



Friday 24<sup>th</sup> April 2026

Dear Parent/Carer,

## **Gossops Green Parent/Carer Consultation regarding the new Department for Education (DfE) statutory requirements for Relationships and Health Education**

From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. The DfE also strongly encourages primary schools to deliver sex education in years 5 and/or 6 to help prepare children for their transition to secondary school. Due to changes across the whole curriculum, we would like to consult on these with parents/carers of children in all year groups.

This updated guidance gives a stronger focus on developing skills, as well as knowledge, particularly in navigating a complex, digital world safely and healthily. The guidance recognises there isn't a one-size-fits-all approach, and that flexibility will help schools to meet the needs of their pupils best.

The guidance has been strengthened with a focus on supporting boys to develop a positive sense of masculinity, benefiting both boys and girls by ensuring harmful stereotypes are challenged, thus improving boys' mental health by enabling emotional expression and promoting help-seeking behaviours.

This will go some way to supporting children to develop positive relationships, including skills for navigating boundaries with kindness and respect, to put in the early preventative work to tackle sexual violence and abusive behaviour.

Schools continue to be bound by the statutory guidance from 2019, and will have until September 2026 to adapt their curricula to reflect this new guidance.

At our school we are using the leading children's health and wellbeing charity, *Coram Life Education (CLE)* to support us in meeting these legal requirements. We do this in two ways:

- Using *Coram Life Education's* online SCARF teaching resources.

More information about *Coram Life Education* and SCARF can be found on their website: [www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. This updated guidance stipulates that puberty education including menstruation must start at eight years old to help children understand what to expect and avoid distress.

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session and you are very welcome to come into school to see the resources for yourself.

We recognise that parents play a vital part in their child's RSE, and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to contact your child's class teacher in the first instance or Mrs Dunne should you require further discussion.

We are holding three different afternoon meetings for EYFS/Yr1 and Yr2, Yr3 and Yr4, and Yr5 on their own to consult you on the changes to our policy. No children are allowed to attend these meetings due to the potential nature of the discussion which might follow.

You are invited to attend one or more of these sessions detailed below. The meeting will be in the Large Hall, with entrance via the front office. These meetings will start promptly at 2:30pm

EYFS and Key Stage 1 (Year 1 and 2)	Tuesday 12 <sup>th</sup> May – 2.30pm
Year 3 and 4	Wednesday 13 <sup>th</sup> May – 2.30pm
Year 5	Thursday 14 <sup>th</sup> May – 2:30pm

*\*Year 6 are not included as they will have left the school by the time this is introduced in September 2026.*

Once the parental/carer consultation has been completed and the final policy is amended, this will be added to our website for your information and reference. All updates and changes will be taught from September 2026 as this is when they become statutory.

Yours sincerely

**Mrs M Hibbs**

PSHE Leader

Gossops Green Primary School