

PSHE & RSHE Updates Parent/Carer Consultation June 2026

From tiny acorns mighty oaks grow...



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Why is the RSE curriculum changing?

- National guidance has been updated to ensure pupils learn the knowledge and skills they need for life in a modern, digital world.
- The new curriculum strengthens teaching on healthy relationships, respect, safety and growing up.
- The changes aim to help children make informed decisions, stay safe and understand how to build positive relationships with others.

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What is new or updated?

The September 2026 updates include:

- Clearer progression from year to year
- More detailed guidance on digital safety, including social media, online communication and recognising online risks
- Improved resources for teaching about respect, boundaries and consent
- Updated puberty content to ensure children are prepared before changes begin
- A stronger emphasis on mental wellbeing, self-esteem and managing emotions

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The updated curriculum covers the following:

Healthy Relationships

Children will learn about:

- Friendships, kindness and empathy
- Family relationships and different family structures
- Respecting others, including differences
- Managing emotions and resolving conflict
- Understanding personal boundaries and consent (in age-appropriate ways)

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Keeping Safe

Children will explore:

- How to stay safe online and offline
- Recognising unsafe situations and knowing how to seek help
- Understanding privacy, including appropriate and inappropriate touch
- How to communicate concerns and who to talk to



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Growing and Changing

Teaching will include:

- Early learning on how bodies change as we grow
- Puberty (taught in a sensitive and age-appropriate way)
- Hygiene and self-care
- Understanding personal feelings during changes



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Personal Safety

New teaching requirements on water, road, fire and railway safety risks.

Body Awareness

Pupils must be taught correct body part terms for safety and safeguarding.

Online Safety

Greater focus on privacy, age restrictions and online pressures.

Mental Health & Emotions

More focus on grief, loss and loneliness. More focus on assertiveness skills.

Inclusivity & Families

Greater expectations for teaching about diverse families, including those with same-sex parents.

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For Key Stage 1 the following have been included:

Families and People Who Care For Me

Information regarding marriage and civil partnerships.

Caring Friendships

Friendships help us feel happy and secure. Friendships have ups and downs.

Respectful, Kind Relationships

Balancing our needs and the needs of others. Courtesy and manners. Strong sense of identity. Understanding stereotypes. More about managing conflict.

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Online Safety and Awareness

Minimum age for joining social media. The internet can contain inappropriate and upsetting information.

Being Safe

It is not always right to keep secrets if they relate to being safe.

General Wellbeing

That isolation and loneliness can affect children and the benefits of seeking support. That change and loss can provoke a range of feelings and grief is natural.

It is common to experience mental health problems. How to recognise triggers for seeking support.

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Wellbeing Online

The positive and negative effect of content online on their own and others' mental and physical wellbeing.

Why social media and some apps and games are age restricted.

Physical Health and Fitness

The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular physical activity into daily and weekly routines and how to achieve this.

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Health Protection and Prevention

How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.

Personal Safety

How to be safe near railways and level crossings.

Developing Bodies

Human Lifecycle

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For Key Stage 2 the following have been included:



Online Safety and Awareness

The importance of avoiding putting pressure on others to share information and images online and strategies for resisting peer pressure.

Wellbeing Online

How online relationships can complement and support meaningful in-person relationships and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.

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The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

The risks relating to online gaming.

How to take a critical approach to what they see and read online.

How to understand the information they find online, including search engines.

Healthy Eating

Understanding the importance of a healthy relationship with food.

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Health Protection and Prevention

How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.

About safe and unsafe exposure to the sun and how to reduce the risk of skin damage including skin cancer.

Personal Safety

How to be safe near railways and level crossings.



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How will lessons be taught?

- Lessons will continue to be sensitive, inclusive and age-appropriate
- Materials will be adapted to suit the needs of pupils at different ages and stages
- Children will be taught in a safe, respectful environment where questions are handled carefully

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As a school we use 1Decision to support our teaching of PSHE and RSE.

The comprehensive PSHE scheme includes interactive content, videos and pupil assessment tools to strengthen classroom delivery.

The following slides show what will be taught and when within each year group.

Visitors will be invited in to help enhance the children's learning where possible for example the school nurses to support the teaching of puberty.

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YEAR 1 - PSHE/RSHE - CLASS PLAN

AUTUMN	<p>RELATIONSHIPS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Friendship</p> <p>OPTIONAL RESOURCES</p> <p>Friendship Extension Caring friendships - Simply RSHE</p>	<p>COMPUTER SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Online Bullying</p> <p>OPTIONAL RESOURCES</p> <p>Online Bullying Extension Wellbeing online - Simply RSHE</p>	<p>FEELINGS AND EMOTIONS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Jealousy</p> <p>OPTIONAL RESOURCES</p> <p>Jealousy Extension General wellbeing - Simply RSHE</p>
SPRING	<p>KEEPING/STAYING HEALTHY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Washing Hands</p> <p>OPTIONAL RESOURCES</p> <p>Washing Hands Extension Healthy protection and prevention - Simply RSHE</p>	<p>KEEPING/STAYING SAFE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Road Safety</p> <p>OPTIONAL RESOURCES</p> <p>Road Safety Extension Personal Safety - Simply RSHE</p>	<p>BEING RESPONSIBLE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Water Spillage</p> <p>OPTIONAL RESOURCES</p> <p>Water Spillage Extension Personal Safety - Simply RSHE</p>
SUMMER	<p>A WORLD WITHOUT JUDGEMENT UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Democracy</p> <p>OPTIONAL RESOURCES</p> <p>Democracy Extension Respectful, kind relationships - Simply RSHE</p>	<p>OUR WORLD UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Growing In Our World</p> <p>OPTIONAL RESOURCES</p> <p>Growing In Our World Extension Developing bodies - Simply RSHE</p>	<p>FIRE SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>What I Know Now Hoax Calling</p> <p>OPTIONAL RESOURCES</p> <p>Hoax Calling Extension Basic first aid - Simply RSHE</p>

YEAR 2 - PSHE/RSHE - CLASS PLAN

AUTUMN	<p>KEEPING/STAYING HEALTHY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Healthy Eating Brushing Teeth</p> <p>OPTIONAL RESOURCES</p> <p>Healthy Eating Extension Brushing Teeth Extension Healthy eating - Simply RSHE Heath protection and prevention - Simply RSHE</p>	<p>RELATIONSHIPS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Bullying Body Language</p> <p>OPTIONAL RESOURCES</p> <p>Bullying Extension Body Language Extension Respectful, kind relationships - Simply RSHE Caring friendships - Simply RSHE</p>	<p>FEELINGS AND EMOTIONS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Worry Anger</p> <p>OPTIONAL RESOURCES</p> <p>Worry Extension Anger Extension General wellbeing - Simply RSHE Respectful, kind relationships - Simply RSHE</p>
SPRING	<p>KEEPING/STAYING SAFE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Tying Shoelaces Staying Safe</p> <p>OPTIONAL RESOURCES</p> <p>Tying Shoelaces Extension Staying Safe Extension Personal safety - Simply RSHE Being safe - Simply RSHE</p>	<p>BEING RESPONSIBLE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Practice Makes Perfect Helping Someone In Need</p> <p>OPTIONAL RESOURCES</p> <p>Practice Makes Perfect Extension Helping Someone In Need Extension General wellbeing - Simply RSHE Being safe - Simply RSHE</p>	<p>COMPUTER SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Image Sharing Computer Safety Documentary</p> <p>OPTIONAL RESOURCES</p> <p>Image Sharing Extension Computer Safety Documentary Extension Online safety and awareness - Simply RSHE Wellbeing online - Simply RSHE</p>
SUMMER	<p>A WORLD WITHOUT JUDGEMENT UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Individual Liberty Rule of Law</p> <p>OPTIONAL RESOURCES</p> <p>Individual Liberty Extension Rule of Law Extension Respectful, kind relationships - Simply RSHE</p>	<p>OUR WORLD UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Living in Our World Working in Our World</p> <p>OPTIONAL RESOURCES</p> <p>Living in Our World Extension Working in Our World Extension NO Simply RSHE Links</p>	<p>FIRE SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Petty Arson Enya & Deedee Visit the Fire St.</p> <p>OPTIONAL RESOURCES</p> <p>Petty Arson Extension Enya & Deedee Visit the Fire St. Extension Personal safety - Simply RSHE</p>

YEAR 3 - PSHE/RSHE - CLASS PLAN

AUTUMN	<p>COMPUTER SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Making Friends Online What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Making Friends Online Extension Online safety and awareness - Simply RSHE</p>	<p>BEING RESPONSIBLE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Stealing What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Stealing Extension NO Simply RSHE Links</p>	<p>A WORLD WITHOUT JUDGEMENT UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Tolerance What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Tolerance Extension Respectful, kind relationships - Simply RSHE</p>
SPRING	<p>KEEPING/STAYING SAFE UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Leaning Out of Windows What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Leaning Out of Windows Extension Personal safety - Simply RSHE</p>	<p>OUR WORLD UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Looking After Our World What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Looking After Our World Extension NO Simply RSHE Links</p>	<p>KEEPING/STAYING HEALTHY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Medicine What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Medicine Extension Drugs, Alcohol, Tobacco and Vaping - Simply RSHE</p>
SUMMER	<p>FIRE SAFETY UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Texting Whilst Driving What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Texting Whilst Driving Extension Personal safety - Simply RSHE</p>	<p>RELATIONSHIPS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Touch What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Touch Extension Being safe - Simply RSHE</p>	<p>FEELINGS AND EMOTIONS UNIT</p> <p>CORE COMPREHENSIVE TOPICS</p> <p>Grief What I've Learnt</p> <p>OPTIONAL RESOURCES</p> <p>Grief Extension General wellbeing - Simply RSHE</p>

YEAR 4 - PSHE/RSHE - CLASS PLAN

	KEEPING/STAYING SAFE UNIT	BEING RESPONSIBLE UNIT	FEELINGS AND EMOTIONS UNIT
AUTUMN	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS
	What I Know Now Cycle Safety	What I Know Now Coming Home on Time	What I Know Now Jealousy
	OPTIONAL RESOURCES	OPTIONAL RESOURCES	OPTIONAL RESOURCES
	Cycle Safety Extension Personal safety - Simply RSHE	Coming Home on Time Extension Respectful, kind relationships - Simply RSHE	Jealousy Extension General wellbeing - Simply RSHE
SPRING	KEEPING/STAYING HEALTHY UNIT	GROWING AND CHANGING UNIT	COMPUTER SAFETY UNIT
	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS
	What I Know Now Healthy Living	What I Know Now Appropriate Touch (Relationships)	What I Know Now Online Bullying
	OPTIONAL RESOURCES	OPTIONAL RESOURCES	OPTIONAL RESOURCES
	Healthy Living Extension Healthy eating - Simply RSHE	Appropriate Touch (Relationships) Extension Being safe - Simply RSHE	Online Bullying Extension Wellbeing online - Simply RSHE
SUMMER	A WORLD WITHOUT JUDGEMENT UNIT	THE WORKING WORLD UNIT	FIRST AID UNIT
	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS	CORE COMPREHENSIVE TOPICS
	What I Know Now Breaking Down Barriers	What I Know Now Chores at Home	What I Know Now First Aid Year 4
	OPTIONAL RESOURCES	OPTIONAL RESOURCES	OPTIONAL RESOURCES
	Breaking Down Barriers Extension Respectful, kind relationships - Simply RSHE	Chores at Home Extension General wellbeing - Simply RSHE	First Aid Year 4 Extension Basic first aid - Simply RSHE

YEAR 5 - PSHE/RSHE - CLASS PLAN

AUTUMN

COMPUTER SAFETY UNIT

CORE COMPREHENSIVE TOPICS

**Image Sharing
Adults' & Children's Views**

OPTIONAL RESOURCES

Image Sharing Extension
Online safety and awareness - Simply RSHE

FEELINGS AND EMOTIONS UNIT

CORE COMPREHENSIVE TOPICS

**Anger
Adults' & Children's Views**

OPTIONAL RESOURCES

Anger Extension
General wellbeing - Simply RSHE

KEEPING/STAYING SAFE UNIT

CORE COMPREHENSIVE TOPICS

**Peer Pressure
Adults' & Children's Views**

OPTIONAL RESOURCES

Peer Pressure Extension
Being safe - Simply RSHE

SPRING

GROWING AND CHANGING UNIT

CORE COMPREHENSIVE TOPICS

**Puberty
Adults' & Children's Views**

OPTIONAL RESOURCES

Puberty Extension
Developing bodies - Simply RSHE

A WORLD WITHOUT JUDGEMENT UNIT

CORE COMPREHENSIVE TOPICS

**Inclusion & Acceptance
Adults' & Children's Views**

OPTIONAL RESOURCES

Inclusion & Acceptance Extension
Families and people who care for me - Simply RSHE

BEING RESPONSIBLE UNIT

CORE COMPREHENSIVE TOPICS

**Looking Out for Others
Adults' & Children's Views**

OPTIONAL RESOURCES

Looking Out for Others Extension
General wellbeing - Simply RSHE

SUMMER

KEEPING/STAYING HEALTHY UNIT

CORE COMPREHENSIVE TOPICS

**Smoking
Adults' & Children's Views**

OPTIONAL RESOURCES

Smoking Extension
Drugs, alcohol, tobacco and vaping - Simply RSHE

THE WORKING WORLD UNIT

CORE COMPREHENSIVE TOPICS

**Enterprise
Adults' & Children's Views**

OPTIONAL RESOURCES

Enterprise Extension
NO Simply RSHE Links

FIRST AID UNIT

CORE COMPREHENSIVE TOPICS

First Aid Year 5

OPTIONAL RESOURCES

First Aid Year 5 Extension
Basic first aid - Simply RSHE

YEAR 6 - PSHE/RSHE - CLASS PLAN

AUTUMN	FEELINGS AND EMOTIONS UNIT CORE COMPREHENSIVE TOPICS Worry What I've Learnt OPTIONAL RESOURCES Worry Extension General wellbeing - Simply RSHE	A WORLD WITHOUT JUDGEMENT UNIT CORE COMPREHENSIVE TOPICS British Values What I've Learnt OPTIONAL RESOURCES British Values Extension NO Simply RSHE Links	BEING RESPONSIBLE UNIT CORE COMPREHENSIVE TOPICS Stealing What I've Learnt OPTIONAL RESOURCES Stealing Extension Respectful, kind relationships - Simply RSHE
	COMPUTER SAFETY UNIT CORE COMPREHENSIVE TOPICS Making Friends Online What I've Learnt OPTIONAL RESOURCES Making Friends Online Extension Online safety and awareness - Simply RSHE	KEEPING/STAYING HEALTHY UNIT CORE COMPREHENSIVE TOPICS Alcohol What I've Learnt OPTIONAL RESOURCES Alcohol Extension Drugs, alcohol, tobacco, and vaping - Simply RSHE	GROWING AND CHANGING UNIT CORE COMPREHENSIVE TOPICS Conception What I've Learnt OPTIONAL RESOURCES Conception Extension NO Simply RSHE Links
	THE WORKING WORLD UNIT CORE COMPREHENSIVE TOPICS In-App Purchases What I've Learnt OPTIONAL RESOURCES In-App Purchases Extension Respectful, kind relationships - Simply RSHE	FIRST AID UNIT CORE COMPREHENSIVE TOPICS First Aid Year 6 (Part 1 & 2) What I've Learnt OPTIONAL RESOURCES First Aid Year 6 (Part 1 & 2) Extensions Basic first aid - Simply RSHE	KEEPING/STAYING SAFE UNIT CORE COMPREHENSIVE TOPICS Water Safety What I've Learnt OPTIONAL RESOURCES Water Safety Extension Personal safety - Simply RSHE
SPRING			
SUMMER			

Any questions?



If you have any questions please send an email for the attention of Mrs Bristow to the school's email address:

oakmeadowprimaryschool@wolverhampton.gov.uk

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