

# Relationships & Health Education Policy Parent & Carer Meeting

10<sup>th</sup> July 2026

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PSHE/RHE Lead

# Purpose of Today

## Today's aims

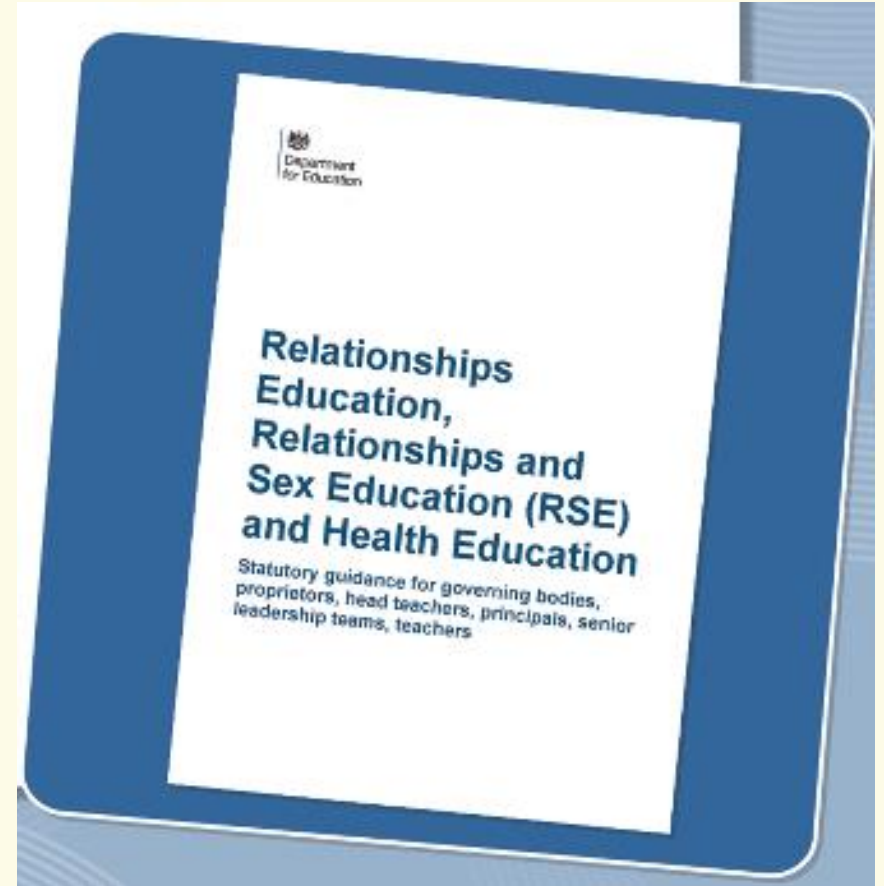
- Explain the new RHE policy
- Explain why the policy has been updated
- Share what children will learn
- Explain parents' rights
- Answer your questions

# What is Relationships and Health Education?

**Relationships and Health Education (RHE) is a statutory part of the primary curriculum.**

It helps children to:

- build positive friendships and relationships
- understand how to keep themselves safe
- develop healthy physical and mental wellbeing
- recognise trusted adults who can help
- prepare for life now and in the future



# Recent Changes

The curriculum has been updated to include more comprehensive content on mental wellbeing, online safety, and relationships, ensuring it is relevant to today's societal context.



# RSHE Expectations

| Relationships Education (RE)                                                                         | Relationships and Sex Education (RSE)                                                                                                                                                                                  | Health Education (HE)                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All schools which are providing primary education, including all-through schools and middle schools. | <p>All schools which are providing secondary education, including all-through schools and middle schools.</p> <p>Sex education is voluntary at Primary level and individual schools can decide their own approach.</p> | <p>All maintained schools including schools with a sixth form, academies, free schools, non maintained special schools and alternative provisions, including pupil referral units.</p> <p>The statutory requirement to provide Health Education does not apply to independent schools – PSHE is already compulsory as independent schools must meet the Independent Schools Standards as set out in the Education (Independent Schools Standards) Regulations 2014.</p> |

# What has changed?

- The policy has been updated to reflect current statutory guidance.
- We now teach **Relationships and Health Education (RHE)** rather than a broader RSE model.
- We have chosen **not teach any additional sex education beyond the National Curriculum for Science**. We do not cover the 'Conception' lesson as this is the optional content we have decided to opt out of at this stage.
- There is a stronger focus on safeguarding, online safety and children's wellbeing.
- Parents have greater access to curriculum information and resources.
- The curriculum is more clearly structured, progressive and age appropriate.
- The policy strengthens support for all pupils, including those with SEND.
- Staff guidance, training and quality assurance have all been enhanced to ensure lessons are delivered consistently and confidently.

# Summary of changes:

- **Greater transparency with parents:** parents able to view any RHE materials used in class.
- **Emphasis on boundary setting:** teaching pupils to set and respect boundaries, recognise unsafe online/offline relationships, and when and how to seek help.
- **Developing bodies (including puberty):** specificity of vocabulary taught and menstruation covered before pupils are likely to experience it.
- **Online safety:** including: being a critical consumer of online, information, age limits for social media, risks around image-sharing and online pressure, privacy and location settings.
- **Personal safety and first aid:** including rail and water safety, peer influence and pressure.

# Statutory guidance: Relationships and Health education

Families and people who care for me  
Caring friendships  
Respectful, kind relationships  
Online safety and awareness  
Being Safe

General wellbeing  
Wellbeing online  
Physical health and fitness  
Healthy eating  
Drugs, alcohol, tobacco and vaping  
Developing bodies  
Personal safety  
Basic first aid

# The Importance of These Changes

These changes are designed to better prepare our children to make wise decisions about their health and relationships, and all schools must deliver RSHE as a part of their statutory obligations.





# Our Chosen Resources

To support the delivery of RSHE we use a range of resources which include the 1decision modules.

1decision is a provider of engaging, child-friendly resources offering videos, interactive activities, and decision-making scenarios tailored to children.

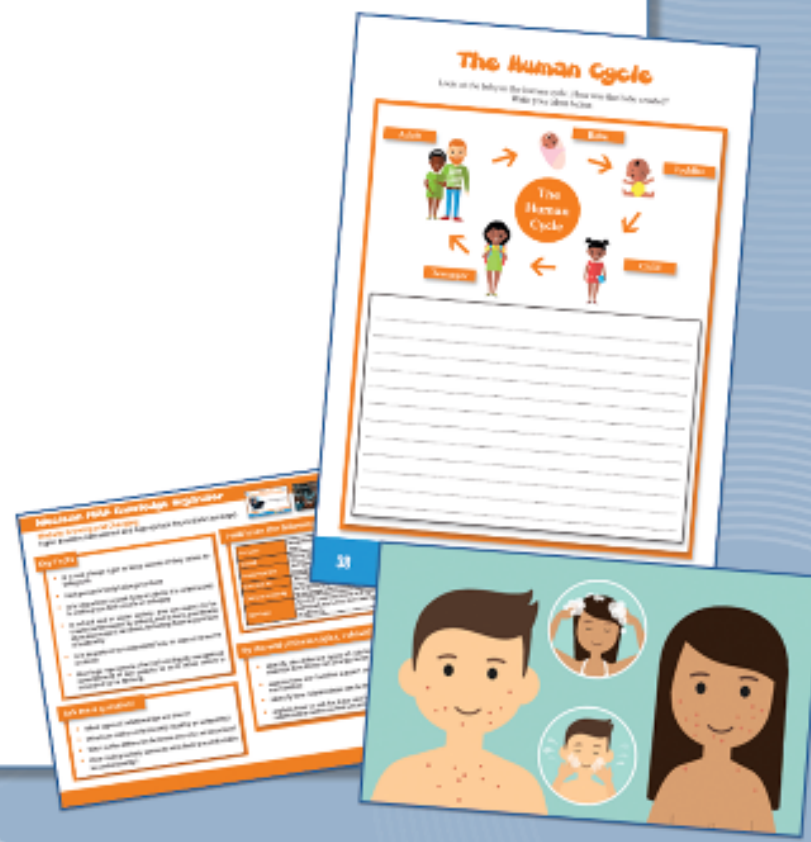




# Our Chosen Resources

## Why 1decision?

These award-winning resources are supporting schools in over 47 counties and are developed to be age-appropriate and align with educational standards, making learning both effective and engaging.





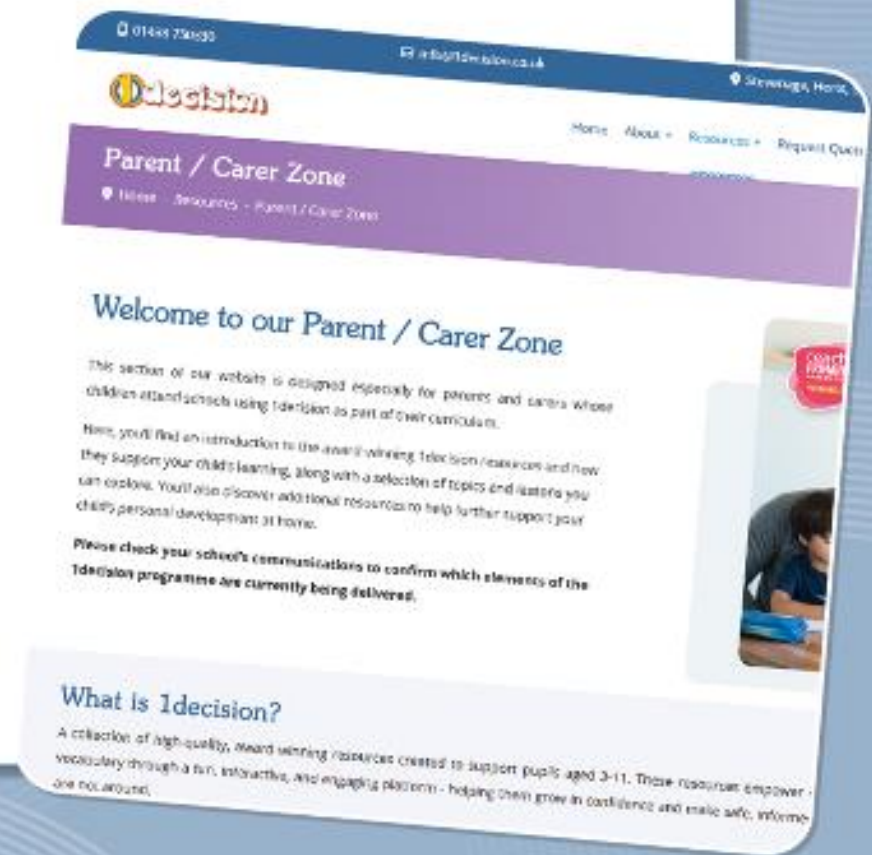
# Parent/Carer Zone

To support parents/carers in finding out more you can visit 1decision's [Parent/Carer Zone](#).

Here you can find:

- Video clips
- Knowledge Organisers
- Knowledge and skills progression
- Activities for home
- More information regarding RSHE

**We use Comprehensive PSHE**



## Our Chosen Resources

**Media coverage around RSHE has elevated fears amongst parents in the UK.**

Within our school, we have carefully considered resources that will safely and subtly address each area.

We hope, as parents/carers, you have the confidence that we are providing the highest quality education for your children.



# Programme Overview

## Keeping/Staying Safe

- YEAR 1** | Form a basic understanding of how to stay safe
- YEAR 2** | Develop awareness of risks and personal responsibility
- YEAR 3** | Identify hazards and warning signs
- YEAR 4** | Apply strategies to stay safe and consider consequences
- YEAR 5** | Manage influence and peer pressure
- YEAR 6** | Evaluate risks and make responsible decisions

## Keeping/Staying Healthy

- YEAR 1** | Build an understanding of healthy choices and habits
- YEAR 2** | Explore everyday choices that support health
- YEAR 3** | Recognise routines and behaviours that support wellbeing
- YEAR 4** | Apply knowledge to maintain a healthy lifestyle
- YEAR 5** | Respond to influences that affect health choices
- YEAR 6** | Evaluate health risks and make positive lifestyle decisions

## Relationships / Growing and Changing

- YEAR 1** | Begin to understand positive relationships
- YEAR 2** | Recognise feelings and show empathy for others
- YEAR 3** | Explore personal boundaries and respect for others
- YEAR 4** | Learn about healthy and unhealthy relationships
- YEAR 5** | Identify changes that puberty and growing up can bring
- YEAR 6** | Evaluate relationships and make respectful choices

## Being Responsible

- YEAR 1** | Begin to understand responsibility in everyday situations
- YEAR 2** | Recognise responsible and irresponsible choices
- YEAR 3** | Identify responsible behaviours and their impact on others
- YEAR 4** | Understand responsibility in different situations
- YEAR 5** | Consider how personal choices can affect others
- YEAR 6** | Evaluate responsibilities and make informed decisions

## Feelings and Emotions

- YEAR 1** | Build an understanding of feelings and emotions
- YEAR 2** | Recognise a range of emotions and their effects
- YEAR 3** | Identify emotions and ways to manage them
- YEAR 4** | Understand more complex emotions and responses
- YEAR 5** | Manage strong emotions and recognise triggers
- YEAR 6** | Reflect on emotional responses and manage personal wellbeing

## Computer / Online Safety

- YEAR 1** | Form a basic understanding of safe technology use
- YEAR 2** | Develop awareness of responsible technology use
- YEAR 3** | Recognise online risks and safe choices
- YEAR 4** | Understand respectful online behaviour and cyberbullying
- YEAR 5** | Manage pressures and influences online
- YEAR 6** | Evaluate online risks and make responsible digital choices

## Our World / The Working World

- YEAR 1** | Form a basic understanding of family life and the world around us
- YEAR 2** | Develop awareness of caring for living things and early money concepts
- YEAR 3** | Recognise how people help care for the environment
- YEAR 4** | Understand roles and responsibilities in family and community life
- YEAR 5** | Explore future careers, money and enterprise
- YEAR 6** | Evaluate financial choices and future responsibilities

## A World Without Judgement

- YEAR 1** | Develop an understanding of fairness and democracy
- YEAR 2** | Recognise individual liberty and the rule of law
- YEAR 3** | Identify the importance of tolerance and respect
- YEAR 4** | Explore how judgement and discrimination can affect others
- YEAR 5** | Further explore diversity, inclusion and acceptance
- YEAR 6** | Evaluate British values and community cohesion

## Fire Safety / First Aid

- YEAR 1** | Begin to understand emergency services and staying safe
- YEAR 2** | Recognise responsibility and safe choices
- YEAR 3** | Identify risks and how actions can affect others
- YEAR 4** | Understand basic first aid and how to seek help
- YEAR 5** | Explore first aid responses in a range of situations
- YEAR 6** | Evaluate situations and confidently share first aid knowledge

# Parent Rights

## **Parents and carers have the right to:**

- View the school's Relationships and Health Education (RHE) Policy.
- See the curriculum and teaching resources used in lessons.
- Ask questions and discuss the curriculum with the school.
- Share their views during consultation periods and policy reviews.
- Continue conversations at home to support their child's learning.

## **Please note:**

- Relationships Education and Health Education are statutory in all primary schools.
- Our school does not teach additional sex education beyond the National Curriculum for Science.
- As the curriculum we teach is entirely statutory, there is no right to withdraw pupils from Relationships and Health Education lessons.

# Thank you

- The final policy will be shared with parents and published on the school website in September.
- The new policy will be in place from September 2026.

## **We're here to help**

If you think of any further questions after today's meeting, please contact the school office and we will be happy to help.

[office@galliard.enfield.sch.uk](mailto:office@galliard.enfield.sch.uk)