



seeat
SOUTH EAST ESSEX ACADEMY TRUST

Parent Information Afternoon:

How we will follow the new statutory guidance for teaching Relationships and Sex Education (RSHE)

- First for pupils • First for parents • First for staff

Agenda

Overview of RSHE (Relationship, Sex and Health Education)- DFE guidance

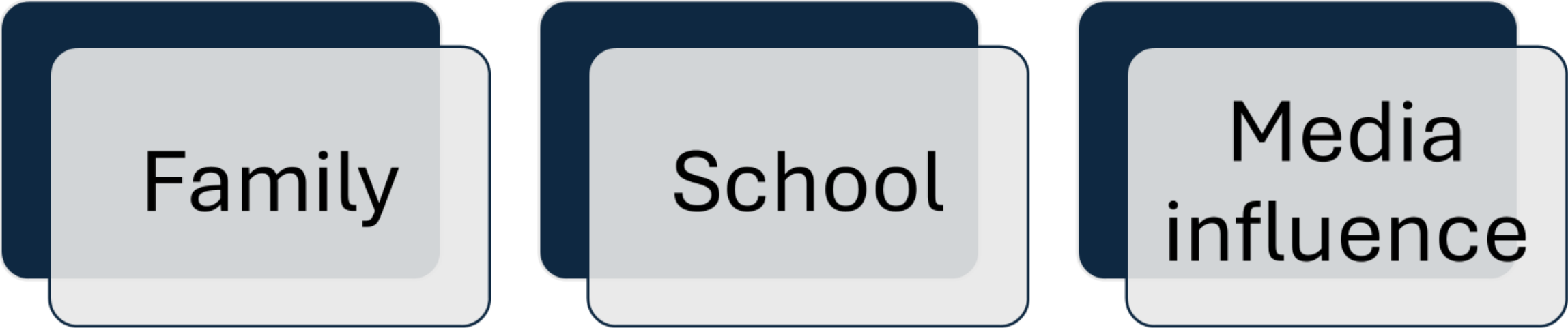
What the guidance means for you as parents

RSHE lesson content at our school

How we manage questions for students

Any questions from parents

How do children learn about relationships today?



Family

School

Media
influence

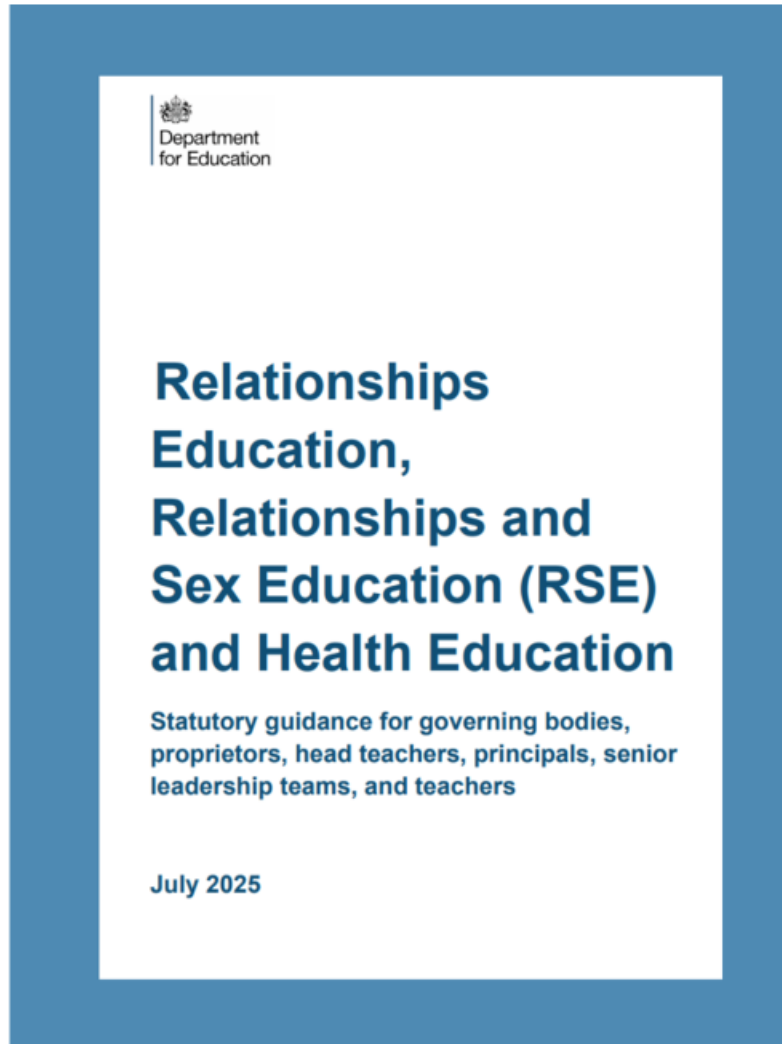
In our RSHE lessons...

Safeguarding-age appropriate content, accurate information

Environment -safe and supportive, a place to ask questions, a place to address common issues and discuss worries, the chance to see and celebrate what healthy and happy relationships look like

Knowledge- to recognise when relationships are not healthy, how to find out more, where to go for help

Statutory in September 2026



Curriculum Content

1. Relationships and Sex Education

Curriculum Content

2: Health and Wellbeing Education

‘RSE should provide young people with the information they need to develop healthy, safe and nurturing relationships of all kinds.

- The main takeaways are for children to be able to develop healthy relationships and recognise when a relationship is not healthy.
- We explain this to our children in an age-appropriate way for the level they need as we gradually prepare them for life in the wider world.

Relationships Example:

KS1: to reflect on the similarities and differences between people

LKS2: To understand the term diversity and appreciate diversity within school

UKS2: To learn about racial discrimination and its impact on societies past and present

Key changes under the new guidance.



Sex education content now starts in Year 5 (removed from Year 4)



Reduced overlap between statutory Health and non-statutory Sex Education



Puberty content restructured for gentler progression

Updated graphics for reproductive systems



NEW personal hygiene content

NEW Unique Me content for Ages 8-9

At RPS we have our key puberty objectives mapped out in year 5 and 6.

Understanding our bodies and personal hygiene objectives are tracked across the school.

What does age-appropriate look like?

Reflecting the learners' interest

Appropriate to physical/emotional age

Delivered in a way which encourages maturity

Building on previous learning

In line with law, responsibilities and rights

Enough detail

Pre-empting physical developments

Early enough so the learner is prepared

Responsive to learners' questions

Affording dignity to the fact they have asked

Not more detail than the child needs at the time

Health and Wellbeing Content

General wellbeing

Physical health and fitness

Wellbeing online

Healthy eating

Drugs, alcohol, tobacco and vaping

Health protection and prevention

Personal safety

Basic first aid

Developing bodies

Health and Wellbeing Content

The aim of teaching around this topic is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed.

Statutory Content Relationships

Families and
people who
care for me

Caring
friendships

Online Safety
and
awareness

Being Safe

Respectful,
kind
relationships



The 2025 RSHE guidance maintains a clear distinction between primary and secondary education, ensuring that content is age-appropriate and builds upon previous learning.

While primary education lays the groundwork for understanding relationships and personal safety, secondary education delves deeper into complex issues such as consent, online risks, and mental health.

This progression supports students in developing the knowledge and skills necessary to navigate relationships safely and respectfully.

Accessing Materials

- Our key resources used in upper KS2 are made available via links to parents of those year groups when we are approaching teaching them – this gives parents the opportunity to review the materials ahead of time and supports them to have those important conversations with their children.
- Our 3D PSHE overviews are available on the school website to access the objectives taught at each stage
- Our RSE objectives are also outlined as an appendix on our school website so you can see which lessons are taught at which stage in which year group.

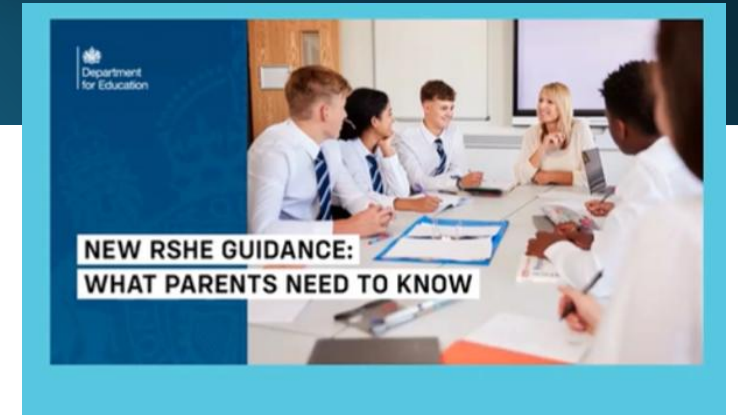
In English primary schools, you do not have the right to withdraw your child from Relationships Education or Health Education.

However, you do have the legal right to request to withdraw your child from any standalone sex education lessons taught outside of the statutory National Curriculum for science.

**Right to
Withdraw**

What does this mean for parents?

- We will create a safe space where students engage in meaningful discussion
- We will ensure teaching remains age appropriate
- Building on positive early relationships forms the foundation for understanding respect and kindness in relationships
- Children will learn how to stay safe and how to ask for help if they need it
- We will provide skilled delivery which will support and not alarm students
- We will provide you with access to all materials and talk with you about any concerns you have



Our Curriculum

Our Curriculum Resources:

- Our RSE curriculum is taught through 3D PSHE resources, in the form of lesson plans and additional resources.
- The upper key stage 2 elements are supplemented with Medway resources through the PSHE Association, primarily for puberty topics including changing bodies and menstruation.
- The Medway resources feature powerpoints and video clips to support learning.
- We also use additional resources within our computing lessons to support the children's learning of online relationships.
- Additionally, resources from the PSHE Association are used to supplement and enhance learning related to current online safety issues.
- Our full RSE curriculum is available as an appendix in our RSE policy – outlining what is covered in each year group.

Concerns about Wellbeing



Any concerns about a child's wellbeing would lead to the teacher consulting with the school designated safeguarding lead.

We will respect the confidentiality of children at all times, unless there is a safeguarding concern.

We will answer questions based on the statutory content of the curriculum. If a child's question goes beyond this we would direct them to discuss their questions with trusted adults at home.

If a question raised is relevant to share with parents, then we will do so.



Questions and Close