

# **Changes to PSHE and Relationships & Sex Education (RSE) from September 2026**

From September there has been some important updates to the teaching of Personal, Social, Health and Economic (PSHE) education, including Relationships and Sex Education (RSE), which will be implemented in all secondary schools from September 2026. As a Catholic school, our approach to PSHE and RSE is rooted in the teachings of the Church, recognising the dignity of every human person, the importance of family life, and our shared call to love and respect one another.

## **What is PSHE and RSE?**

PSHE education enables students to develop the knowledge, skills and values needed to lead healthy, safe and fulfilling lives. Within a Catholic context, this includes nurturing the whole person—spiritually, morally, socially and emotionally.

Key areas include:

- Physical and mental health and wellbeing
- Healthy, respectful relationships rooted in Gospel values
- Online safety and responsible digital behaviour
- Personal safety and moral decision-making
- Preparation for adult life

## **What is changing?**

The updated guidance strengthens safeguarding and ensures that all teaching is age-appropriate, balanced and consistent with the law. It also supports schools in delivering content that reflects both modern challenges and the moral framework of our Catholic faith.

- Age-appropriate learning at each stage
- Greater focus on safeguarding and online safety
- Teaching about respectful relationships, dignity and consent
- Sensitive topics addressed with care in line with Catholic teaching
- Stronger communication with parents and carers

## **Our school approach**

At our school, PSHE and RSE are delivered in a way that reflects our Catholic ethos. We aim to ensure that all students understand the value of respect, compassion and responsibility, guided by the teachings of Christ and the principles of Catholic Social Teaching.

- Inclusive and respectful of all, recognising the dignity of each person
- Faith-informed, aligned with Catholic values
- Delivered in a safe, supportive environment
- Encourages reflection, discussion and moral understanding
- Supports safeguarding and wellbeing

## **Working in partnership with parents and carers**

We recognise that parents and carers are the first educators of their children. We are committed to working in partnership with you to support your child's development in line with both statutory guidance and our shared faith values.

- Clear information about curriculum content
- Opportunities to review materials
- Support for conversations at home

## **Right to withdraw**

Parents/carers have the right to request withdrawal from certain elements of sex education (but not relationships or health education). If you wish to discuss this, please contact the school.

If you have any questions, please do not hesitate to contact us.