St Peter and St Paul's CE Primary School

From September 2026, schools will be required to teach the 2025 revised guidance for Relationships, Sex and Health Education (RSHE). The Department for Education (DfE) also strongly encourages primary schools to deliver sex education in years 5 and/or 6 to help prepare children for their transition to secondary school and to ensure they hear the correct messages instead of hearing things incorrectly from peers/online.

What Remains the Same in RSHE?

- **Learning about friendships, families and positive relationships.**
- **Respect, kindness and inclusion.**
- **Bullying prevention and keeping safe.**
- **Physical health and emotional wellbeing.**

New Areas of Focus:

- **Enhanced learning about online safety (including gaming), privacy, personal information, scams, fraud and digital footprints.**
- **Increased emphasis on personal safety, including road, water, railway and fire safety.**
- **Additional learning about mental health, resilience, and emotional wellbeing.**
- **Teaching about change, loss and bereavement to help children understand and manage difficult emotions.**
- **Continued use of age-appropriate, medically accurate vocabulary when teaching about bodies and health, including teaching of puberty to prepare children for changes to their body before they occur.**

Sex Education does not cover sexual activity, and content is about conception and birth which forms part of the national curriculum for science (which is statutory) such as the main external body parts, the human body as it grows from birth to old age (including puberty).

In school we cover this through a workshop for years 5 and year 6, delivered by Coram SCARF. Information will be provided to parents/carers in advance; materials will be available to look at, and there is an opportunity to attend a parent workshop before the class session.

Our School Approach

- **All RSHE teaching will remain age-appropriate, inclusive and carefully planned.**
- **We use a scheme of work provided by Coram SCARF (see attached for how this is taught in each year group with new aspects highlighted) A trained educator from Coram will come into school to deliver the sex education session in y5 and y6. https://www.coramscarf.org.uk/scarf**
- **Parents will be kept informed and will have opportunities to view curriculum information and ask questions.**
- **We will consult parents for feedback on your knowledge of the RSHE curriculum and your opinion on how/when aspects of this are taught in school.**

A short survey will be sent to you electronically and we would be grateful if you have time to share your feedback on the revised curriculum.