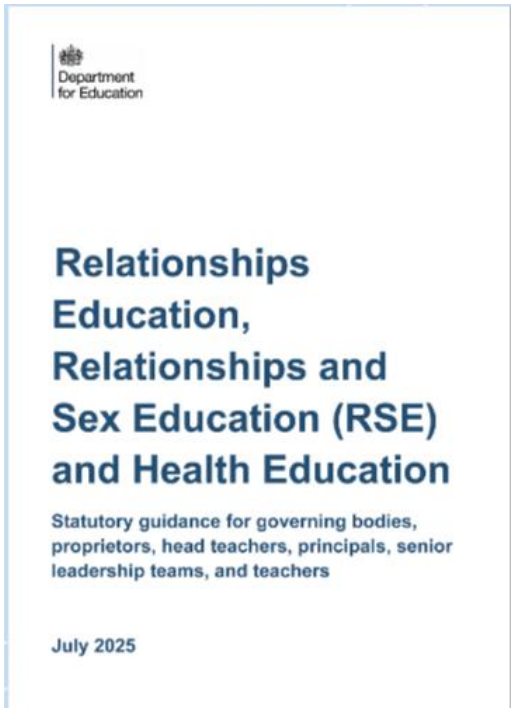
RSHE parent information session

22.10.2026



What is RSHE?

- **R**elationships
- **S**ex
- **H**ealth
- **E**ducation



Primary schools are required by law to teach RSHE (Relationships Education and Health Education).

Purpose of this session

To:

- Share what will be taught in RSHE.
- Explain why this learning is important.
- Show how RSHE content is taught in an age-appropriate way.
- Explore examples of resources and ask questions.

Benefits of RSHE teaching and learning

RSHE supports children 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 children’s 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.



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:

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.

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)

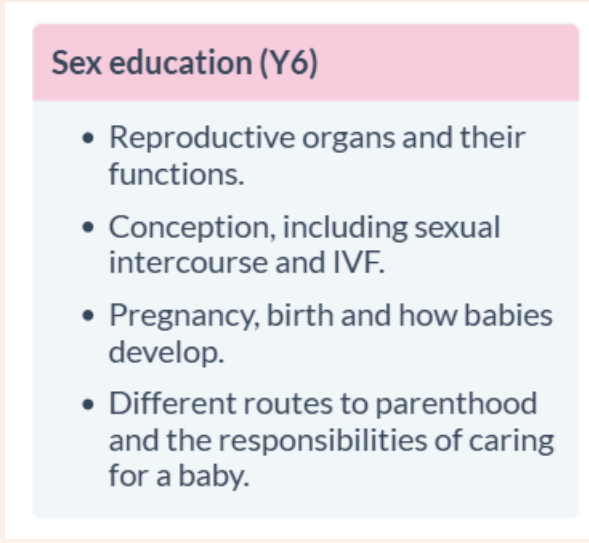
- Find out about different forms of reproduction in some plants and animals (including sexual reproduction).

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: How do people become parents and carers?

At Temple Meadow, this would be in Summer 2, Year 6.
A letter would be sent out in advance and families invited to view the lesson materials and content to make an informed decision in advance.



Our curriculum

Our curriculum design at Temple Meadow

Temple Meadow Primary School uses the Kapow Primary RSE & PSHE Scheme as the basis of its RSHE curriculum, which is fully aligned with the statutory guidance and provides full coverage of Relationships Education, Health Education and age-appropriate sex education content.

Within the curriculum, learning builds progressively across the key areas of:

- My healthy self
- Connecting with others
- The online world
- Staying safe
- Health protection
- Citizenship and Growing up



Image taken from Kapow's staff presentation

Within these key areas, children revisit important knowledge and concepts with increasing depth and maturity.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	Online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Basic first aid Sex education: How do people become parents and carers? (non-statutory)

Age-appropriate learning

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



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

Children have different life experiences and circumstances.

Children come with different starting points and prior knowledge about topics covered.

Children grow, develop and mature at different rates.

Some learning is taught before children need it, so they are prepared.

Lessons should help children feel informed and supported, not worried.

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

Our bodies

- Scientific vocabulary is used when talking about our bodies. Other vocabulary choices have been checked with specialists (e.g. nutritionists) e.g. video on slide 21.

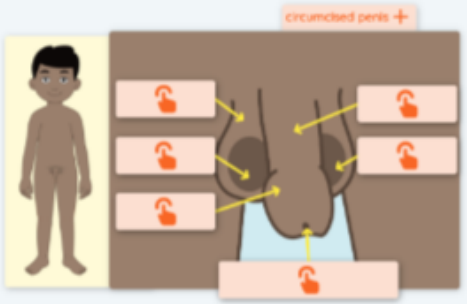
Year 2

- nipples
- private parts
- penis
- scrotum
- testicles
- vagina
- vulva



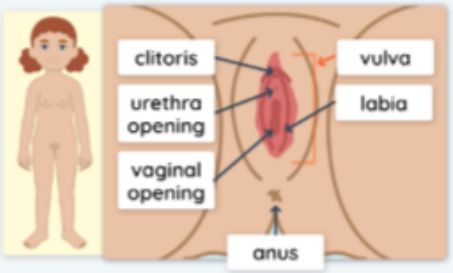
Year 4

- armpits
- boundaries
- breasts
- menstrual cup
- puberty
- pubic hair
- period
- period pad
- period pants
- tampon



Year 5

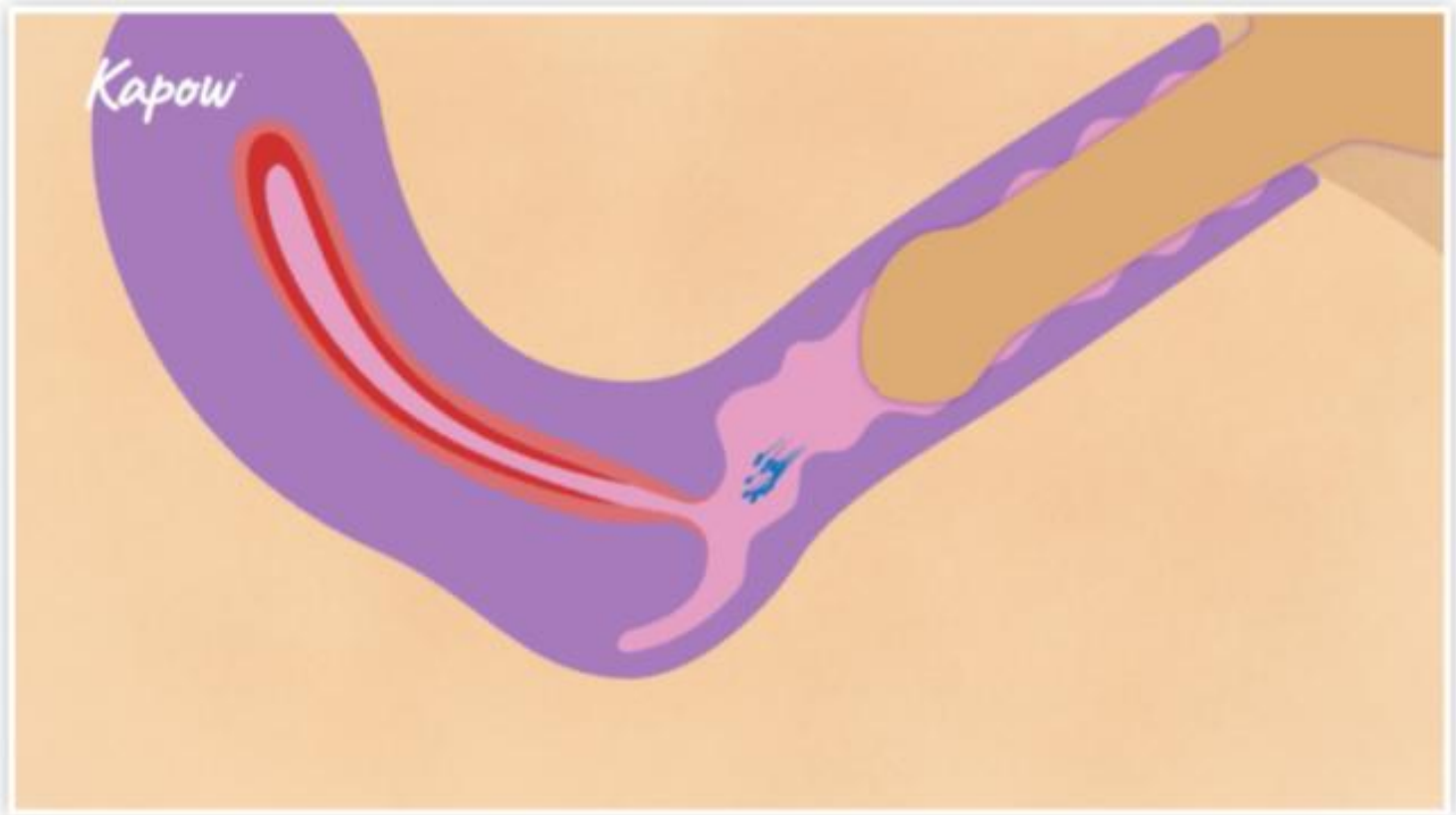
- anus
- attraction
- circumcision
- clitoris
- deodorant
- egg
- erection
- foreskin
- genitals
- hormones
- hygiene
- labia
- mood swing
- odour
- period pain
- self-conscious
- sensitive
- urethra
- uterus
- wet dreams
- womb



Vocabulary used in **Sex education** units

Year 6

- adoption
- conception
- contractions
- cervix
- consent
- egg donor
- embryo
- fallopian tube
- foetus
- foster
- IVF
- labour
- ovary
- pregnant
- sexual intercourse
- sperm
- sperm donor
- sperm duct
- surrogacy



RSHE options for parents or carers

You have the right to:

- View the school's RSHE policy on our school website.
- Ask to see RSHE lesson materials in advance if you have concerns.
- Request to withdraw your child from non-statutory sex education lessons (Year 6 only).

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.


Thank you for listening.
Any questions?