

St Margaret's C of E Primary

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Created to Shine

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Summary of RSHE Curriculum Changes (September 2026)

From September 2026, schools across the country will introduce updated Relationships, Health and Sex Education (RSHE) guidance. At St Margaret's C of E Primary School we have reviewed our curriculum to ensure it remains age-appropriate, clear, and supportive of children's wellbeing and personal development.

Below is an easy-to-read overview of what is changing and what it means for your child. RSHE is taught through PSHE (Personal, Social and Health Education) lessons or circle time.

The benefits of RSHE teaching

RSHE supports pupils to:

- * Build positive, respectful relationships.
 - * Understand how to stay safe, including online.
 - * Develop knowledge and habits that support health and wellbeing.
 - * Understand change and growing up in an age-appropriate way.
 - * Prepare for the opportunities and responsibilities of later life
- RSHE supports pupils' wellbeing, safety and personal development.

Teaching RSHE is a legal requirement

- * Relationships Education is statutory in all primary schools.
- * Health Education is statutory in all primary schools.
- * Puberty is taught through both the statutory Health Education and the Science curriculum.
- * Human reproduction is taught through the statutory Science curriculum.
- * Any additional sex education in primary is a school choice and is not statutory (this is taught in year six and parents can withdraw their child from this)

What is new or updated?

There is a heavier emphasis on life skills, online safety, safeguarding, and specific, contemporary risks. Below is a list of the new changes which have been brought in which will be taught while your child is at our School. These elements will be taught at an age appropriate way.

- * Managing feelings in the context of relationships
- * Increased focus on managing relationships and communicating within them
- * Increased focus on online risks, access to managing appropriate content
- * Online protection e.g. age restrictions, privacy settings and location settings on apps
- * More explicit focus on personal boundaries and privacy

- * More explicit focus on asking for help with concerns about violence and harm
- * More consistent messages about seeking help and who to trust
- * Media literacy increased – taking critical approach to content
- * Explicit focus on scams, fraud and video game monetisation
- * Personal safety
- * Facts and risks associated with vaping and also nicotine addition
- * More focus on managing change, loss and bereavement
- * Clearer expectations regarding puberty and correct names of body parts

What remains the same?

- * Parents will continue to be informed about what is being taught and when (through our half termly curriculum booklets).
- * Parents can view the RSHE policy and curriculum maps on our website or request a paper copy
- * Parents have the right to view resources before they are used. We will inform you before we teach any lessons in our 'Growing up' unit or the year six optional unit of 'Sex Education'. You have the right to request to withdraw your child from non-statutory sex education lessons. You cannot withdraw your child from statutory Relationships Education, Health Education or science learning, including puberty content. Schools are required by law to teach this content. More information about this can be found in our RSHE school policy on our website.
- * Our commitment to teaching RSHE in a safe, respectful and age-appropriate way remains unchanged.
- * The curriculum continues to focus on helping children understand themselves, respect others and stay safe.

How will lessons be taught?

- * Lessons will continue to be sensitive, inclusive and age-appropriate.
- * Materials will be adapted to suit the needs of pupils at different ages and stages.
- * Children will be taught in a safe, respectful environment where questions are handled carefully.

How can parents get involved?

We want to work in partnership with you. Thank you to all those parents who previously completed our questionnaire in May and gave your views.

Parents are now invited to:

- * Review our draft RSHE policy www.stmargaretsprimary.org.uk/page/?title=Policies&pid=9 **RSHE and Curriculum Maps** www.stmargaretsprimary.org.uk/page/?title=RSHE&pid=29 **RSHE PSHE Route Map 2026**
- * Share their views by emailing the school office school@stmargaretsprimary.org.uk

Your feedback will help us ensure the curriculum supports all families.

Thank you for your support,

Paula Bray