

ST. CHRISTOPHER'S ACADEMY

# RSHE at St. Christopher's Academy

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Relationships, Sex and Health Education  
Academic Year 2025/26

A guide for parents and carers

## What is RSHE?

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RSHE stands for **Relationships, Sex and Health Education**. It is a compulsory subject in all primary schools in England, designed to equip children with the knowledge and skills they need to live healthy, safe and fulfilling lives.

### Three Key Areas

**Relationships Education** – teaches about families, respectful relationships including friendships, online safety, and being safe.

**Sex Education** – covers how a baby is conceived and born (taught in an age-appropriate way, primarily in Years 5 and 6).

**Health Education** – covers physical health, mental wellbeing, healthy eating, exercise, and first aid.

## Why is RSHE Important?

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RSHE helps children to:

- Understand healthy relationships and how to treat others with respect
- Recognise and manage their emotions
- Keep themselves safe, both online and offline
- Make informed decisions about their health and wellbeing
- Develop positive self-esteem and body image
- Understand the changes that happen during puberty
- Know where to go for help and support

## What Will My Child Learn?

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Our RSHE curriculum is carefully planned to be age-appropriate and builds on learning year by year. Here is an overview of what your child will learn:

### Early Years and Key Stage 1 (Ages 4–7)

Topic Area	What Children Learn
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<b>My Body</b>	Correct names for body parts; understanding privacy; body ownership
<b>Feelings</b>	Recognising and naming emotions; what makes us feel different ways
<b>Families</b>	Different types of families; people who care for us
<b>Friendships</b>	Being a good friend; kindness; including others
<b>Safety</b>	Safe and unsafe touches; trusted adults; telling someone
<b>Being Healthy</b>	Healthy eating; exercise; sleep; hygiene
<b>Online Safety</b>	Not sharing personal information; asking a grown-up for help

### Lower Key Stage 2 (Ages 7–9)

<b>Topic Area</b>	<b>What Children Learn</b>
<b>Respectful Relationships</b>	Respect; equality; challenging stereotypes
<b>Consent and Boundaries</b>	Personal space; asking permission; saying no
<b>Bullying</b>	What bullying is; how to respond; being an upstander
<b>Online Friendships</b>	Safe online communication; not meeting online friends
<b>Puberty Introduction</b>	What puberty is; that bodies change as we grow
<b>Mental Health</b>	Understanding mental health; seeking help

### Upper Key Stage 2 (Ages 9–11)

<b>Topic Area</b>	<b>What Children Learn</b>
<b>Puberty in Detail</b>	Physical and emotional changes; periods; managing puberty
<b>Human Reproduction</b>	How a baby is conceived and born (age-appropriate)
<b>Healthy Relationships</b>	Positive relationship characteristics; consent; respect
<b>Peer Pressure</b>	Recognising pressure; assertiveness; making safe choices
<b>Online Safety</b>	Social media risks; critical thinking; digital footprint
<b>Transition to Secondary</b>	Preparing for change; managing worries; looking ahead

## How is RSHE Taught?

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We use the **1decision** programme, which provides high-quality, interactive resources designed specifically for primary RSHE. Lessons include:

- **Discussion and questioning** – children are encouraged to ask questions and share ideas
- **Scenario-based learning** – realistic situations help children practise decision-making
- **Role-play** – practising communication and relationship skills
- **Circle time** – promoting listening, empathy and respect
- **Stories and videos** – engaging resources that bring topics to life

### Ground Rules in Every Lesson

All RSHE lessons have clear ground rules to create a safe learning environment. These include: respecting each other, listening when others speak, the right to pass (not answer if you don't want to), using correct terminology, and knowing that teachers must pass on any safeguarding concerns.

## Frequently Asked Questions

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### Can I withdraw my child from RSHE lessons?

**Relationships Education and Health Education** are compulsory. There is no right to withdraw from these subjects.

**Sex Education** (which covers how a baby is conceived and born) is not compulsory in primary school. Parents have the right to request that their child be withdrawn from these specific lessons. If you wish to discuss this, please contact the headteacher.

### How do you make sure lessons are age-appropriate?

All content is carefully planned using the 1decision scheme, which is designed specifically for each year group. We follow Department for Education guidance on what should be taught at each age. Teachers use their professional judgment to adapt lessons for their class while ensuring all statutory content is covered.

### **What about children with different family structures?**

Our curriculum celebrates diversity and recognises that families come in many forms. We teach that all families are based on love and care, whether they include one parent, two parents, grandparents, same-sex parents, or other caring adults. All children should see their own family reflected positively in our teaching.

### **How do you handle questions from children?**

Teachers are trained to answer questions honestly and age-appropriately. If a question is outside the scope of the planned lesson, the teacher may suggest discussing it privately after the lesson or with parents at home. Teachers will never answer questions that are inappropriate for the child's age or that relate to adult sexual behaviour.

### **Will my child be taught about LGBTQ+ relationships?**

Yes, in an age-appropriate way. The law requires that RSHE is inclusive and teaches about different types of relationships, including LGBTQ+ relationships. We teach that some people are attracted to people of the same gender, some to the opposite gender, and some to both. This is taught in the context of respectful, loving relationships, just like any other relationship.

### **How can I support my child's learning at home?**

You can support your child by:

- Talking openly about feelings, relationships and health
- Answering questions honestly and age-appropriately
- Using correct terminology for body parts
- Modelling respectful relationships and communication
- Discussing online safety and setting boundaries for device use
- Reading books together that cover RSHE topics

## **Your Voice Matters**

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We value your input on our RSHE curriculum. We consulted with parents when developing this policy and will continue to seek your feedback. You can:

- View our full RSHE Policy on the St. Christopher's Academy website
- Attend parent information sessions (dates announced termly)
- Share feedback via the parent survey (annual)
- Speak to your child's class teacher or the RSHE Lead

## Get in Touch

**RSHE Lead:** [Name to be inserted]

**Email:** [email@academy.org.uk]

**Headteacher:** [Name to be inserted]

We are always happy to discuss any questions or concerns you may have.

## Useful Resources for Parents

Organisation	What They Offer	Website
NSPCC	Advice on talking to children about difficult topics	<a href="http://nspcc.org.uk">nspcc.org.uk</a>
Childline	Support for children and young people	<a href="http://childline.org.uk">childline.org.uk</a>
Thinkuknow	Online safety resources for parents	<a href="http://thinkuknow.co.uk">thinkuknow.co.uk</a>
YoungMinds	Mental health support for young people	<a href="http://youngminds.org.uk">youngminds.org.uk</a>
1decision	Information about the programme we use	<a href="http://1decision.co.uk">1decision.co.uk</a>

### Working Together

RSHE is most effective when school and home work together. We encourage you to talk to your child about what they are learning and to let us know if you have any questions. Together, we can help your child develop the knowledge, skills and confidence they need for a healthy, happy future.