



Relationships, Sex and Health Education (RSHE) Consultation Meeting

June 2026

PSHE/RSHE Lead – Mrs. Ahmed



RHE Curriculum

Claycots' School Vision

At Claycots we believe in excellence and we want the very best future for every child.

We want children to leave our school ready to overcome challenges, lead fulfilling lives and make a positive contribution to society.



RHE Curriculum

Claycots' Mission

Learning is at the heart of all that we do and through high expectations and an innovative curriculum, we ensure that all children achieve, build resilience and develop creativity in a safe and stimulating environment.





Session Outline

1. DfE RSHE Guidance (2025)
2. What the guidance means for parents and carers
3. How we support parents
4. RSHE lessons (PSHE Association resources)
5. Reviewing resources and giving feedback

Have a think!



Where and when did you learn about different types of relationships?



Where and when did you learn about puberty?



Who or what influenced you?

Where do children today learn about Relationships?

Family

School

The internet

The media

DfE Guidance (2025)

What do schools have to teach?

For primary school, the guidance is split into 2 main sections:

- Relationships Education (with further guidance on Sex Education)
- Health and Wellbeing Education

Becomes statutory in September 2026



Department
for Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, and teachers

July 2025



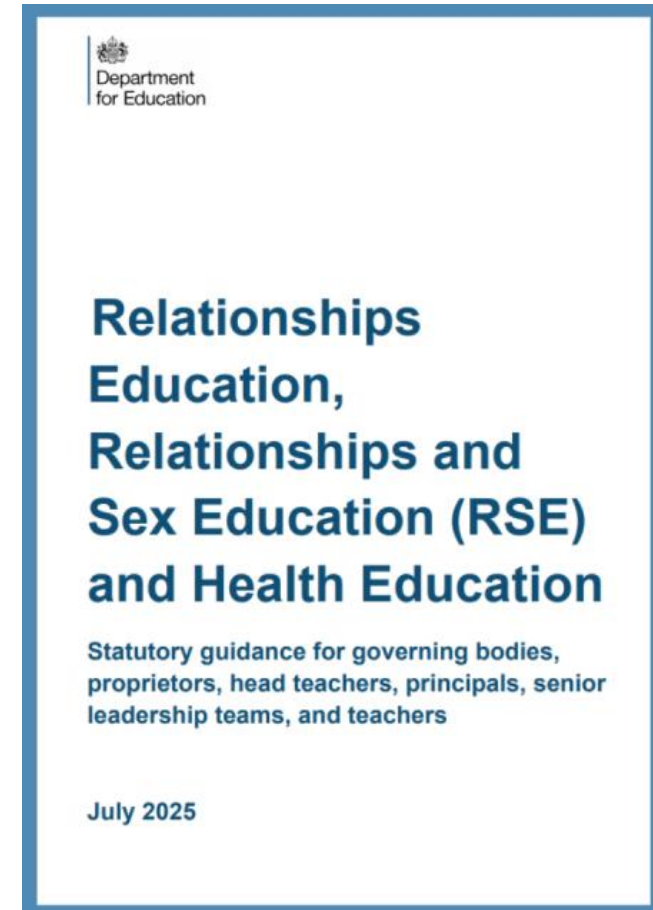
RHE Curriculum

‘The focus for primary relationship education should be on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their educations to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.’

(Guidance para 24)

Statutory Relationships content

- ✓ Families and people who care for me
- ✓ Caring friendships
- ✓ Respectful, kind relationships
- ✓ Online safety and awareness
- ✓ Being Safe
- ✓ Sex Education (non-statutory)



Statutory Relationships content

'Primary relationships education should be anchored in an understanding of positive relationships but should also equip children to keep themselves and others safe, and to recognise and report risks and abuse, including online'

(Guidance para 27)

'Building children's understanding and skills at primary is essential for preparing them for more complex content at secondary.'

Guidance para 25)



Sex Education in Primary Schools

Sex education is learning about human reproduction. It is defined as those lessons covering sexual intercourse, conception, the stages of pregnancy and birth. It includes the impact of having a baby as well as the physical facts.

Sex education is **not** learning about different sexual activity.

Your right to Withdraw

Parents/ carers can withdraw their child(ren) from sex education lessons delivered as part of RSHE.

Parents/ carers cannot withdraw their child(ren) from any other relationships or health and wellbeing lessons.



Accessing Materials

Parent/carers can request to see all materials taught to their child(ren) in RSHE. These can be emailed to parents upon request.

If you want to discuss withdrawing your child(ren) from sex education lessons, then you can make an appointment to discuss this with the school.

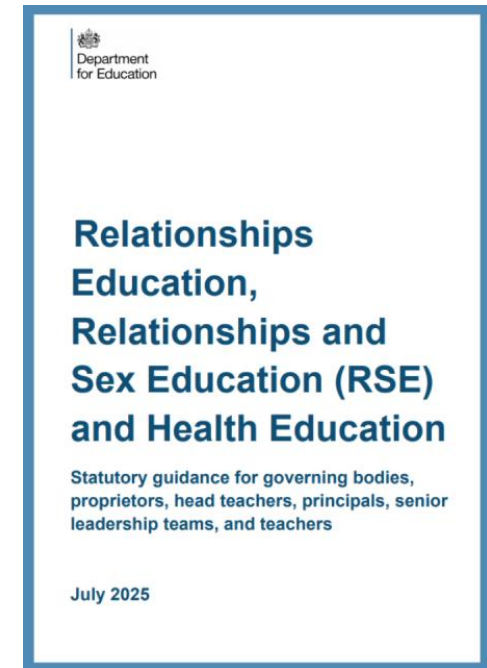
Protected characteristics

Our curriculum will continue to reflect and celebrate difference in our communities and comply with relevant provisions of the Equality Act 2010.

Religion and Belief

'RSHE should be sensitive to the religious backgrounds of pupils.' (Guidance para 73)

'... Schools should be clear when they are delivering content that reflects religious belief.' (Guidance para 74)

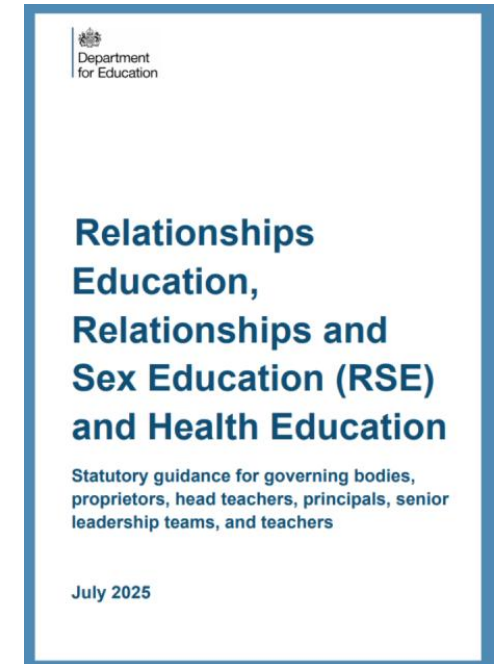


Protected characteristics

LGBT

‘Pupils should understand the importance of equality and respect throughout their education.’ (Guidance para 67)

*‘We strongly encourage primary schools to teach about healthy loving relationships and to include same-sex parents along with other family arrangements when discussing families..’
(Guidance para 68)*





Gender Questioning children

Gender Questioning children

We are currently waiting for guidance to be released specifically about supporting children who may be questioning their gender.

However, there are **no specific lesson requirements** to cover this in the current primary curriculum.

 Department
for Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

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proprietors, head teachers, principals, senior
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RHE Curriculum

How we deliver the RHE curriculum at Claycots





RHE Curriculum

How can you find out more about what is included in our RHE curriculum?

The overview will be uploaded on the school's website.

PSHE education | Long-term overview

Claycots Primary School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making Friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Safety outside the home	Money and work	Me, my body and staying safe	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Safe connections online	Respecting boundaries	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Developing our AI literacy	Drug education: assessing risk and managing influences	Changes in puberty (and sex education)	Looking to the future



RHE Curriculum

PSHE education | Medium-term planning

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing</p> <p>This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.</p> <p>Foundations for Wellbeing – Y6 L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress</p> <p>Change, loss and grief – Y5-6</p>	<p>Managing money and online spending</p> <p>This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.</p> <p>Money and wellbeing – Y6 L1: Money and emotional wellbeing L2: Being a critical consumer</p> <p>Exploring risk in relation to gambling – KS2 L3: Chancing it!</p> <p>Online financial harms – Y6</p>	<p>Developing our AI literacy</p> <p>This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.</p> <p>COMING SOON Understanding AI: Rights, safety and wellbeing lessons</p> <p>L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot?</p> <p>Home office – Digital deception: Understanding deepfakes</p>	<p>Drug education: assessing risk and managing influences</p> <p>This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.</p> <p>Drug education – Y5-6 L1: Medicines L2: Legal and illegal drugs L3: Influences and pressure L4: Tobacco, vaping and alcohol in the media</p>	<p>Changes in puberty (and sex education*)</p> <p>This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.</p> <p>Medway: Changing and growing up – Y6 L1: Puberty recap L2: Puberty – change and becoming independent L3: Positive, healthy relationships L4: How a baby is made* *The parental right to withdraw applies to sex education.</p>	<p>Looking to the future</p> <p>This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.</p> <p>The Careers and Enterprise Company: Careers explorers – KS2 L1: Job skills L2: Choosing a career L3: Career routes</p> <p>Embracing change and new challenges – Y6 L1: Moving to secondary school</p>



RHE Curriculum

PSHE education | Medium-term planning

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Friendships, stereotypes & bullying</p> <p>This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.</p> <p>Friendship and bullying – Y5-6 L1: Including others L2: Positive and respectful friendships L3: Bullying and its impact</p> <p>Belonging and community L4: Challenging stereotypes L5: Addressing extremism</p>	<p>Mental health and wellbeing</p> <p>This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.</p> <p>Foundations for Wellbeing – Y5 L1: Noticing and naming emotions L2: Directing attention and managing distractions L3: Changing thinking habits L4: Rumination and worry L5: Managing reactivity</p>	<p>Positively engaging with our world</p> <p>This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.</p> <p>Guardian Foundation: NewsWise – ages 9-11 L1: Managing feelings about the news L2: Spotting fake news L3: Understanding that news is targeted</p> <p>UCL: Climate change - empathy and agency – KS2 L4: Connecting with nature L5: Everyday actions L6: Doing it together</p>	<p>Respecting boundaries</p> <p>This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.</p> <p>Consent – KS2 L1: Giving and seeking permission L2: Personal boundaries L3: Appropriate and inappropriate touch</p> <p>NSPCC: Talk PANTS – ages 9-11 L4: How can the PANTS rule help us?</p> <p>Female genital mutilation – Y5-6 L1: Keeping safe – FGM</p>	<p>Safe connections</p> <p>This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.</p> <p>CEOP: Play, like, share – ages 8-10 L1: Block him right good, Alfie! L2: Who’s Magnus? L3: They have fans, we have friends!</p> <p>CEOP: Connect – Y5-6 L4: Respectful relationships L5: Socialising online</p> <p>NCA: L6: Making the right</p>	<p>Embedding healthy habits and learning first aid</p> <p>This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.</p> <p>Melanoma Fund: Sunguarding schools – KS2 Sure: Breaking limits – KS2 L1: Confident mover L2: Team player L3: Goal setter</p> <p>St John’s Ambulance: First aid – KS2 L4: Asthma L9: Head injuries</p>

PSHE Association resources

Summer Term

Spot the difference



The baby's genitals are different.

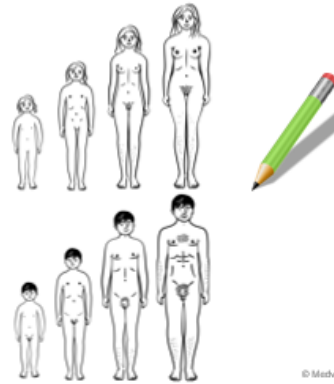
Do you know any scientific names for male and female genitals?

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Year 2

Body changes

Write down the changes between the bodies before and after puberty, including any others you know about.



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Year 4

Video available on YouTube



What is a Wet Dream?

1.7m views · 8 years ago ...more



AMAZE Org 316k

Subscribe

These resources are available to parents/carers by email upon request.

Dealing with difficult topics / questions

Depending on the situation,
**we may encourage the pupil
to speak with a parent, carer,
or trusted adult.**

Our priority is always to
support the child.



Signposting support

If you have any questions or worries about menstruation or wet dreams, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



Working in partnership

- Feedback form

RSHE Consultation Meeting – Parent Feedback Form

Parent Details

Name: _____

Contact Number: _____

Child's Year Group: _____

1. Understanding & Confidence

How confident do you feel about your understanding of RSHE at our school?

Very confident Confident Somewhat confident Not confident

Do you feel more informed about how RSHE is taught in school?

Yes No Not sure

2. Suggested Changes

Do you have any suggestions for changes or improvements to the RSHE curriculum, lesson content, or the way it is delivered?

Year Group: _____

Lesson/Topic: _____

Suggested Change(s) or Improvement(s): _____

3. Further Comments

Do you have any additional comments or suggestions? |

Thank you for your feedback.

