

RELATIONSHIPS, SEX & HEALTH EDUCATION (RSHE)

What Parents Need to Know (2026)

RSHE helps young people develop the knowledge, skills and values to lead safe, healthy and fulfilling lives – now and in the future.

- Build healthy, respectful relationships
- Stay safe online and offline
- Support their mental and physical wellbeing
- Understand their rights, responsibilities and the law
- Know where to get help and support

WHAT WILL MY CHILD LEARN?

HEALTHY RELATIONSHIPS

- Friendships and family relationships
- Respect, kindness and communication
- Consent and personal boundaries
- Recognising unhealthy or abusive behaviour

ONLINE SAFETY AND THE DIGITAL WORLD

- Social media and digital footprints
- AI, deepfakes and misinformation
- Online scams, sextortion and image sharing
- Pornography and its impact on relationships
- Staying safe in online communities

HEALTH AND WELLBEING

- Mental health and emotional wellbeing
- Puberty and growing up
- Healthy lifestyles
- Drugs, alcohol, vaping and smoking
- First aid and personal safety

LIFE SKILLS AND THE LAW

- Making informed and responsible choices
- Understanding the law and legal implications
- Stereotypes, equality and inclusion
- Money, work and future aspirations

WE TEACH THE FACTS

Our curriculum is age appropriate, factual, inclusive and based on the Department for Education statutory guidance (2026). Safeguarding is at the heart of everything we teach.

Students learn about the law, safeguarding and how to make safe, informed decisions.

PARENTS ARE IMPORTANT PARTNERS



- We share our RSHE policy with families.
- We inform parents before teaching sex education.
- Teaching materials can be viewed on request.
- We welcome questions and feedback.

CAN I WITHDRAW MY CHILD?

YOU CAN

Parents may request to withdraw their child from Sex Education lessons, up until three terms before their child turns 16.

YOU CANNOT

Parents cannot withdraw their child from:

- Relationships Education
- Health Education
- Science curriculum content

We encourage parents to discuss amy concerns with us first.

OUR APPROACH

- Inclusive – we respect the backgrounds and beliefs of all students and families.
- Positive – we build confidence, empathy and resilience.
- Relevant – our curriculum reflects the lives and experiences of our students.
- Safe – we create a supportive space where all students feel valued and safe to learn.

Our Vision

To equip every young person with the knowledge, skills and values they need to lead safe, healthy and fulfilling lives and make a positive contribution to their communities – both now and in the future.



Working together to support our young people today, for a brighter tomorrow.