



*'Where the children are at the heart
of everything we do.'*



HEART

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Relationships, Sex and Health Education – Frequently Asked Questions

Understanding RSHE

What is RSHE?

RSHE stands for Relationships, Sex and Health Education. It's about helping children develop the knowledge and skills they need to:

- Build healthy, positive relationships.
- Keep themselves safe (including online)
- Understand their bodies and how they change as they grow.
- Make healthy choices about their wellbeing.

RSHE is **not** about encouraging early sexual activity. It's about giving children age-appropriate information to help them grow into kind, respectful, and healthy adults.

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Why is RSHE being updated?

The government has updated its guidance on RSHE (July 2025), which will become statutory from **September 2026**. This means all primary schools must teach Relationships Education and Health Education. It is important to note that our school's RSHE curriculum content **has not changed**. We're already teaching what the new guidance requires. We're updating our policy to reflect the new guidance and to ensure we're fully compliant.

Is RSHE compulsory?

Yes and no -

Compulsory (you cannot withdraw your child):

- **Relationships Education** – learning about families, friendships, respect, and staying safe
- **Health Education** – learning about mental wellbeing, physical health, puberty, and staying safe online
- **Science curriculum** – biological aspects of human reproduction (part of the National Curriculum)

Not compulsory (you can withdraw your child):

- **Sex Education beyond the Science curriculum** – in Year 6 only, we teach about conception and birth. Parents have the right to withdraw their child from this specific lesson. Parents will receive a letter in advance of this session and they are welcome to attend a parents session to discuss the content which is being taught.

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What Will My Child Learn?

What does my child learn in each year group?

Our RSHE curriculum is carefully sequenced and age-appropriate. Here's a summary:

Early Years & Key Stage 1 (Reception - Year 2):

- What makes them special and unique
- Families and people who care for them
- Making friends and being kind
- Keeping their body safe – Through the NSPCC Pantasaurus scheme
- Understanding feelings
- Basic hygiene and healthy eating

Lower Key Stage 2 (Years 3-4):

- Building positive friendships
- Respecting differences
- Staying safe online
- Understanding stereotypes and bullying
- Healthy lifestyles
- Managing feelings

Upper Key Stage 2 (Years 5-6):

- **Year 5:** Puberty and the changing body (statutory - part of Health Education and Science)
- **Year 6:** How a baby is conceived and born (non-statutory - parents can withdraw)
- Managing complex feelings
- Healthy and unhealthy relationships
- Online safety and peer pressure
- Mental wellbeing

For detailed curriculum coverage by year group, please see our curriculum overview which is attached with the PSHE policy under Appendix 2.

What is taught about puberty?

In **Year 5**, all children learn about:

- Physical and emotional changes during puberty
- The menstrual cycle (periods)
- Personal hygiene
- How to manage feelings during puberty

This is **statutory** and taught as part of Health Education and the Science curriculum. Parents **cannot** withdraw their child from this content.

We teach this sensitively, using age-appropriate language and resources. We also provide support for girls with period products and ensure all children understand this is a normal part of growing up.

What is taught about sex education?

In **Year 6**, we teach one lesson about **how a baby is conceived and born**. This is the only sex education we teach beyond the Science curriculum.

This lesson covers:

- How a baby is made (conception)
- How a baby grows in the womb
- How a baby is born

This is taught factually, sensitively, and age-appropriately. Parents **can** withdraw their child from this lesson if they wish.

Will my child learn about LGBT+ relationships?

Yes, as part of Relationships Education, children learn that:

- Families come in many different forms (including same-sex parents)
- All families should be respected
- Everyone has the right to be treated with respect and dignity

This is taught in an age-appropriate, factual way. We do not promote any particular lifestyle, but we do teach respect for all people, in line with the Equality Act 2010.

How is RSHE Taught?

How is RSHE taught at our school?

RSHE is taught through:

- **PSHE lessons** using the Coram SCARF programme
- **Science lessons** (biological aspects)
- **RE lessons** (some aspects)
- **Stand-alone sessions** in Years 5 and 6, delivered by trained health professionals

Our teaching is:

- **Age-appropriate** – content is carefully matched to children's maturity
- **Participative and interactive** – children discuss scenarios and practise skills in a safe environment
- **Inclusive** – all children, including those with SEND, can access the curriculum
- **Sensitive** – we use techniques like ground rules, distancing techniques, and question boxes

Can I see what my child will be taught?

Yes, absolutely. We are committed to being transparent with parents.

You can:

- View our full RSHE policy on our school website
- See curriculum overviews for each year group
- Request to see any teaching materials or resources
- Attend parent information sessions (like the one on Monday 6 July)
- Speak to your child's class teacher or a member of the Senior Leadership Team

We will also notify you in advance when specific RSHE topics (particularly sex education in Year 6) will be taught.

Who teaches RSHE?

RSHE is taught by:

- **Class teachers** – who know your child well and are trained to deliver RSHE sensitively
- **Trained health professionals** – who deliver some sessions in Years 5 and 6 (e.g., school nurses)

All staff are trained in safeguarding and know how to respond if a child makes a disclosure.

Your Rights as a Parent

Can I withdraw my child from RSHE?

You **can** withdraw your child from:

- **Year 6 sex education lesson only** (how a baby is conceived and born)

You **cannot** withdraw your child from:

- Relationships Education (statutory)
- Health Education, including puberty (statutory)
- Science curriculum content (statutory)

If you wish to withdraw your child from the Year 6 sex education lesson:

- Put your request in writing to the headteacher (a form is available in Appendix 3 of our policy or from the school office)
- Arrange a meeting with the headteacher to discuss your request

At the meeting, we will:

- Discuss your concerns
- Explain what will be taught and how
- Explore alternative ways to address your concerns
- Discuss the benefits of your child learning alongside their peers

If your request is granted:

- Your child will be withdrawn from the specific sex education lesson only
- Your child will be given appropriate alternative work
- You will be responsible for providing your child with age-appropriate sex education

How can I support my child's learning at home?

You can support your child by:

- **Talking openly** about friendships, feelings, and growing up
- **Using correct terminology** for body parts
- **Answering questions honestly** and age-appropriately
- **Reinforcing school messages** about respect, kindness, and staying safe
- **Being positive** about RSHE – children pick up on parental attitudes

We will provide you with:

- Information about what your child will be learning
- Suggestions for conversations at home

- Resources and support if you need it

Safeguarding

What if my child asks a question the teacher can't answer?

If a child asks a question that:

- Goes beyond the RSHE curriculum, or
- Relates to sex education from which they've been withdrawn

The teacher will:

- Support the child by suggesting they speak to their parents or a trusted adult
- Signpost to appropriate support services if needed
- Recognise that unanswered questions might lead children to seek information online

Teachers receive training on how to handle difficult questions sensitively.

What if my child makes a disclosure during an RSHE lesson?

RSHE lessons may lead to disclosures about abuse or neglect. All staff are trained to:

- Listen carefully to the child
- **Not** promise confidentiality if the child or another child is at risk
- Follow our Child Protection and Safeguarding Policy
- Report concerns to the Designated Safeguarding Lead immediately

Children are told at the start of RSHE lessons that if they disclose something that suggests they or another child is at risk, the teacher has a duty to pass this information on.

Still Have Questions?

Who can I speak to if I have concerns or questions?

We're here to help! You can:

- Speak to a member of the Senior Leadership Team at Parents' Evening.
- **Contact the school office** to arrange a meeting with:
- Your child's class teacher
- RSHE Co-ordinator
- Headteacher

View our full RSHE policy: Available on our website or from the school office

Key Messages

- RSHE is about keeping children safe and helping them grow into healthy, respectful adults
- Our curriculum content has not changed – we're updating our policy to meet new government guidance
- All teaching is age-appropriate, sensitive, and inclusive
- You can see all teaching materials and resources
- You can withdraw your child from Year 6 sex education only
- We're here to support you and your child

Date: June 2026

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