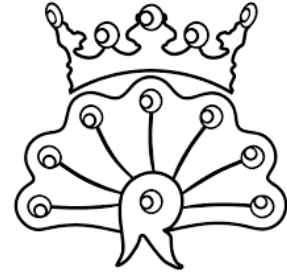


RSHE 2025: What Parents Need to Know

Why Has the Guidance Been Updated?

Children today face new challenges, especially online. The updated RSHE framework aims to:

- Help children develop healthy relationships.
- Equip them to recognise and respond to unsafe situations.
- Address exposure to harmful online content, including misogyny and inappropriate images.
- Promote mental wellbeing and resilience from an early age.



What Will My Child Learn in Primary School?

The RSHE curriculum is designed to be age-appropriate and builds gradually across year groups. Key learning includes:

- Positive relationships with friends and family.
- Respect, kindness, and empathy in all interactions.
- Personal safety, including:
 - Setting and respecting boundaries.
 - Recognising unsafe behaviours online and offline.
 - Fire, water, road, and rail safety.
- Understanding their bodies, including:
 - Correct terminology for body parts.
 - Introduction to puberty and menstruation (typically from Year 4).

At Corsham Regis this is delivered as part of our PSHE curriculum and with the use of age-appropriate quality assured resources.

Curriculum Content by Key Stage

Key Stage 1 (Years 1-2)

- Identifying trusted adults and understanding family structures.
- Recognising feelings and expressing emotions appropriately.
- Basic hygiene and healthy habits.
- Introduction to online safety and respectful behaviour.

Lower Key Stage 2 (Years 3-4)

- Developing empathy and managing friendships.
- Understanding personal boundaries and consent.
- Introduction to body changes and puberty.
- Recognising and reporting unsafe situations online and offline.

Upper Key Stage 2 (Years 5-6)

- Navigating peer pressure and building resilience.
- Detailed understanding of puberty and menstruation.

- Online safety including image-sharing and privacy settings.
- Mental health strategies including managing anxiety and grief.

Online Safety

Children will be taught how to:

- Use privacy settings.
- Understand risks of image-sharing and online pressure.
- Think critically about online wellbeing and gaming safety.

Mental Health and Wellbeing

The curriculum includes:

- Strategies for managing anxiety and low mood.
- Building resilience and emotional literacy.
- Age-appropriate discussions around grief and loss.

How Will Parents Be Involved?

Transparency is a key part of the new guidance. Schools are expected to:

- Share representative samples of RSHE materials if requested
- Provide access to all RSHE resources on request.
- Clearly explain withdrawal rights (parents may withdraw children from sex education outside the science curriculum, but not from relationships or health education).

How Will Teachers Be Supported?

Teachers will receive training and resources to:

- Deliver RSHE confidently and sensitively.
- Create safe spaces for discussion.
- Use inclusive language and materials that reflect diverse families.

What Should Parents Do?

- Stay informed: Ask your child's school for RSHE curriculum samples.
- Talk with your child: Reinforce key messages at home.
- Attend school events: Participate in RSHE information sessions.
- Ask questions: Schools are encouraged to welcome parent feedback and dialogue.

If you have any questions, please make an appointment through the office to meet with Sarah Harris our PSHE, Leader