday 4th March 2026 (9am) OR Monday 9th March 2026 (2.30pm)
Final curriculum and resources

Closing Prayer

Heavenly Father,

As we come to the end of our time together we thank you for what has been accomplished here.

May the matters discussed serve as a catalyst to move us forward and cause us to advance and see growth in all areas of our lives.

May we leave here recognising that you are the God of all wisdom and you are willing to lead us forward.

This we pray in the name of Jesus the Lord,

Amen

