

Understanding Relationships and Sex and Health Education in Your Child's Primary School



A Guide for Parents – Updated Curriculum from September 2026

Dear Parents,

Starting in September 2026, a new, updated statutory curriculum for Relationships and Sex and Health Education (RSHE) will be implemented in all primary schools across England. This guide aims to provide you with a clear and concise overview of what this means for your child and your involvement as a parent.

The updated curriculum ensures that all children receive age-appropriate education to help them build positive relationships, understand their bodies and minds, and stay safe in an ever-changing world. We believe that working together is key to supporting your child's development.



Key Learning Areas for Your Child

Relationships Education

This section focuses on building a strong foundation for social and emotional development. Key topics include:

- **Families:** Understanding that families come in all shapes and sizes and that everyone is important.
- **Friendships:** Learning how to make and be a good friend, understanding the qualities of a good friendship.
- **Respectful Relationships:** Teaching children to treat others with kindness, empathy, and respect, regardless of differences.
- **Online Safety: Crucially,** equipping children with the knowledge to stay safe and behave responsibly online.
- **Being Safe:** Understanding personal safety, including who to talk to if they feel unsafe or worried.

Health Education

This vital area supports children's physical and mental wellbeing. Key topics include:

- **Mental Wellbeing:** Understanding and managing emotions, developing resilience.
- **Internet Safety:** Reinforcing safe and responsible online behaviour.
- **Developing Bodies:** Learning about how bodies grow and change.
- **Puberty (from age 8):** Introducing the basics of puberty in an age-appropriate manner.
- **Physical Health:** Understanding the importance of exercise and staying active.
- **Healthy Eating:** Learning about the benefits of a balanced diet.
- **Drugs, Alcohol and Vaping:** Age-appropriate information about the risks associated with these substances.
- **First Aid:** Basic knowledge of how to help in a minor emergency.
- **Coping with Change:** Developing strategies to manage life's transitions and challenges.

Your Rights and How We Collaborate

We are committed to working in partnership with you. Here's what you need to know:

- **Transparency:** Schools are required to make information about the curriculum and how it is taught readily available. Please check our school website or ask at the office for our RHE policy.
- **Collaboration:** We believe your input is invaluable. We will inform you about the content of the RHE curriculum and will provide opportunities for you to discuss it with us.
- **Right to Withdraw:** Parents have the right to request that their child be withdrawn from **Relationships Education** lessons. However, **Health Education** is compulsory and no withdrawal is permitted. If you wish to withdraw your child from Relationships Education, please contact the school in writing to discuss this further.
- **Contact Us:** Your questions and feedback are important. Please do not hesitate to contact the school office to speak with your child's teacher or the RHE coordinator if you have any concerns or require further clarification.

Together, we can ensure our children grow up healthy, happy, and safe.