



## Relationship and Sex Education

### Intent

At Holy Family we believe that Relationships and Sex Education (RSE) is an integral part of a child's education so they can 'Live life to the full'. We endeavour to ensure RSE is faith sensitive, inclusive and inspiring. Children explore how we are created and loved by God, created to love others and created to live in community. Through RSE our children understand the importance of family life, stable and loving relationships. They understand how to show respect, love and care for others as well as themselves. Our RSE curriculum helps to foster pupil well-being, confidence, self-esteem and develop resilience, values that we know are fundamental to pupils being happy, successful and productive members of society.

### Implementation

At Holy Family we have decided to use the Ten Ten programme to deliver a fully-integrated and holistic programme in Relationship and Sex Education that truly enables children to 'live life to the full' (John 10:10). The programme adopts a spiral curriculum approach so that as a child goes through the programme year after year, the learning will develop and grow, with each stage building on the last. Life to the full is intended to be a partnership between home, School and church.

Through RSE discussions and collective worship we explore and always demonstrate the values of equality, tolerance, honesty, support, respect, empowerment, sensitivity, trust and empathy to ensure a safe and positive place for children to learn. We create the opportunities to teach pupils about positive, emotional and mental wellbeing, including how friendships can support out mental wellbeing.

### Impact

On a daily basis in school and in the community our children demonstrate the values of equality, tolerance, honesty, support, respect, empowerment, sensitivity, trust and empathy. They understand about positive, emotional and mental wellbeing, including how friendships can support out mental wellbeing.