



PSHE (Personal, Social, Health & Economic) & Relationships Education Update

Parent & Carer Information Pack

Summer Term 2026

Relationships & Health Education Statutory Guidance

- The initial government DfE (Department for Education) statutory guidance on Relationships & Health Education was published in July 2019, implemented in April 2021 (due to the pandemic) & has since been updated in July 2025 for implementation in September 2026
- The primary phase statutory guidance document outlines the content for each subject under broad headings, please follow this link for more details <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>
- The decision of how & when the statutory topics should be taught is allocated to individual schools, but the content is compulsory for all primary schools
- Therefore, the statutory changes to Relationships & Health Education will continue to be planned into our scheme of work at an age-appropriate level
- The content of the revised statutory requirements will be taught to all those receiving primary education in state funded schools from September 2026
- At our school we have not opted to teach additional sex education the statutory elements of the relationships & health education guidance have been outlined in our PSHE (Personal, Social, Health & Economic) Education & Relationships Education policies & curriculum since April 2021 & updated in July 2026

Revised Statutory Guidance Overview

From **September 2026**, all primary schools must implement the Department for Education updated statutory RSHE (Relationships, Sex, & Health Education) guidance. Key changes include explicit mandates for correct anatomical terminology, new preventative lessons on vaping & nicotine addiction, mental health, personal safety lessons & requirements to teach about diverse family structures. There are specific expectations to be taught at an age-appropriate level & they are split into primary & secondary requirements for this purpose:

The updated statutory curriculum framework requires **primary schools** to adjust content in the following ways if not in place already:

- ▶ **Anatomical Terminology:** Schools are required to use the correct terminology for body parts, including genitalia, to aid in safeguarding & identifying abuse
- ▶ **Digital & Online Harms:** There is an increased focus on digital safety, including age restrictions for online platforms, privacy & how to deal with inappropriate requests from others (sharing nude images)
- ▶ **Personal Safety:** Rail, road & water safety
- ▶ **Health & Wellbeing:** Teaching requirements include new content on the dangers of vaping & nicotine addiction, additionally, topics such as grief, loss, & bereavement are now included
- ▶ **Relationships Education:** Primary schools are strongly encouraged to include & acknowledge same-sex parents & various family arrangements (single parents, carer arrangements) when discussing families in relationships education lessons to avoid any stigmatisation of children & ensure all children know, understand respect that not all families are the same (see the relationships policy for further details)
- ▶ **Sex Education:** While sex education remains non-compulsory in primary schools, the government recommends that any sex education be taught in Y5 &/or Y6
- ▶ **Parental Engagement:** Schools must ensure all RSHE materials are accessible to parents & carers upon request (there is also an annual meeting for parents & carers to attend ahead of the puberty lessons – now in Y5 & 6 to view the materials used, an invite letter is sent out every spring term)

The updated policies that reflect the revised statutory requirements have been approved by Governors & are available on the school website via the link below, the amendments linked to the compulsory changes on the original policies are highlighted in green for ease of reference.

Sex Education

- The statutory requirements state that Sex Education does not have to be taught at primary level (beyond what must be taught in the National Curriculum science programme of study). Primary schools may choose to teach sex education that goes beyond the existing, statutory National Curriculum 2014 programme of study for science.
- At our school we have chosen not to teach any sex education in addition to that already being taught in the curriculum for science. Parents & carers should be aware the science teaching content is statutory & is taught in the spring & summer terms in Y5. Please see the table below for details of the compulsory science curriculum (Science Programmes of Study, National Curriculum 2014) & the curriculum overviews on the school website also provide more information if required.

Year 5 Spring 2	Living things & their habitats
	<i>'Pupils should be taught to describe the life process of reproduction in some plants & animals. Pupils should find out about different types of reproduction, including sexual & asexual reproduction in plants, & sexual reproduction in animals.'</i>
Year 5 Summer 2	Human Growth
	<i>'Pupils should be taught to describe the changes as humans develop to old age. Pupils should draw a timeline to indicate stages in the growth & development of humans. They should learn about the changes experienced in puberty. Pupils could work scientifically by researching the gestation periods of other animals & humans; by finding out & recording the length & mass of a baby as it grows.'</i>

Health Education & Puberty

- At our school we have always provided annual puberty talks in Y5 & 6 ~ the difference is that in the past (prior to 2021) these sessions were optional so parents & carers could withdraw their children if they wished but this is no longer possible
- The topic: 'Developing Bodies' is part of the statutory DfE Health Education guidance (Updated July 2025) & therefore is not an optional part of the curriculum
- From April 2021 parents & carers have not be able to request to withdraw their child from any aspect of Health or Relationships Education teaching under the revised statutory guidance & this continues to be the case
- Compulsory annual puberty talks have taken place in Y5 & 6 for every child since September 2021
- Annual puberty talks take place in Y5 & Y6 in the spring terms to ensure that the children are well informed before the onset of puberty as this is happening earlier for children than previously

Health Education – anatomical terminology

Changes to the statutory guidance include specific anatomical terminology. Schools are now required to use the correct terminology for body parts in related lessons, including genitalia, to aid in safeguarding & identifying abuse

Content to be covered by the end of primary school	Content covered in Year 2 (body parts lesson)	Content covered in Year 5 & 6 (in puberty lessons)
penis, vulva, vagina, testicles, scrotum & nipples	penis, vagina, & nipples	penis, vulva, vagina, testicles, scrotum & nipples

Health Education External Partners

In connection with the expectations of the statutory guidance, the following sessions are delivered by external partners to support the school to fulfil our legal obligations:

- **Y5 & 6 Puberty Lessons** - a Health Development Worker will deliver annual, age-appropriate puberty lessons in Y5 & 6
- **NSPCC - 'Speak Out, Stay Safe' annual assemblies** - delivered by class teachers or representatives from the NSPCC annually

The full details of the content of the lessons detailed above are part of the PSHE & Relationships Education policies.

- **Additional support from external agencies - Crucial Crew, Fire Brigade (Heart Start), St John's Ambulance, Oral Health Team ,Dental Hygiene Nurse etc.**

PSHE Education & Relationships Education Teaching Framework

8

The strands of the framework for the programme of study for PSHE & Relationships Education are progressive & age-appropriate

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self Regulation: My feelings	Building Relationships: Special relationships	Managing Self: Taking on challenges	Self-regulation: Listening & following instructions	Building Relationships: My family & friends	Managing Self: My wellbeing Speak Out, Stay Safe NSPCC
Y1	My Healthy Self: How can we look after our emotions?	Connecting with others: How can I keep myself & others feel happy & safe?	The Online World: How do we spend time online?	Citizenship: How can I help others & the environment?	Health Protection: How can I protect myself & others in daily life?	Staying Safe: How can I stay safe? Speak Out, Stay Safe NSPCC
Y2	My Healthy Self: How can we look after our bodies?	Connecting with others: How can I build safe, kind & caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community & earn money?	Growing up: How can we look after & respect our bodies as we grow?	Staying safe: How can I make safe choices in different places? Speak Out, Stay Safe NSPCC
Y3	My Healthy Self: How can I take care of my mind & body?	Connecting with others: What helps us feel safe & included?	The online world: How should we communicate online?	Citizenship 1: What rights & responsibility do we have?	Health protection: How can we prevent illness & injury & respond if they happen?	Citizenship 2; What careers do people choose & why? Speak Out, Stay Safe NSPCC
Y4	Citizenship: How can I spend my money wisely?	Connecting with others: How can we respect each other?	Wellbeing online	The online world: How can we decide what to trust online?	My healthy self: How can I make healthy choices?	Staying safe: What signs help me recognize what is safe or unsafe? Speak Out, Stay Safe NSPCC
Y5	Citizenship: How can we be in control of our money?	Connecting with others: Why are healthy relationships important? Healthy Relationships Workshops	Growing up: How will my body & emotions change as I grow up? Health Development Worker Puberty Lessons	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities & beyond?	My healthy self: How can I support my mind & body as I grow? Speak Out, Stay Safe NSPCC
Y6	My Healthy Self: How do my choices today shape my future wellbeing?	Connecting with others: What does it mean to stand up for myself & others? Healthy Relationships Workshops	Growing up: How can I manage the changes to my body & emotions as I grow up? Health Development Worker Puberty Lessons	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	The online world: How do I feel about the things I see online? Speak Out, Stay Safe NSPCC

Governing Board Responsibilities

Finally, the statutory guidance also details the duty of the Governing Board, to make sure that the board has approved these policies, Governors are also expected to ensure that:

- ▶ The Governor approved revised school policies for PSHE Education & Relationships Education in response to the changes in the statutory guidance are available on the school website & are reviewed regularly (annually)
- ▶ Clear information has been provided for parents & carers, with regards to the revised programme of study for PSHE & Relationships Education via the website
- ▶ No child is permitted to be withdrawn from PSHE Education & Relationships Education lessons
- ▶ PSHE Education & Relationships Education, as taught at our school, fulfils its legal, statutory obligations

Governing Board Responsibilities (continued)

- ▶ PSHE & Relationships Education is adequately resourced, well-led & effectively managed, providing high-quality, carefully planned lessons from teachers or approved partners who keep abreast of the latest developments in pedagogy & technology to support the subject
- ▶ PSHE & Relationships Education is delivered in a way that is accessible for all learners with SEND or those learning English as a new language or at the early stages of language acquisition so that all learners can make progress in achieving expected educational outcomes
- ▶ PSHE & Relationships Education is delivered by teachers or external partners with a sound knowledge & awareness of the relevant provisions of the Equality Act 2010

The Governing Board at Brandwood Community School is committed to fulfilling their duties & are fully supportive of the approach of the school with regards to PSHE Education & Relationships Education & has been involved at each stage of development. If any parent or carer would like to discuss any of the information provided, they can contact the school on 01204 333444 & ask to speak to a member of the Senior Leadership Team.