

RSE (Relationships and Sex Education)

Catholic schools, like all other schools in England, are required to produce a written policy following the guidance issued by the Department for Education on Relationships education, relationships and sex education (RSE) and health education. [The DfE guidance can be found here](#). Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. This approach is compatible with the guidance issued by the DfE.

Why is RSE in Catholic Schools important?

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.

What does outstanding RSE in Catholic school look like?

In order for Catholic RSE to be fully effective it needs to:

- Be faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today;
- Involve parents as they are primary educators of their child;
- Provide a positive view of human sexuality and dignity of the human person;
- Equip young people with the ability to make practical judgments about the right thing to do in particular circumstances;
- Explore and promote virtues which are essential to promoting respect and dignity;
- Be delivered in an age appropriate way which reflects the development of the child;
- Be part of the cross-curricular work in both primary and secondary schools;
- Be sensitive to the needs of the individual pupil and recognise the mix of pupils with different sexual orientations, genders and family backgrounds in each class;
- Be taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer;
- Be delivered by competent professionals who understand the Church's teaching.

(Source CES accessed February 2024)

At STM we deliver RSE as part of the Personal Development programme and use the Ten:Ten (Live Life to the Full Suite of resources), all of these are

approved by the Catholic Church and delivered in HT2 Relationships and Society unit.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. If you wish your child to be removed from lessons please contact Mrs Lindsay alindsay@st-thomasmore.southend.sch.uk.

The overview of the RSE curriculum can be found [here](#) if you would like a closer look at any of the resources we will use then please again contact Mrs Lindsay alindsay@st-thomasmore.southend.sch.uk for a parent login.