



Brownlow Fold Primary School

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What has changed in the 2025 RSHE guidance?

Dear Parents and Carers,

From **September 2026**, all schools will be required to implement the updated statutory guidance for Relationships Education, Relationships and Sex Education (RSE), and Health Education. These subjects, often referred to collectively as RSHE or RSE, form an important part of the wider PSHE curriculum. The government's review of the 2019 guidance aims to ensure that teaching keeps pace with the realities of children's lives today. The refreshed guidance strengthens expectations around transparency with parents, provides clearer boundaries for primary content, and updates areas such as online safety and personal safety.

Please be reassured that schools are not expected to make immediate changes. There is a full year to prepare before the guidance becomes statutory, allowing time to review policies, consult with families and make any necessary updates to curriculum and resources.

I am writing to make you aware that we are already preparing for these changes. We are reviewing the new guidance and will be refreshing our entire scheme of work so that it is fully aligned. Updated resources will be available for use from September 2026.

What has changed in the 2025 RSHE guidance?

Although the overall requirements for primary schools remain broadly the same relationships and health education remain compulsory, while sex education remains optional there are some important clarifications and strengthened expectations. Please note that at Brownlow Fold we **do not** teach sex education.

Greater transparency with parents

From September 2026:

- Parents will be able to view any RSE materials used in lessons.



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Council England



- Our RSE policies must clearly explain how families can access these resources.

Clearer boundaries for primary content

The guidance emphasises teaching children how to:

- Set and respect personal boundaries
- Recognise unsafe online and offline behaviour
- Seek help if something feels wrong

These updates support children's safeguarding by equipping them with practical, age-appropriate skills for managing risk.

Specific vocabulary and puberty education

Teachers are now expected to use clear and correct terminology for body parts (e.g. penis, vulva, vagina, testicles, nipples, scrotum). Menstruation should be introduced before most pupils experience it typically from Year 4 onwards using accessible and accurate language such as *period pads* or *menstrual products*.

Updated online safety content

Teaching will now reflect the changing online world, including:

- Age limits for social media
- Risks around sharing images
- Privacy settings
- Online gaming safety
- Understanding online wellbeing

Personal safety and first aid

Children will also learn about:

- Rail and water safety
- Peer influence and pressure
- Updated first aid guidance, with an emphasis on reporting incidents rather than filming them

Representing diverse families

As before, lessons will continue to reflect the diverse range of families that children may be part of, helping all pupils feel included and respected.

What happens next?

To prepare for September 2026, we will:

- **Refresh our RSE policies** and consult with parents
- **Update resources and terminology** to match the new expectations
- **Strengthen communication with families** about lesson content and how materials can be accessed
- **Support staff through training** in areas such as online wellbeing, personal safety

We use a scheme of work called Kapow which will include:

Aligned and progressive curriculum from EYFS to Year 6

The scheme will ensure clear progression in learning, covering self-regulation, building relationships, citizenship, financial literacy and statutory content.

New content created with experts

Lessons, videos and presentations are being developed with RSE specialists, nutritionists and dentists, using diverse characters and real-life scenarios.

Comprehensive support for teachers

Training videos, detailed knowledge sections, FAQs, mapping documents and parent guides which we will share with you.

In summary while the updated 2025 guidance provides clearer expectations, it does not significantly change the core of what primary schools already teach. The focus is on *how* RSE and Health Education should be delivered and communicated. By reviewing our policy, planning for parent engagement and ensuring Brownlow staff feel confident, our school will be well prepared for September 2026.

Our aim is to deliver an inclusive, well-sequenced and engaging RSE curriculum that supports children's wellbeing and equips them with essential life skills.

Yours sincerely,

Mrs Cheung

Headteacher