

St. John Paul II Multi Academy

Relationships, Sex and Health Education Policy

Date of last review	June 2026	Review period	Every 2 years
Date of next review	June 2028	Owner	CEO Catholic Life Committee
Type of policy	Statutory - MAC	Board approval	June 2026

	Date
This is a new policy approved June 2026 for first teaching September 2026.	June 2026

Relationships, Sex and Health Education – Policy From September 2026

1. Introduction

The St John Paul II Multi Academy Company (MAC) is committed to providing high-quality Relationships, Sex and Health Education (RSHE) that reflects the mission of Catholic education, fulfils statutory requirements, promotes safeguarding, supports the flourishing of every child and strengthens partnership with parents and carers.

Inspired by the life and teachings of St John Paul II, our schools seek to help children and young people grow in faith, wisdom, virtue and confidence. We believe that every person is uniquely created in the image and likeness of God and possesses an inherent dignity that must be recognised, respected and nurtured. Our approach to RSHE is rooted in the Gospel and informed by the teachings of the Catholic Church. It seeks to support pupils in developing healthy relationships, positive self-worth, emotional resilience and the knowledge required to live safe, fulfilling and responsible lives. As St John Paul II reminded young people: "Life with Christ is a wonderful adventure." Our curriculum therefore seeks not merely to educate about risk, but to inspire pupils to flourish as children of God, capable of forming loving relationships, contributing positively to society and becoming the people God calls them to be.

2. Rationale

Parents and carers are the first and primary educators of their children. Schools therefore work in close partnership with families, parishes and the wider Catholic community to support the holistic development of every pupil.

RSHE forms an integral part of our educational mission and contributes to the spiritual, moral, social, emotional and physical development of children and young people.

Through RSHE, pupils are supported to:

- Develop healthy and respectful relationships.
- Understand and value their God-given dignity.
- Grow in virtue, compassion and empathy.
- Develop confidence, resilience and self-respect.
- Recognise and manage risk.
- Understand personal safety and safeguarding.
- Make informed and responsible decisions.
- Prepare for adult life and participation in society.
- Appreciate the importance of family and community.

RSHE contributes significantly to safeguarding by helping pupils understand healthy boundaries, consent, online safety, respectful relationships and how to seek support when concerns arise.

Through TenTen Life to the Full Plus and complementary diocesan-approved resources, pupils are supported to recognise that they are created, loved and called by God to live life in all its fullness (John 10:10).

3. Catholic Vision and Mission

The vision of St John Paul II MAC is grounded in the belief that Christ reveals humanity to itself and calls every person to fullness of life.

Our RSHE curriculum reflects Catholic teaching regarding:

- Human dignity.
- The sanctity of life.
- The importance of family.
- Love and relationships.
- Service to others.
- Respect for difference.
- Responsibility and moral decision-making.



We draw particular inspiration from St John Paul II's call: "Become who you are." RSHE supports pupils in understanding their identity, recognising their worth and developing the confidence to live with integrity, courage and compassion.

The curriculum seeks to develop young people who are:

- Confident in their identity.
- Respectful towards others.
- Responsible in their choices.
- Compassionate in their relationships.
- Hopeful about their future.
- Prepared to contribute positively to society.

4. Statutory and Diocesan Framework

This policy is informed by:

- The revised Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2026).
- Keeping Children Safe in Education.
- The Education Act 1996.
- The Education Act 2002.
- Equality legislation.
- Catholic Education Service guidance.
- Relevant diocesan guidance and policies.

The St. John Paul II MAC recognises the strengthened expectations within the 2026 guidance relating to:

- Safeguarding.
- Curriculum transparency.
- Parental engagement.
- Online safety.
- Age-appropriate content.
- Staff training.
- Curriculum oversight and review.

5. Our Approach to RSHE

RSHE is delivered through a developmental, age-appropriate and faith-centred curriculum.

Teaching is characterised by:

- Positive and respectful language.
- High expectations.
- Scientific accuracy.
- Sensitivity to pupils' developmental needs.
- Inclusion and accessibility.
- Strong safeguarding practice.
- Respectful classroom dialogue.

The curriculum promotes both protection from harm and human flourishing.

While pupils learn about risks, exploitation and unhealthy behaviours, equal emphasis is placed upon:

- Healthy relationships.
- Emotional wellbeing.
- Positive choices.
- Personal responsibility.
- Hope and resilience.
- Human dignity.
- Family life.
- Community participation.



6. Working with Stakeholders

Effective RSHE is built upon strong partnerships.

The MAC is committed to maintaining open communication and meaningful consultation with stakeholders to ensure RSHE provision remains relevant, effective and reflective of our Catholic mission.

7. Curriculum Content

The RSHE curriculum is principally delivered through TenTen Life to the Full Plus, a diocesan-endorsed programme rooted in Catholic teaching.

The programme follows a spiral curriculum model, enabling pupils to revisit key themes through age-appropriate learning as they progress through school.

Learning is structured around the themes:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

Through these themes, pupils develop knowledge, understanding and skills relating to:

Relationships Education

- Families and caring relationships.
- Friendships.
- Respectful relationships.
- Community and belonging.
- Diversity and inclusion.
- Anti-bullying.
- Online relationships.
- Digital citizenship.

Relationships and Sex Education

- Human growth and development.
- Puberty.
- Reproduction.
- Consent and boundaries.
- Healthy intimate relationships.
- Marriage and commitment.
- Parenthood.
- Sexual health.

Health Education

- Mental wellbeing.
- Emotional literacy.
- Physical health.
- Healthy lifestyles.
- Personal safety.
- Online safety.
- Substance misuse awareness.
- Managing risk.

Safeguarding Themes

- Healthy and unhealthy relationships.
- Abuse.
- Exploitation.
- Grooming.
- Coercion.
- Online harms.
- Sextortion.
- Seeking support and reporting concerns.



8. Age-Appropriate Progression Across Key Stages

The St John Paul II MAC recognises that children and young people develop at different rates and that RSHE must be carefully sequenced to reflect pupils' age, maturity, developmental stage and safeguarding needs.

Learning is designed to be age-appropriate, evidence-informed and responsive to the lived experiences of children and young people. Safeguarding priorities and local needs whilst remaining faithful to Catholic teaching.

9. Positive Framing and Language

The St John Paul II MAC believes that RSHE should be rooted in hope and human flourishing.

Teaching seeks to:

- Build confidence.
- Foster self-respect.
- Encourage positive aspirations.
- Promote healthy relationships.
- Develop resilience.
- Nurture empathy.
- Celebrate the dignity of every person.

Our curriculum reflects St John Paul II's conviction that young people are capable of greatness and are called to become "saints for the new millennium."

10. Transparency and Access to Curriculum Resources

The St John Paul II MAC is committed to transparency and partnership with parents and carers. Parents and carers will receive clear information regarding curriculum content, learning objectives and teaching approaches.

Individual schools will make curriculum materials and teaching resources available to parents and carers through appropriate means. These may include curriculum information evenings, workshops, school websites, secure online platforms or direct requests to school leaders. This enables parents and carers to understand what is taught, when it is taught and how learning is delivered.

Schools actively encourage parents and carers to engage with curriculum resources, including those provided through TenTen Life to the Full Plus, so that learning can be reinforced within family life.

11. Roles and Responsibilities

MAC Leaders will :

- Approve the policy.
- Monitor implementation.
- Ensuring statutory compliance.
- Supporting effective resourcing.
- Support parental engagement.
- Uphold Catholic distinctiveness.

Headteachers will:

- Implement the policy.
- Ensure curriculum quality.
- Support staff development.
- Maintain safeguarding standards.

RSHE Leaders will:

- Coordinate curriculum delivery.
- Support staff.
- Review resources.
- Monitor effectiveness.

Staff will:

- Deliver RSHE professionally and sensitively.



- Follow safeguarding procedures.
- Engage in professional development.

12. Parents, Carers and pupils

Parents and carers remain the primary educators of their children and are valued partners in RSHE provision.

Pupils are expected to participate respectfully and contribute positively to learning.

13. Inclusion and SEND

RSHE is for all pupils.

The MAC is committed to ensuring that pupils with SEND can access high-quality RSHE through appropriate adaptations and support.

Every pupil has the right to access learning that promotes wellbeing, dignity and flourishing.

14. Right to Request Withdrawal from Sex Education

Schools will comply with all legal requirements relating to parental requests.

15. Staff Support and Continuing Professional Development

The St John Paul II MAC recognises that effective RSHE depends upon knowledgeable, confident and well-supported staff. All staff involved in RSHE will receive appropriate training and ongoing professional development.

16. Monitoring, Evaluation and Review

The effectiveness of RSHE provision will be monitored through school based monitoring strategies. A yearly RSHE report will be conducted for the Multi Academy Company.

17. Policy Review

This policy will be reviewed every two years, or sooner where required by changes to statutory guidance, diocesan expectations or local circumstances.

The review process will involve consultation with the board of directors, staff, parents, carers and pupils.

As a family of Catholic schools inspired by St John Paul II, we remain committed to helping every child and young person flourish in faith, hope and love. "The future starts today, not tomorrow." St John Paul II.

Through outstanding Relationships, Sex and Health Education, we seek to ensure that every pupil grows in wisdom, dignity, confidence and compassion, becoming the person God created them to be.