



Kapow Primary RSE

Parents and carers' consultation for RSE
curriculum from September 2026



Purpose of the Consultation

To:

- Share what will be taught in PSHE / RSE lessons.
- Explain why this learning is important
- Explain how the content is taught in an age-appropriate way.
- View resources

What is RSHE?

Relationship

Sex

Health

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

Benefits of RSHE teaching

It supports pupils to:

- Build positive, respectful relationships
- Understand how to stay safe, including online
- Develop knowledge and habits to support health and wellbeing.
- Understand change and growing up in an age-appropriate way.
- Prepare for opportunities and responsibilities of later life.



Legal Requirements

- Relationship Education & Health Education is statutory in all primary schools.
- Puberty is taught through both the Health Education and Science Curriculum
- Human reproduction is taught through the statutory Science Curriculum.
- Sex Education is a school choice.

Statutory Relationships education covers:

Families and people who care for me

- Families can look very different.
- Families should offer love, security and stability.

Online safety and awareness

- The importance of being respectful online.
- Online risks.
- How to critically evaluate relationships and information online.

Caring friendships

- The characteristics of healthy friendships.
- Conflict resolution skills.
- How to get support with friendships.

Being safe

- Inappropriate or unsafe contact.
- Recognising who to trust.
- How to report abuse.

Respectful, kind relationships

- Setting, asserting and respecting healthy boundaries.
- That they should expect to be treated with respect and treat others with respect.
- To recognise bullying behaviours.
- Respecting those who are different and challenging stereotypes.

Statutory Health education covers:

1

General wellbeing

- The benefits of physical activity and self-care.
- Recognising and naming their emotions and feelings.
- About change, loss and bereavement.

Wellbeing online

- The benefits of limiting time online.
- Financial risks online.
- Age restrictions.
- Online bullying.

Physical health and fitness

- Mental and physical benefits of being active.
- How to get support with physical health.

Healthy eating

- What constitutes a healthy diet.
- Building a healthy relationship with food.

Drugs, alcohol, tobacco and vaping

- Facts around legal and illegal substances and risks.

Health protection and prevention

- Sun safety.
- Good sleep and hygiene habits.
- Facts related to vaccination.
- Recognising symptoms of poor health.



Statutory Health education covers:

2

Personal safety

- Hazards in and outside the home including road, rail, water safety.

Basic first aid

- Dealing with basic injuries.
- Calling the emergency services.

Developing bodies

- Changes during puberty.
- Naming private body parts.
- Menstrual cycle.

Statutory Science education covers:

Animals, including humans (Y5)

- Stages of growth and development in humans (including changes during puberty).

Living things and their habitats (Y5)

- Find out about different forms of reproduction in some plants and animals (including sexual reproduction).

Non-statutory sex education

Primary schools can choose whether to teach additional sex education and many do. Parents and carers can withdraw their child from these lessons if they wish.

Sex education (Y6)

- Reproductive organs and their functions.
- Conception, including sexual intercourse and IVF.
- Pregnancy, birth and how babies develop.
- Different routes to parenthood and the responsibilities of caring for a baby.



We do not teach pupils sex education beyond what is required of the science curriculum.

Age-appropriate learning

Pupils return to the same areas of learning as they progress through the school, building on their previous understanding.

My healthy self

Connecting with others

The online world

Citizenship

Health protection

Staying safe

Growing up

This supports long-term retention and ensures pupils build age-appropriate knowledge and skills as they revisit these areas over time.

Safe and Sensitive Teaching

- Different life experience and circumstances.
- Different starting points and prior knowledge.
- Children grow, develop and mature at different rates.
- Preparing for future events - feel informed and supported, not worried



Safe and sensitive RSHE teaching

1

Protective and preventative topics are taught in a calm, age-appropriate way that helps pupils feel informed and reassured, without causing unnecessary worry.



For example, pupils learn about personal boundaries as the stepping stones to learning about consent in KS3 and beyond.

Safe and sensitive RSHE teaching

Clear ground rules are introduced in the first RSHE lesson in each year to support respectful discussion.



Safe and sensitive RSHE teaching

3

Lessons are taught with consideration for pupils' lived experiences and sensitivities.

Sensitivities

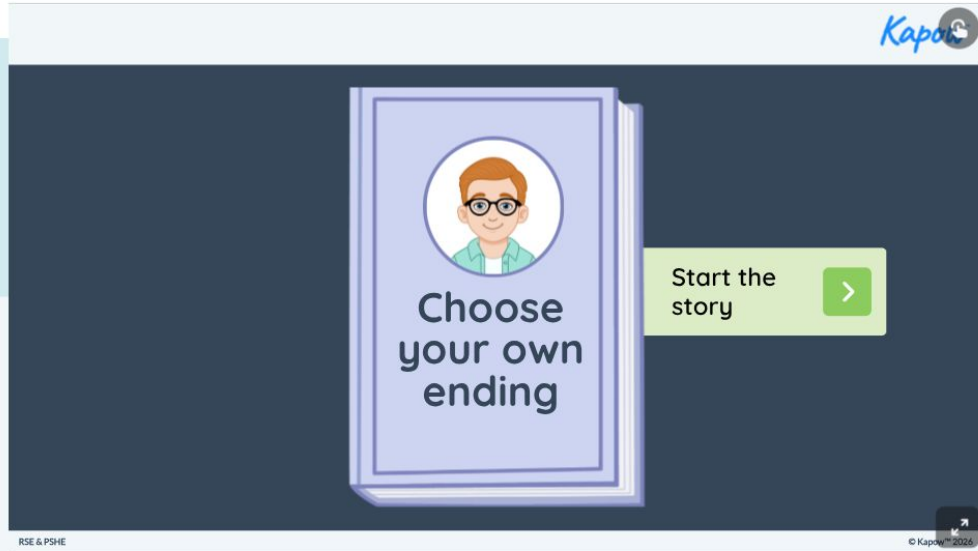
Lived experiences

- ✓ Some children may have experienced or witnessed prejudice or discrimination linked to stereotypes. Discussions may trigger strong emotions.
- ✓ Avoid asking children to share personal experiences or speak on behalf of a group they identify with. Take care not to reinforce stereotypes or link negative behaviours to particular groups.
- ✓ Keep the focus on fairness, kindness, respect and standing up for others.

Safe and sensitive RSHE teaching

4

Fictional scenarios and diverse characters help pupils explore situations from an outside perspective and understand that people can respond differently.



Interactive presentation example from a Year 4 lesson on feeling unsafe.



Safe and sensitive RSHE teaching

5

Pupils are not asked to share personal experiences or talk about their own families or homes.



Safe and sensitive RSHE teaching

6

Questions are handled carefully and appropriately.

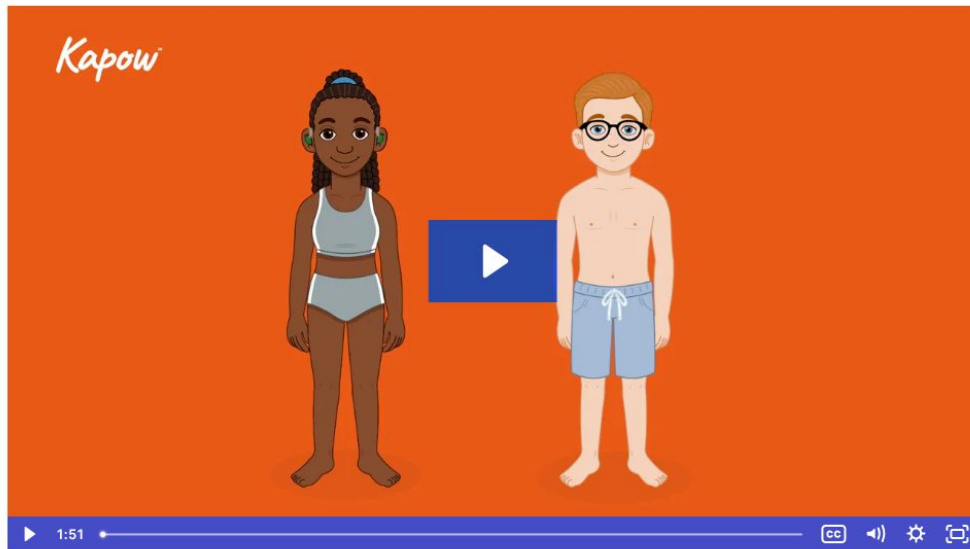


Pupils are encouraged to add questions to a wonder box, giving teachers time to think about how to answer them carefully and appropriately for the age of pupils.

Safe and sensitive RSHE teaching

7

Scientific vocabulary is used when talking about our bodies. Other vocabulary choices have been checked with specialists (e.g. nutritionists).



Video example from a Year 4 lesson on naming body parts

Correct scientific vocabulary (names)

An RSHE lesson



Year 4

How will I grow and change during puberty?

This is pupils' introduction to puberty

[View lesson >](#)



Year 5

How will my body grow during puberty?

[View lesson >](#)



Year 5

Online safety: How are adverts chosen for me online?

[View lesson >](#)



Year 6

How are babies made?

**We do not
teach pupils
sex
education!**



Any Questions