

# **RSHE Updates**

## Changes from September 2026

St Oswald's CofE Academy

# Key Changes

- Greater clarity on sensitive and controversial topics- no age restrictions
- Sex education is **not** compulsory-the DfE encourages schools to teach this in Years 5 & 6. ***Parents will be consulted- right to withdraw applies.***
- Reinforces safeguarding language and practise
- Focus on prevention- a crucial tool for safeguarding
- Greater focus on online safety and digital wellbeing
- Focus on mental health and wellbeing including resilience and self-regulation
- Schools may teach about faith perspectives-

# Key topic changes- Families

- The importance of families- diversity
- Addition of civil partnerships as a lifelong commitment which is legally recognised, alongside marriage
- Qualities of a friendship and how to manage conflict appropriately
- Moves away from permission seeking
- Setting and respecting boundaries for one another
- Additional online safety content- including age restrictions for online which is currently set at age 13
- Sharing images online and the associated risks
- Importance of privacy and location settings
- Learning about boundaries and learning via play

# **Key changes-General Wellbeing replaces Mental Wellbeing**

- Self-care
- Isolation and loneliness
- Loss and bereavement

# Key Changes- Wellbeing online replaces internet safety and harm

- Positive and negative aspects of the online world
- How to monitor time spent online
- Taking a critical approach to what they see and read online
- How to make responsible decisions about which content is appropriate for them
- Abuse, bullying and harassment can occur online

# Additional Information

- Basic first aid, healthy eating and physical health and fitness continue to promote good choices
- Drugs, alcohol and tobacco now includes vaping
- Developing bodies- ensures children use the correct names for body parts
- Helps pupils understand these body parts are private and it enables pupils to understand and express their own boundaries
- Learn about facts about the menstrual cycle including physical and emotional changes- this can begin from Year 4

# The process of withdrawal

- Sex education- parents have the right to withdraw their child from content that is **not** covered within the Science Curriculum
- Included in the Science Curriculum-Covers the naming of body parts, the human life cycle, reproduction in some plants and animals, and changes in the body from birth to old age (puberty).
- RSHE content may include sensitive topics that cannot be opted out of

# Early Years

- Spiral curriculum can begin in EYFS and can build on the content in the new curriculum, alongside the EYFS Curriculum