



RSHE

Relationships, Sex and Health Education

Parent Forum

3rd June 2026

Our Intent for PSHE

PSHE does not stand alone as a subject at St. Leonard's. It is the very core upon which we base our daily learning and lives as a school community, through all subject areas. Our Christian values of community, hope, dignity, wisdom, perseverance and forgiveness provide a firm foundation for this and are central to our pupils' mental health and wellbeing. Within school, we use the Kapow PSHE programme which is implemented across all Key Stages from EYFS to Year 6. Teachers using this scheme in progression, developing seven core areas of learning: My Healthy Self, Connecting with Others, The Online World, Citizenship, Staying Safe, Growing Up and Health Protection.

Our aim at St. Leonard's is to equip all children with the necessary skills to take an active role in their community and manage their lives effectively, in an ever-changing world. We understand that mental health and well-being is paramount and it is therefore at the forefront in our school vision and values. We believe that all children are individuals and provide them with the opportunities they need to recognise and understand their place in society. Our challenging and exciting curriculum celebrates and upholds British Values, encouraging pupils to value themselves, appreciate differences and diversity, encourage mutual respect, be happy and feel confident and informed as a British Citizen. Our priority is to create a supportive and caring environment in which pupils feel safe to grow and develop mentally, spiritually, culturally, morally and physically.

What does the PSHE curriculum look like?

My Healthy Self (revisited each year)	Learning how to look after their mental and physical health and make choices that support their wellbeing.
Connecting with Others (revisited each year)	Learning how to build positive relationships, communicate with respect and understand the importance of kindness and boundaries.
The Online World (revisited each year)	Learning how to use the internet safely, recognise risks and behave responsibly when communicating or accessing information online.
Citizenship (revisited each year)	Learning how to take part in their communities, understand rules, rights and responsibilities, appreciate diversity and fairness and develop early financial literacy.
Staying Safe	Learning how to recognise risks, respond safely in different situations and seek help when something feels wrong or unsafe.
Growing Up	Learning about the changes that happen as they grow, including puberty and developing bodies and how to manage these changes with confidence.
Health Protection	Learning how to prevent illness, manage basic first aid and understand how hygiene, vaccines and healthy habits help keep people well.
Year 5 First Aid	Building on the health protection units, pupils learn how to recognise emergencies and use basic first aid skills to keep someone safe until help arrives.
Y6 Sex Education	Building on the growing up units, pupils learn accurate, age-appropriate information about human reproduction to support their understanding as they approach adolescence.

What is RSHE?

At St. Leonard's C of E Primary School, our approach to Relationship, Sex and Health Education (RSHE) seeks to be faith-sensitive and inclusive. Is it our intent that everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God. Our approach is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them" (Genesis 2:7)

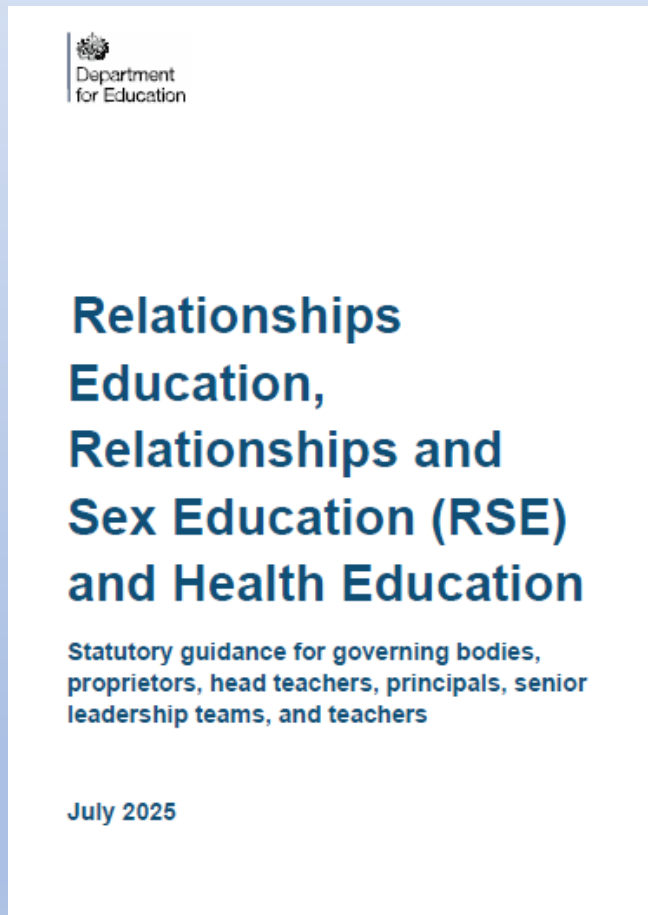
"I have come in order that you might have life - life in all its fullness" (John 10:10)

Our school seeks to ensure that the RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values. Our curriculum focuses on giving the children the knowledge they need to make informed decisions about their wellbeing, health and relationships. Health education focuses on equipping the children with the knowledge they need to make good decisions about their own health and wellbeing.

RSHE in St. Leonard's Church of England School is about what constitutes wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including within marriage (sex education).

- **Relationship Education:** Families, friendships, respect, positive relationships
- **Sex Education:** Scientific names of body parts, physical changes in the body as they grow, emotional changes during puberty, menstruation, conception (Y6 only)
- **Health Education:** Physical and mental health, healthy lifestyles, safety.

The Guidance



- Teaching RSHE has been statutory since September 2020, however last year the DFE released further guidance on the delivery of the subject.
- This is the document that's shaped our current teaching of PSHE and RSHE within school.

The Main Changes:

- **Greater transparency with parents** – schools must be open with families about what is being taught and when. They should be able to view any materials used in class. RSE policies should clearly explain how parents can access resources. Policies have to be completed in consultation with parents.
- **Clearer boundaries for primary content** – the guidance emphasises teaching children how to set and respect personal boundaries, recognise unsafe online or offline relationships and to seek help when something feels wrong. This is about safeguarding children with age-appropriate skills and knowledge. It plays an important role in helping them navigate a world where social norms, online behaviours and pressures are constantly shifting.
- **Specific vocabulary and puberty guidance** – teachers now have explicit direction on terminology. The children should learn the correct names for body parts (penis, vulva, vagina, testicles, nipples and scrotum). Menstruation should be introduced before pupils are likely to experience it (guidance suggests Year 5) and teachers are asked to use clear language such as ‘period pads’ and ‘menstrual products.’
- **Online safety in today’s context** – since 2019 guidance, the online world has changed a lot and the new guidance ensures that we’re up to date. Updates include age limits for social media, risk around image-sharing and online pressure, privacy and location settings, online gaming safety and critical thinking about online wellbeing.
- **Personal safety and first aid** – new content has been added to help children recognise and manage risk, including rail and water safety, peer influence and pressure and updated first aid guidance (with an emphasis on reporting incidents).
- **Families and representations** – As before in the 2019 guidance, teaching should reflect the diversity of family life, from same-sex parents to kinship parents, so that all children feel recognised and respected. This means careful consideration in the use of content (images, videos, stories) to respect and represent diverse families.

Statutory and Non-Statutory Content

- All of the science curriculum is statutory
- Most of the PSHE curriculum is statutory, with the exception of two lessons in Year 6.
- In Year 6, parents are going to be sent letters outlining the content of the lessons to be taught within the non-statutory aspects (see packs).
- Parents will have the opportunity to view any further materials used, including videos, on request.
- Parents then have the right to withdraw their children from these lessons. This is done through an email to the headteacher. The school will invite any parents in to talk through their concerns.
- If the parents still wish to withdraw their child, they would be taught PSHE with the Year 5 children for those two lessons.

Science Content

National Curriculum Science KS1 - children learn:

- that animals including humans, move, feed, grow, use their senses and reproduce
- to recognise and compare the main external parts of the bodies of humans including genitalia using scientific terminology for body parts.
- that humans and animals can produce offspring and these grow into adults
- to recognise similarities and differences between themselves and others and treat others with sensitivity.

National Curriculum Science - KS2 children learn:

- that the life processes common to humans and other animals include nutrition, growth and reproduction
- about the main stages of the human life cycle Children should learn about puberty before they experience it themselves.

Children in Years 5 and 6 will learn to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

These topics are statutory – there is no right to withdraw.

RSE content

Year 1/2

Area	Year 1	Year 2
Families and Relationships	- Exploring how families can be different. - Characteristics and impact of positive friendships. - Learning that issues can be overcome. - People show feelings differently. - Issues around stereotyping.	- Learning that families are composed of different people who offer each other care and support. - How other people show their feelings and how to respond. - Looking at conventions of manners and developing an understanding of self-respect.
Safety and the Changing Body	- Learning how to respond to adults in different situations. - Distinguishing appropriate and inappropriate physical contact.	- Introduction to online safety. - Distinguishing secrets from surprises. - Naming body parts and looking at the concept of privacy.
Health and Wellbeing	- Exploring personal qualities. - Strategies to manage feelings.	N/A
Puberty and Reproduction	- Acceptable and unacceptable physical contact. - The differences between boys' and girls' bodies. - Scientific names for body parts (mixed-age lessons will also include the teaching of the following body part names: penis, vagina and vulva.)	- Learn about 'boys' and girls' bodies. - Scientific names for body parts. - Understand that private parts are private.
Sexual Harrassment (Updated 2025)	- To begin to understand that being friendly to others makes them feel welcomed and included. - To begin to understand what is meant by a stereotype. - To begin to understand the difference between acceptable and unacceptable physical contact.	- To begin to understand that some friendships might make us feel unhappy and how to deal with this. - To develop an understanding of stereotypes and how these might affect job/career choices. - To begin to understand the difference between secrets and surprises. - To begin to understand the concept of privacy and the correct vocabulary for body parts. - To understand safe and unsafe touches.

RSE content

Year 3/4

Area	Year 3	Year 4
Families and Relationships	- How to resolve relationship problems. - Effective listening skills and about non-verbal communication. - Looking at the impact of bullying and what action can be taken. - Exploring trust and who to trust and that stereotyping can exist.	- Learning that families are varied and differences must be respected. - Understanding physical and emotional boundaries in friendships. - The roles of bully, victim and bystander. - How behaviour affects others. - Appropriate manners and bereavement.
Safety and the Changing Body	- Be a responsible digital citizen. - Cyberbullying, identifying unsafe digital content. - Influences and making independent choices.	- Building awareness of online safety and benefits and risks of sharing information online. - Difference between private and public. - Age restrictions. - Physical and emotional changes in puberty.
Health and Wellbeing	N/A	- Developing emotional maturity. - Learning that we experience a range of emotions and are responsible for these. - Appreciating the emotions of others.
Puberty and Reproduction	N/A	- Learn about some of the physical changes pupils will experience as they go through puberty. - Understand that physical change is part of growing up. - Identify the changes that males and females go through as they grow and develop from being a child to an adult.
Sexual Harrassment (Updated 2025)	- To begin to understand the impact of bullying. - To recognise that stereotypes are present in everyday life.	- To begin to understand the physical and emotional boundaries in friendships. - To explore stereotypes in fictional characters and think about how these might influence us.

RSE content

Year 5/6

Area	Year 5	Year 6
Families and Relationships	- Developing an understanding of families, including marriage, of what to do if someone feels unsafe in their family. - Issues can strengthen a friendship. - Exploring the impact of bullying and what influences a bully's behaviour. - Learning to appreciate our attributes.	- To resolve conflict, through negotiation and compromise. - Respect. - Understanding that everyone deserves to be respected. - Grief.
Safety and the Changing Body	- Exploring the emotional and physical changes of puberty, including menstruation. - Learning about online safety, influence. - Strategies to overcome potential dangers.	- The reliability of online information. - The changes experienced during puberty. - How a baby is conceived and develops.
Health and Wellbeing	-	-
Puberty and Reproduction	- The menstrual cycle and other changes that happen - during puberty. Emotional changes that occur during puberty.	- Further develop their understanding of the physical and emotional changes that happen during puberty. - Learn about the biology of conception. (Parents have the right to withdraw their child from the 'Main event' part of this lesson.) - Learn how a baby develops in the womb and is born. (Parents have the right to withdraw their child from the lesson.)
Sexual Harrassment (Updated 2025)	- To begin to understand some issues related to online friendships including the impact of their actions. - To recognise how attitudes to gender have changed over time.	- To understand that respect is two-way and how we treat others is how we can expect to be treated. - To explore other people's attitudes and ideas and to begin to challenge these. - To understand stereotypes and be able to share information on them. - To understand the biology of conception.

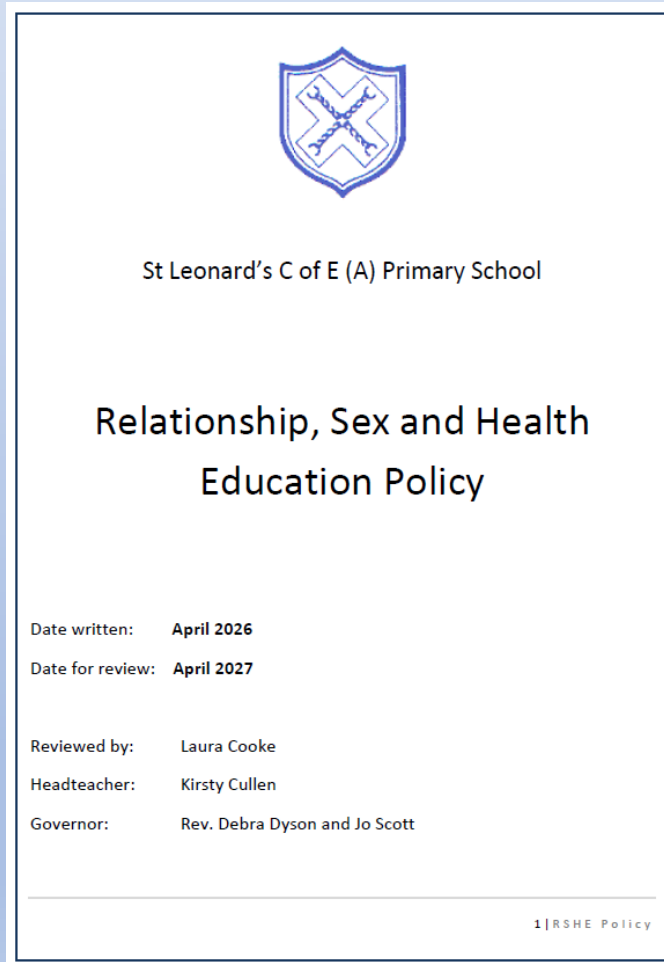
How is RSE taught?

- Sex Education lessons are taught by the child's class teacher within mixed-gender classes. They are not separated for any aspect of the curriculum.
- The only time we will split classes is for the two lessons that Year 6 are taught conception. During these two lessons, Year 5 will be taught First Aid.
- Our teaching of PSHE will be done within the context of our Christian belief. The children will still receive the statutory curriculum, but will be delivered, as all lessons are, through the foundation of our Christian values. Our curriculum and policy have been reviewed by the Diocese of Lichfield and are fully compliant with 'Flourishing for All: Guidance for Christian Schools 2024.'

How do we handle sensitive topics?

- **Acknowledge respectfully:** All questions will be treated seriously and acknowledge in a way that makes children feel heard and valued.
- **Use professional judgement:** When a question is appropriate and age-relevant, it will be addressed in class with clear, factual information.
- **Defer sensitively:** If a question is not suitable to address in class, we would explain that will be followed up later.
- **Signpost:** Children are sometimes encouraged to discuss the matter further with their parents/carers or another trusted adult. When appropriate, we may also signpost to pastoral staff.

The RSHE Policy



- The RSHE Policy was revised in April 2026 in line with the new DFE guidance.
- It has been created in consultation with staff and the Diocese of Lichfield.
- It is important for us to consult with parents too, as your voice is equally as important.
- Opportunity for feedback

Further Support for Parents

- Link to school website

<https://www.st-leonards-wigginton.staffs.sch.uk/pshe/>

- Parent Guidance Document (in packs)

- Link to Kapow Guidance page for parents

<https://www.kapowprimary.com/subjects/rse-pshe/curriculum/rse-pshe-parent-information/>