

Primary RSHE Curriculum: What Is Changing from September 2026

This document covers the age-appropriate changes that will be happening throughout your child's education in KS1 and KS2.

Content	Before 2026	From 2026
Overall focus	Helping children build positive relationships and stay healthy	Same aims, with clearer expectations linked to modern life All changes are age appropriate.
Relationship Education	Friendships, families, kindness and respect	More focus on healthy boundaries, managing conflict, respect and self-respect, assertive and controlling behaviour, civil partnerships, making the right choice and seeking help when it is needed. The term 'kind' has been incorporated as part of relationships element. All changes are age appropriate.
Body Knowledge	Body parts and growth taught but language varied	Clear expectation to use correct scientific names for body parts. Human lifecycle and puberty including physical changes are taught as part of adolescence along with the menstrual cycle (age appropriate/in preparation)
Sex Education	Not compulsory in primary (except science)	Still not compulsory; parents retain the right to remove children from non-science elements
Wellbeing Online	Online safety taught, often separately along with our digital wellbeing units	Impact of online behaviours, not spending too much time online, why sites are age restricted, addictive nature of online behaviour, sharing of personal data.
Online Safety and Awareness	Online safety taught, often separately along with our digital wellbeing units	Stronger focus on gaming, scams, fraud and monetisation, privacy and knowing when to get help, evaluating relationships and not sharing information
Personal Safety	Taught within PSHE and wider school	Clear teaching about everyday safety and risk such as water, fire, roads and safety codes. Social media influences.
General Wellbeing	Feelings and emotions discussed as part of PSHE and within directed lessons	Greater emphasis on self-care and coping with change, worry, loss and loneliness.
Health	Often included indirectly as part of science and PSHE	Looking after your body, relationships with foods, facts about substances such as alcohol, drugs, vaping and nicotine All changes are age appropriate.
Safeguarding	Safeguarding links implied	RSHE clearly recognised as part of safeguarding