



Dunbury
Church of England Academy
*Strength in difference,
together we are one, together we fly high.*



Diocese of Salisbury
Academy Trust
*'Beyond expectations
for all of God's children'*

PARENT WORKSHOP

An Introduction to **RSHE**

Relationships, Sex and Health Education

Supporting our children to grow, thrive and flourish



Thursday
4th June 2026



Presented by
Mr Holland



Working in partnership
with families



Why are we here tonight?

- Discuss why RSHE and working together are important.
- Look at how RSHE teaching & learning has evolved over the years.
- Share how RSHE fits within our Dunbury Academy PSHE Curriculum.
- Explain what children learn in the 'Growing & Changing' unit.
- Clarify statutory education and parental withdrawal rights.
- Discuss upcoming statutory changes.

Working Together with Parents/ Carers

- Parents/ carers are children's first and most important educators.
- School learning complements conversations at home.
- We share curriculum content openly and welcome questions.
- Working together helps children stay safe, healthy and informed.

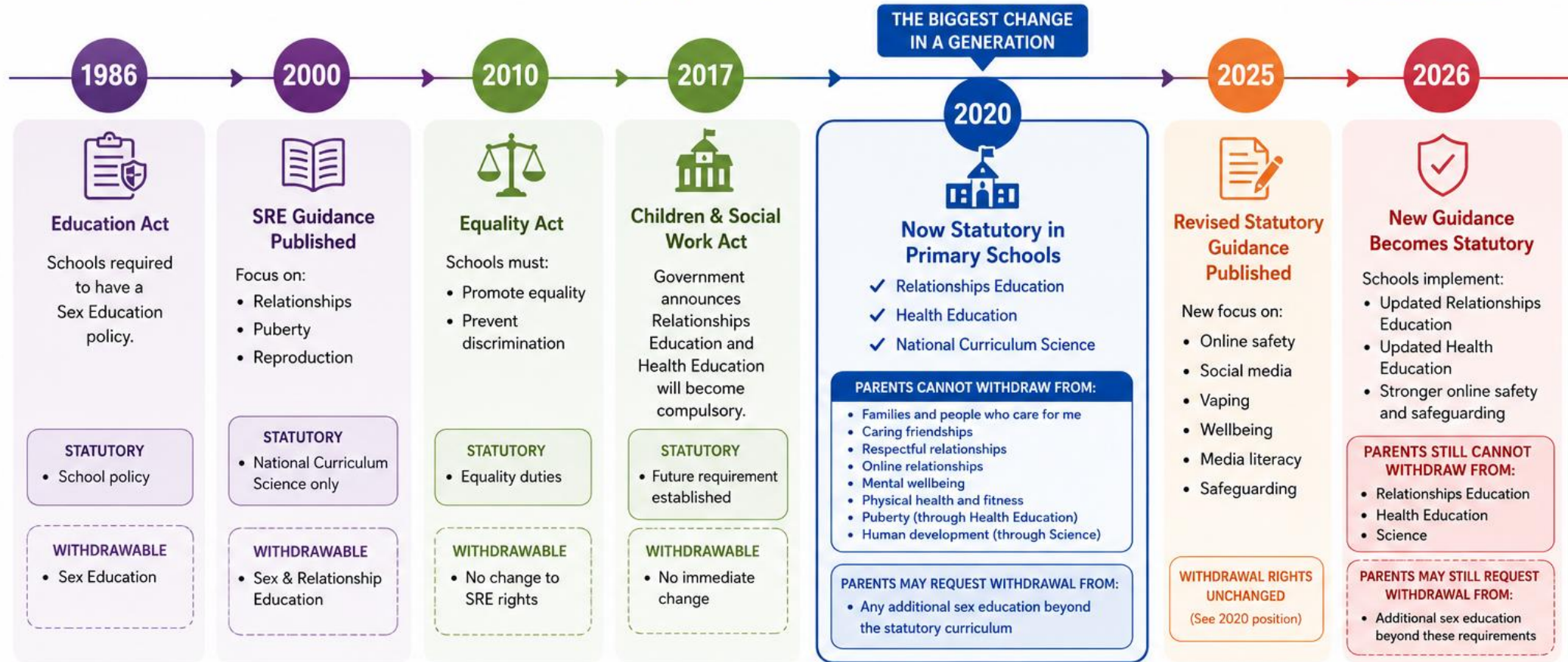
Why RSHE Matters

- Supports healthy relationships and friendships.
- Helps children understand growing up and change.
- Develops knowledge to stay safe online and offline.
- Builds confidence to seek help when needed.



How RSHE Has Evolved in England

A timeline of key developments in law and guidance



KEY MESSAGE



Before 2020, most sex and relationship education in primary schools was non-statutory.



Since 2020, Relationships Education and Health Education have been statutory for all primary-aged children.



Parents retain the right to request withdrawal only from any additional sex education beyond the statutory curriculum.





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Our PSHE Curriculum at Dunbury

At Dunbury Academy, we use **SCARF** (Safety, Caring, Achievement, Resilience and Friendship) as the foundation of our PSHE curriculum.

SCARF provides a progressive, age-appropriate programme that supports children's personal development, wellbeing, relationships and safety.

Through a spiral curriculum, key learning is revisited and developed each year, helping children build the knowledge, skills and confidence they need to thrive both in school and beyond.



We use SCARF as our core framework whilst adapting learning to meet the needs of our pupils and community, including incorporating additional resources such as **NSPCC PANTS** where appropriate.



Our Vision
Strength in difference,
together we are one,
together we fly high.



From Reception to Year 6, children revisit these six themes every year, building knowledge, skills and confidence for life now and in the future.



Trust



Friendship



Courage



Respect

SCARF stands for:



Safety

Keeping ourselves safe and understanding how to manage risk and stay healthy.



Caring

Developing respect, kindness and compassion for ourselves and others.



Achievement

Building confidence, setting goals and celebrating our strengths and successes.



Resilience

Developing a positive mindset, bouncing back from challenges and learning from mistakes.



Friendship

Building positive relationships, working together and valuing difference.

Working together with families and our community to help every child flourish.



Progression Across School

Children revisit the theme of "Growing and Changing" every year through the SCARF spiral curriculum. Learning develops gradually from understanding bodies, growth and safety in the early years to puberty, relationships and preparation for adolescence by the end of primary school.

EYFS	KS1	LKS2	UKS2
Life cycles	Growing up	Puberty begins	Managing change
Families	Privacy	Menstruation	Puberty
Body awareness	Safe secrets	Personal boundaries	Reproduction
Trusted adults	PANTS	Relationships	Consent & safety
Staying safe	Body ownership	Reproduction basics	Secondary transition



EYFS – Growing and Changing

Enquiry Question: How do I change?



All learning is age-appropriate and statutory.

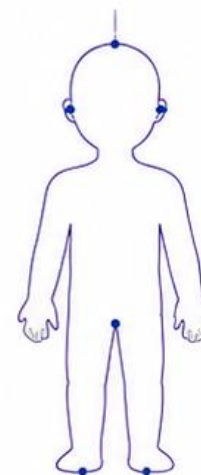
Children learn to:

- Understand that living things grow and change over time.
- Explore simple life cycles in nature.
- Recognise that babies grow into children and adults.
- Identify some of the ways they have changed since they were babies.
- Name parts of the body using correct vocabulary. (See right for examples of depth in EYFS)
- Understand similarities and differences between people.
- Recognise that all families are different and special.
- Identify trusted adults who can help and support them.
- Understand the importance of keeping their bodies safe.
- Develop awareness of personal boundaries and privacy.
- Build confidence in talking about themselves and their experiences.

Statutory Framework Links

EYFS Statutory Framework	Relationships Education (2020)
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓
✓	✓

Naming body parts in EYFS – examples



- head
- face
- eyes
- nose
- mouth
- arms
- hands
- legs
- feet
- tummy
- back

These names are used accurately and respectfully so children can communicate confidently and seek help if they need to.



Safeguarding Focus

- Their body belongs to them.
- They can talk to trusted adults if they feel worried, upset or unsafe.
- Safe adults help to keep them healthy and protected.



Key Vocabulary

- Grow
- Change
- Baby
- Child
- Adult
- Family
- Body
- Safe
- Trusted adult
- Feelings
- Same
- Different
- Private
- Help
- Healthy



Key Message for Parents

In EYFS, the focus is not on sex education. Children learn about growth, families, body awareness, feelings, trusted relationships and staying safe. These early experiences provide the foundations for later learning.





KS1 – Growing and Changing (Years 1–2)

Inquiry Question: How do we grow and change?



All learning is age-appropriate and statutory – unless stated.

Children learn to:

- Identify stages of growth: baby, toddler, child, teenager, adult.
- Understand how to care for a baby and meet their basic needs.
- Recognise the difference between a secret and a surprise.
- Identify trusted adults they can talk to.
- Identify body parts that are private and how to keep them private.
- Understand what privacy means and respect others' privacy.
- Understand that genitals help people make babies when they are older.

★ Withdrawable non-statutory content: This learning about how genitals are involved in making babies is additional sex education. Parents can request withdrawal (see DSAT RSHE Policy 2024).

- Understand that bodies may look different but we all have the same body parts.

Statutory Framework Links

EYFS Statutory Framework	Relationships Education (2020)	Health Education (2020)	Withdrawable Non-Statutory Content (Additional Sex Education)
✓	✓	✓	
✓	✓	✓	
✓	✓	✓	
✓	✓	✓	
✓	✓	✓	
✓	✓	✓	
✓	✓	✓	✓
✓	✓	✓	

- ✓ EYFS Statutory Framework
- ✓ Relationships Education (2020)
- ✓ Health Education (2020)
- ✓ Withdrawable non-statutory (additional sex education)

What this looks like in practice

- Learning about growing and the needs of babies.
- Safe and unsafe secrets using SCARF resources (NSPCC PANTS).
- Naming private parts and understanding privacy.
- Understanding how bodies are similar and different but equally valued.

★ Withdrawable non-statutory content: Parents can request withdrawal from the learning about how genitals are involved in making babies when they are older.



Safeguarding Focus

- Recognising safe and unsafe secrets.
- Knowing who to talk to.
- Understanding privacy and personal boundaries.



Key Vocabulary

- Baby
- Toddler
- Child
- Teenager
- Adult
- Secret
- Surprise
- Private
- Privacy
- Safe
- Body
- Genitals
- Trusted adult
- Care



Key Message for Parents

All learning in KS1 is statutory through the EYFS Statutory Framework and Relationships Education. Some learning, such as how genitals are involved in making babies, is additional sex education and parents can request withdrawal in line with the DSAT RSHE Policy (2024).



We teach in an age-appropriate, inclusive and sensitive way, using the SCARF programme to support children's understanding.



EYFS Statutory Framework



Relationships Education (2020)



Health Education (2020)



Withdrawable non-statutory (additional sex education)



Lower KS2 – Growing and Changing (Years 3–4)

Enquiry Question: How do we grow and change?



All learning is age-appropriate and statutory – unless stated.

Children learn to:

- Understand personal space and when it is appropriate or not.
- Define safe and unsafe secrets and who to talk to for help.
- Describe changes that happen as people grow.
- Understand why puberty happens.
- Understand that periods are a normal part of puberty for girls and ways to manage them.
- Understand that babies are made when an egg and sperm join.
- Explain what happens when an egg does not meet a sperm.
- Name body parts using correct vocabulary, including genitalia.
- Recognise that marriage includes same sex and opposite sex partners.
- Know the legal age for marriage in England or Scotland.
- Discuss reasons why people may choose to get married or have a civil ceremony.

Statutory Framework Links

Relationships Education (2020)	Health Education (2020)	Science National Curriculum	Additional Sex Education (Withdrawable)
✓			
✓			
	✓	✓	
	✓		
	✓		
			✓
			✓
✓	✓		
✓			
✓			
✓			

✓ Statutory ✓ Statutory ✓ Statutory ✓ Withdrawable (non-statutory)

Please note: Content in the purple column is additional sex education and can be withdrawn by parents in line with the DSAT RSHE Policy (2024).

What this looks like in practice

- Learning about puberty, periods and staying healthy.
- Understanding body boundaries and personal space.
- Learning about families, marriage and age-appropriate reproduction. Parents may request withdrawal from the specific conception content.

★ **Withdrawable non-statutory content:** Parents can request withdrawal from learning about how babies are made (egg and sperm) and what happens when an egg does not meet a sperm.



Safeguarding Focus

- Personal boundaries and respecting others.
- Safe and unsafe secrets.
- Knowing where to get help and support.

Key Vocabulary

- Puberty Period Menstruation Egg Sperm
- Personal space Boundary Secret Surprise Private
- Genitalia Marriage Civil partnership Consent Safe




Key Message for Parents


Most learning in Lower KS2 Growing and Changing is statutory through Relationships Education, Health Education and Science. Two objectives relating to fertilisation and conception are classified as additional sex education. Parents may request withdrawal from these elements in line with the DSAT RSHE Policy (2024).













Upper KS2 – Growing and Changing (Years 5–6)

Enquiry Question: How do we grow and change?

 Most learning is statutory.


 Specific content (see below) is withdrawable.


Children learn to:


-  Understand physical and emotional changes during puberty.
-  Understand menstruation and how to manage it.
-  Know the correct names for external sexual organs.
-  Understand what FGM is and that it is illegal in this country.
-  Understand where to seek help and support.
-  Understand how reproduction occurs (egg and sperm). *
-  Know ways in which sperm can fertilise the egg to create a baby. *
-  Understand how a baby is conceived and born. *
-  Understand the meaning of consent and the legal age of consent.
-  Understand how to manage pressure online and stay safe.


★ These three objectives go beyond the statutory requirements for Relationships Education, Health Education and Science and are therefore classified as Additional Sex Education (withdrawable). Parents may request withdrawal from these elements in line with the DSAT RSHE Policy (2024).

Statutory Framework Links			
Relationships Education (2020)	Health Education (2020)	Science National Curriculum	Additional Sex Education (Withdrawable)
✓	✓		
	✓		
✓	✓		
✓	✓		
✓	✓		✓
			✓
✓	✓		✓
✓	✓		

 Statutory (Relationships)

 Statutory (Health)

 Statutory (Science)

 Additional Sex Education (Withdrawable)

What this looks like in practice

-  Puberty, body changes and staying healthy.
-  FGM, consent and seeking help.
-  Online safety and managing pressure.
-  Human reproduction, fertilisation, conception and birth. Parents may request withdrawal from these elements.

Safeguarding Focus

- Staying safe online.
- Recognising risks and seeking help.
- Understanding consent, respect and wellbeing.
- Understanding harmful practices such as FGM.

Key Vocabulary

Puberty

Menstruation

Genitalia

FGM

Reproduction

Egg

Sperm

Fertilisation

Conception

Birth

Consent

Legal age of consent

Support

Safe

Pressure


Relationship

Transition

Online safety

Wellbeing

Key Message for Parents

Most learning in Upper KS2 is statutory (Relationships Education, Health Education and Science). Teaching about human reproduction, fertilisation, conception and birth is classified as **additional sex education**. Parents may request withdrawal from these elements in line with the DSAT RSHE Policy (2024). Please discuss requests with the school. 




SEX EDUCATION FOR PRIMARY



“Sex Education is not compulsory in primaries, and parents have the right to withdraw their children from sex education as part of RSHE, **but we recommend that primaries teach sex education in KS2.**”

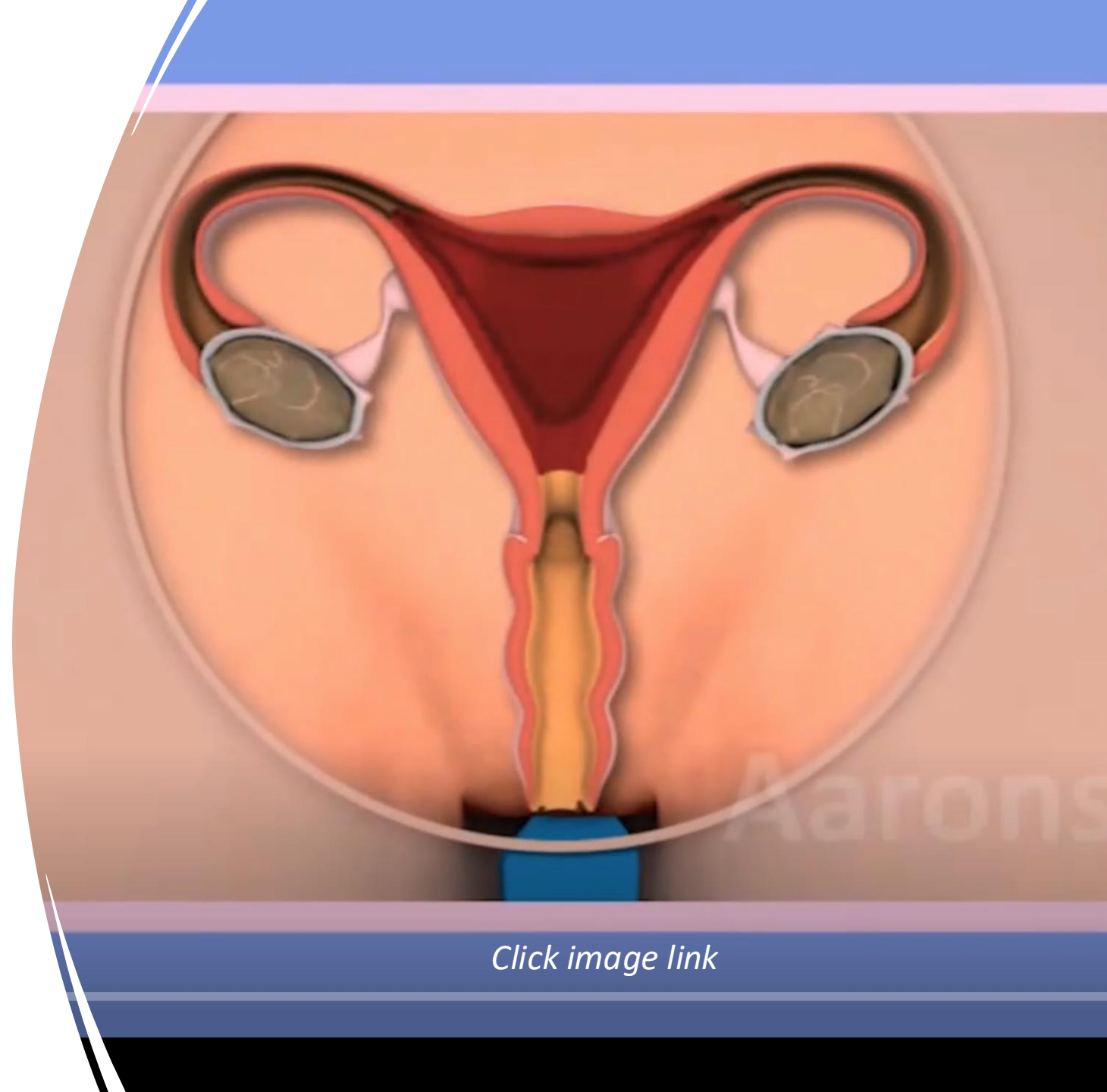
NEW

‘This process should include **offering parents support in talking to their children about sex education and how to link this with what is being taught in school** as well as advice about parents’ right to request withdrawal from sex education.’



Year 6 - Making babies

This session contains **non-statutory sex education**, as it teaches how babies are conceived through sexual intercourse and how this can be prevented through the use of condoms.



Click image link



What is changing from September 2026?

New Relationships, Sex Education (RSE) and Health Education guidance for primary schools



Schools must implement the new statutory guidance from **1 September 2026.**

The Government published updated RSHE statutory guidance in July 2025. The changes **strengthen and modernise** the curriculum to reflect the world children are growing up in today. They do not fundamentally change what primary-age children learn about growing up, relationships and staying safe.



1. Stronger focus on safeguarding

- Understanding how to recognise safe and unsafe situations.
- Knowing where and how to seek help.
- Greater emphasis on personal safety, both online and offline.



2. Enhanced online safety education

- Social media influences and online reputation.
- Online manipulation, misinformation and scams.
- AI-generated content and deepfakes.
- Image sharing and digital risks.



3. Increased emphasis on wellbeing

- Mental health and emotional wellbeing.
- Building resilience and managing emotions.
- Understanding when and how to seek support.



4. Greater focus on respectful relationships

- Positive role models and healthy relationships.
- **Respect for self and others.**
- Challenging harmful stereotypes, attitudes and behaviours.



5. Updates to sex education

- Content about reproduction remains in the Science curriculum.
- New guidance introduces age-appropriate learning about consent, boundaries and bodily autonomy.
- Greater clarity about healthy relationship behaviours.



6. Clearer expectations for schools

- Updated RSHE policies to reflect the new guidance.
- Stronger parental engagement.
- Curriculum content reviewed and updated.



Key message for parents

These changes do not fundamentally change what primary-aged children learn about growing up, relationships, puberty and safety. Instead, they strengthen and modernise the curriculum to better reflect the challenges children face today.



What this means for Dunbury

Dunbury Academy currently follows the Diocese of Salisbury Academy Trust RSHE Policy (2024). The Trust has produced a draft updated policy, which is currently out for consultation, to ensure compliance with the new statutory guidance before it becomes mandatory in September 2026.



Our commitment: We will continue to work in partnership with parents and carers to support every child to grow in confidence, make informed choices and develop the knowledge and skills they need to lead happy, healthy and safe lives.



TIMELINE TO IMPLEMENTATION

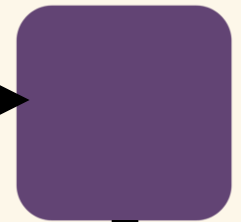
July 2025:
DfE published
new RSHE
guidance



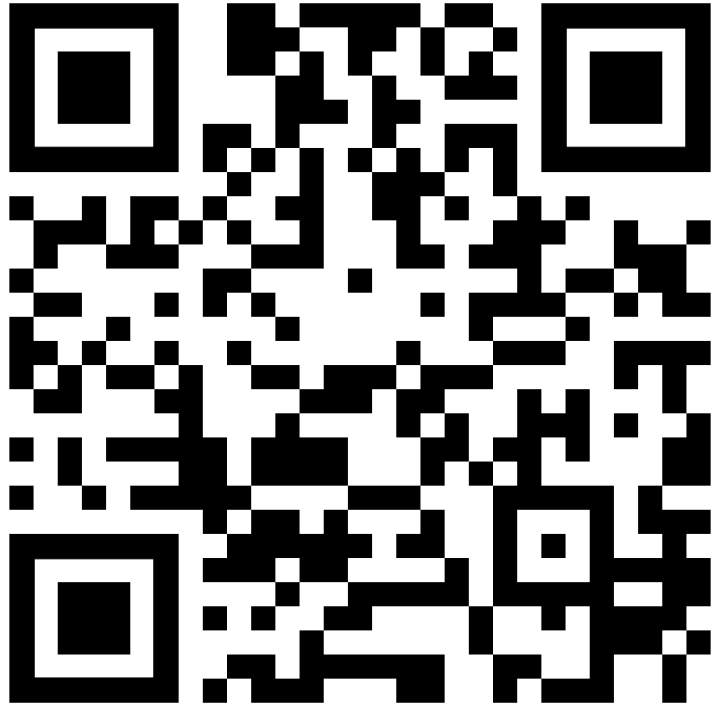
Jan – July 2026
Schools review, plan and
consult

July - Dec 2025:
Providers reviewing content,
sharing through webinars

September 2026:
Statutory
implementation



Questions



RSHE support for parents.



New RHSE Policy – consultation.

Thank you for attending.