

Parent Consultation October 2026

Relationships, Sex, Health
Education (RSHE) statutory DfE
updates from September 2026



Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and <u>Changing</u>
EYFS	What makes me special People close to me Getting help	Similarities & difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets & touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body <u>healthy</u> – food, exercise, sleep Growth Mindset	Cycles Life stages Girls & boys – similarities & difference
Y1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing & celebrating difference Developing respect & accepting others Bullying & getting help	How our feelings can keep us safe – inc. online safety Safe & unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene & health Cooperation	Getting help Becoming independent My body parts Taking care of self & others
Y2	Bullying & teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind & helping others Celebrating difference People who help us Listening Skills	Safe & unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving & spending	Growth Mindset Looking after my body Hygiene & health Exercise & sleep	Life cycles Dealing with loss Being supportive Growing & changing Privacy
Y3	Cooperation <u>Online rules & restrictions</u> <u>Online behaviours</u> Friendship (respectful relationships) Coping with loss	Recognising & respecting diversity Being respectful & tolerant My community <u>Bullying, inc. online</u>	Managing risk Decision-making skills Drugs & their risks Staying safe online <u>Digital literacy</u>	Helping & being helped Looking after the environment Managing money <u>Developing critical thinking</u>	Keeping myself healthy & well Celebrating & developing my skills Developing empathy	Changing bodies & puberty Keeping safe Safe & unsafe secrets <u>Relationships, inc. online</u>
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising & celebrating difference (inc. religions & cultural difference) Understanding & challenging stereotypes	Managing risk <u>inc. online</u> Understanding the norms of drug use (cigarette & alcohol use) Influences Online safety & <u>behaviours</u>	Making a difference (different ways of helping others or the environment) Media influence & <u>digital literacy</u> Decisions about spending money	Having choices & making decisions about my health Taking care of my environment My skills & interests	Body changes during puberty Managing difficult feelings Relationships inc. marriage
Y5	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural <u>Critical digital awareness</u> <u>Online Bullying & self esteem</u>	Online safety <u>Bullying inc. online</u> Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending <u>Media manipulation</u> <u>Artificial Intelligence</u>	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online <u>Digital footprint</u> Drugs: norms & risks (inc. the law)	Understanding media bias <u>Digital critical thinking</u> Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk <u>Looking after wellbeing</u> <u>Digital literacy & critical thinking skills</u>	Coping with changes Keeping safe <u>inc. online</u> <u>AI/ deep fakes</u> Body Image Sex education Self-esteem



At John Hunt Academy we teach **PSHE (Personal, Social and Health Education)** using the CORAM SCARF scheme (safety, caring, achievement, resilience, friendship). This is a **statutory subject** that we must teach.

The highlighted yellow text represents where most of the new changes can be found (mostly KS2)

However, age- appropriate pre teaching will be done in KS1, to prepare the children for when they get to Year 3 and beyond.

As part of the **PSHE curriculum**, there is the **RSHE (Relationships, Sex and Health Education)** element.

The **relationships and health elements form part of the statutory curriculum**. It focuses on exploring healthy relationships and teaching the fundamental building blocks and characteristics of positive relationships including families and people who care for me, kindness, respect and caring for one another.

The **sex education element forms part of the non-statutory curriculum**. Parents and carers have the right to withdraw children from these sessions, but we would always recommend a conversation with the class teacher and RSHE lead first to explore this further.

Biological aspects of RSHE are taught within the statutory Science curriculum, and other aspects may be explored further in Religious Education (RE).



Growing and Changing

Lesson Plans

[I look great!](#) (Updated 24 Aug 2026)

[Media manipulation](#) (Updated 24 Aug 2026)

[Pressure online](#) (Updated 24 Aug 2026)

[Helpful or unhelpful? Managing change](#) (Updated 24 Aug 2026)

[Is this normal?](#) (Updated 24 Aug 2026)

[Making babies](#) (Updated 24 Aug 2026)

[What is HIV? \(OPTIONAL\)](#) (Updated 24 Aug 2026)

[Online Sexual Content \(OPTIONAL\)](#) (Updated 24 Aug 2026)

[Intimate images and online sharing \(OPTIONAL\)](#) (Updated 24 Aug 2026)

The DfE have brought out some **new statutory changes and updates for the RSHE element from September 2026**. These include a stronger focus on:

- Mental health and wellbeing;
- Online safety and awareness;
- Kind and caring relationships;
- The use of accurate terminology for body parts (including genitalia);
- The introduction of personal safety around fire hazards, water, roads, and railways;
- Greater emphasis on helping children understand change and loss, including bereavement;
- Developing communication skills, assertiveness, and the confidence to express personal needs and boundaries.



Many changes to the RSHE curriculum revolve around what it's like to grow up as a child in a more modern world and the new challenges and influences young people face as a result. While some of the topics are more sensitive, the guidance recommends taking a positive approach to learning.

Learning Journey Growing and Changing Early Years



Children notice the similarities and differences between males and females. They begin to play inclusively with their friends, regardless of their sex (if not already doing so). They think differently and more openly about what a family may look like.

Children understand that animals and humans change in appearance over time. They use relevant vocabulary such as egg, seed, baby, grow, change, old, and young (and the names for young animals). They make observations and ask questions about living things.

Children are introduced to the basics of human reproduction (not sexual intercourse). They understand that a baby is made by a woman and a man, and grows inside a woman's tummy/womb. They recognise that every family is different and talk about the similarities and differences between themselves and others.

RECEPTION
Where do babies come from?

Children reflect on how they have changed as they have grown. They can explain the differences between babies, children, and adults, and understand that we are all unique.

RECEPTION
Life stages – plants, animals, humans

RECEPTION
Life stages: Human life stage – who will I be?

Children use the language and describe the different life stages of: baby, child, teenager, adult, older age, and talk about their own experience of growing up.

RECEPTION
Getting bigger

Children learn the names of parts of the body (including reproductive parts) using the correct vocabulary. They can explain which parts of their body are kept private and safe – and why. They know to tell or ask an appropriate adult for help if they feel unsafe.

RECEPTION
Me and my body – girls and boys

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Learning Journey Growing and Changing Key Stage 1



Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.

Year 1
Taking care of a baby

Children will understand some of the tasks required to look after a baby, and how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, and feeding.

Year 1
Then and now

Year 1
Keeping privates private

Year 2
Haven't you grown?

Children can identify different stages of growth (e.g. baby, toddler, child, teenager, adult) and describe some of the things that people are capable of at these different stages.

Year 2
My Body, your body

Children will recall which parts of their body are private. They will understand that genitals help make babies when we are older, and know that we mostly have the same body parts, but how they look is different from person to person.

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Learning Journey Growing and Changing Lower Key Stage 2



Children recall that babies come from the joining of an egg and sperm; and are introduced to some puberty changes, including menstruation, using the correct vocabulary.

Year 4
My feelings are all over the place!

Children understand how the onset of puberty can have an emotional as well as physical impact, recognise that this may lead to conflict with parents and learn how to compromise.

Year 4
Preparing for changes at puberty

Children will explain how human reproduction (not sexual intercourse) occurs, know how and why periods and wet dreams occur, and how to manage both successfully.

Year 3
My changing body

Year 4
All change!

Children recall parts of the body that males and females have in common and those that are different, using the correct terminology for genitalia, and explain why puberty happens.

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Learning Journey Growing and Changing Upper Key Stage 2



Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

Year 5
Help! I'm a teenager – get me out of here!

Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.

Year 5
Growing up and changing Bodies

Year 5
Changing bodies and feelings

Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Year 6
Is this normal?

Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.

Year 6
Making babies

Year 6
What is HIV?

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.

Children may also learn what HIV is, how it affects the body's immune system; and how it is transmitted and prevented.

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How does RSHE fit within the PSHE curriculum?

EYFS



Nursery		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>Marvellous me!</p> <p>I'm special</p> <p>People who are special to me (Updated 10 Jun 2026)</p>	<p>Lesson Plans</p> <p>Me and my friends</p> <p>Friends and family</p> <p>Including everyone</p>	<p>Lesson Plans</p> <p>People who help me and keep me safe</p> <p>Safety Indoors and Outdoors</p> <p>What's safe to go into my body</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>Looking after myself (Updated 06 Nov 2025)</p> <p>Looking after others</p> <p>Looking after my environment</p>	<p>Lesson Plans</p> <p>What does my body need? (Updated 06 Nov 2025)</p> <p>I can keep trying</p> <p>I can do it!</p>	<p>Lesson Plans</p> <p>Growing and changing in nature</p> <p>When I was a baby (Updated 08 Apr 2026)</p> <p>Girls, boys and families (Updated 02 Apr 2026)</p>

Reception		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>All about me</p> <p>What makes me special</p> <p>Me and my special people</p> <p>Who can help me? (Updated 15 Mar 2026)</p> <p>My feelings</p> <p>My feelings (2) (Updated 14 Mar 2026)</p>	<p>Lesson Plans</p> <p>I'm special, you're special</p> <p>Same and different (Updated 15 Mar 2026)</p> <p>Same and different families</p> <p>Same and different homes</p> <p>I am caring</p> <p>I am a friend</p>	<p>Lesson Plans</p> <p>What's safe to go onto my body</p> <p>Keeping Myself Safe - What's safe to go into my body (including medicines)</p> <p>Safe indoors and outdoors</p> <p>Listening to my feelings</p> <p>Keeping safe online (Updated 03 Mar 2026)</p> <p>People who help to keep me safe</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>Looking after my special people</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (1): recognising, spending, using (Updated 16 Mar 2026)</p> <p>Looking after money (2): saving money and keeping it safe (Updated 16 Mar 2026)</p>	<p>Lesson Plans</p> <p>Bouncing back when things go wrong</p> <p>Yes, I can! (Updated 15 Mar 2026)</p> <p>Healthy eating (Updated 10 Nov 2025)</p> <p>My healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p>	<p>Lesson Plans</p> <p>Seasons</p> <p>Life stages - plants, animals, humans</p> <p>Life Stages: Human life stage - who will I be? (Updated 30 Mar 2026)</p> <p>Where do babies come from? (Updated 02 Apr 2026)</p> <p>Getting bigger (Updated 08 Apr 2026)</p> <p>Me and my body - girls and boys (Updated 02 Apr 2026)</p>

How does RSHE fit in with PSHE?

KS 1



Y1

Me and My Relationships

Lesson Plans

[Why we have classroom rules](#) (Updated 16 Aug 2026)
[How are you listening?](#) (Updated 16 Aug 2026)
[Thinking about feelings](#) (Updated 16 Aug 2026)
[Our feelings](#) (Updated 16 Aug 2026)
[Feelings and bodies](#) (Updated 16 Aug 2026)
[Good friends](#) (Updated 16 Aug 2026)

Assessment Plans

[Me and My Relationships - Pre and Post Unit Assessment: Y1/P2](#)

Valuing Difference

Lesson Plans

[Same or different?](#) (Updated 17 Aug 2026)
[Unkindness, teasing or bullying?](#) (Updated 17 Aug 2026)
[Harold's school rules](#) (Updated 17 Aug 2026)
[It's not fair!](#) (Updated 17 Aug 2026)
[Who are our special people?](#) (Updated 17 Aug 2026)
[Our special people balloons](#) (Updated 17 Aug 2026)

Assessment Plans

[Valuing Difference - Pre and Post Unit Assessment: Y1/P2](#)

Keeping Safe

Lesson Plans

[Super sleep](#) (Updated 20 Aug 2026)
[Who can help? \(1\)](#) (Updated 20 Aug 2026)
[Good or bad touches?](#) (Updated 20 Aug 2026)
[Sharing pictures](#) (Updated 20 Aug 2026)
[What could Harold do?](#) (Updated 20 Aug 2026)
[Harold loses Geoffrey](#) (Updated 20 Aug 2026)

Assessment Plans

[Keeping Safe - Pre and Post Unit Assessment: Y1/P2](#)

Rights and Respect

Lesson Plans

[Harold has a bad day](#) (Updated 21 Aug 2026)
[Around and about the school](#) (Updated 21 Aug 2026)
[Taking care of something](#) (Updated 21 Aug 2026)
[Harold's money](#) (Updated 21 Aug 2026)
[How should we look after our money?](#) (Updated 21 Aug 2026)
[Basic first aid](#) (Updated 21 Aug 2026)

Assessment Plans

[Rights and Respect - Pre and Post Unit Assessment: Y1/P2](#)

Being my Best

Lesson Plans

[I can eat a rainbow](#) (Updated 22 Aug 2026)
[Eat well](#) (Updated 22 Aug 2026)
[Harold's wash and brush up](#) (Updated 22 Aug 2026)
[Catch it! Bin it! Kill it!](#) (Updated 22 Aug 2026)
[Harold learns to ride his bike](#) (Updated 22 Aug 2026)
[Pass on the praise!](#) (Updated 22 Aug 2026)
[Inside my wonderful body! \(OPTIONAL\)](#) (Updated 24 Aug 2026)

Assessment Plans

[Being My Best - Pre and Post Unit Assessment: Y1/P2](#)

Growing and Changing

Lesson Plans

[Healthy me](#) (Updated 22 Aug 2026)
[Then and now](#) (Updated 22 Aug 2026)
[Taking care of a baby](#) (Updated 22 Aug 2026)
[Who can help? \(2\)](#) (Updated 22 Aug 2026)
[Surprises and secrets](#) (Updated 22 Aug 2026)
[Keeping privates private](#) (Updated 22 Aug 2026)

Assessment Plans

[Growing and Changing - Pre and Post Unit Assessment: Y1/P2](#)

Y2

Me and My Relationships

Lesson Plans

[Our ideal classroom \(1\)](#) (Updated 16 Aug 2026)
[Our ideal classroom \(2\) \(OPTIONAL\)](#) (Updated 16 Aug 2026)
[How are you feeling today?](#) (Updated 16 Aug 2026)
[Let's all be happy!](#) (Updated 16 Aug 2026)
[Being a good friend](#) (Updated 16 Aug 2026)
[Types of bullying](#) (Updated 16 Aug 2026)
[Don't do that!](#) (Updated 17 Aug 2026)
[Bullying or teasing? \(OPTIONAL\)](#) (Updated 17 Aug 2026)

Assessment Plans

[Me and My Relationships - Pre and Post Unit Assessment: Y2/P3](#)

Valuing Difference

Lesson Plans

[What makes us who we are?](#) (Updated 17 Aug 2026)
[My special people](#) (Updated 17 Aug 2026)
[How do we make others feel?](#) (Updated 17 Aug 2026)
[When someone is feeling left out](#) (Updated 17 Aug 2026)
[An act of kindness](#) (Updated 18 Aug 2026)
[Solve the problem](#) (Updated 18 Aug 2026)

Assessment Plans

[Valuing Difference - Pre and Post Unit Assessment: Y2/P3](#)

Keeping Safe

Lesson Plans

[Harold's picnic](#) (Updated 20 Aug 2026)
[How safe would you feel?](#) (Updated 20 Aug 2026)
[What should Harold say?](#) (Updated 20 Aug 2026)
[I don't like that!](#) (Updated 20 Aug 2026)
[Fun or not?](#) (Updated 20 Aug 2026)
[Should I tell?](#) (Updated 20 Aug 2026)

Assessment Plans

[Keeping Safe - Pre and Post Unit Assessment: Y2/P3](#)

Rights and Respect

Lesson Plans

[Getting on with others](#) (Updated 21 Aug 2026)
[When I feel like erupting](#) (Updated 21 Aug 2026)
[Feeling safe](#) (Updated 21 Aug 2026)
[Playing games](#) (Updated 21 Aug 2026)
[Harold saves for something special](#) (Updated 21 Aug 2026)
[Harold goes camping \(OPTIONAL\)](#) (Updated 24 Aug 2026)
[How can we look after our environment?](#) (Updated 21 Aug 2026)

Assessment Plans

[Rights and Respect - Pre and Post Unit Assessment: Y2/P3](#)

Being my Best

Lesson Plans

[You can do it!](#) (Updated 22 Aug 2026)
[My day](#) (Updated 22 Aug 2026)
[Harold's postcard - helping us to keep clean and healthy](#) (Updated 22 Aug 2026)
[Harold's bathroom](#) (Updated 22 Aug 2026)
[What does my body do?](#) (Updated 22 Aug 2026)
[My body needs... \(OPTIONAL\)](#) (Updated 24 Aug 2026)
[Basic first aid](#) (Updated 22 Aug 2026)

Assessment Plans

[Being My Best - Pre and Post Unit Assessment: Y2/P3](#)

Growing and Changing

Lesson Plans

[A helping hand](#) (Updated 22 Aug 2026)
[Sam moves away](#) (Updated 22 Aug 2026)
[Haven't you grown!](#) (Updated 22 Aug 2026)
[My body, your body](#) (Updated 22 Aug 2026)
[Respecting privacy](#) (Updated 23 Aug 2026)
[Some secrets should never be kept](#) (Updated 23 Aug 2026)

Assessment Plans

[Growing and Changing - Pre and Post Unit Assessment: Y2/P3](#)

How does RSHE fit in with PSHE?

Lower KS2



Y3		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>As a rule (Updated 17 Aug 2026)</p> <p>Looking after our special people (Updated 17 Aug 2026)</p> <p>How can we solve this problem? (Updated 17 Aug 2026)</p> <p>Tangram team challenge (OPTIONAL) (Updated 17 Aug 2026)</p> <p>Friends are special (Updated 17 Aug 2026)</p> <p>Thunks (Updated 17 Aug 2026)</p> <p>Dan's dare (Updated 17 Aug 2026)</p> <p>My special pet (OPTIONAL) (Updated 23 Jul 2026)</p> <p>Assessment Plans</p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y3/P4</p>	<p>Lesson Plans</p> <p>Respect and challenge (Updated 18 Aug 2026)</p> <p>Family and friends (Updated 18 Aug 2026)</p> <p>My community (Updated 18 Aug 2026)</p> <p>Our friends and neighbours (Updated 18 Aug 2026)</p> <p>Let's celebrate our differences (Updated 18 Aug 2026)</p> <p>Zeb (Updated 18 Aug 2026)</p> <p>Assessment Plans</p> <p>Valuing Difference - Pre and Post Unit Assessment: Y3/P4</p>	<p>Lesson Plans</p> <p>Safe or unsafe? (Updated 20 Aug 2026)</p> <p>Danger or risk? (Updated 20 Aug 2026)</p> <p>The Risk robot (Updated 20 Aug 2026)</p> <p>Super Searcher (Updated 30 Jul 2026)</p> <p>Help or harm? (Updated 20 Aug 2026)</p> <p>Alcohol and cigarettes: the facts (Updated 20 Aug 2026)</p> <p>Raisin challenge (1) (OPTIONAL) (Updated 20 Aug 2026)</p> <p>Assessment Plans</p> <p>Keeping Safe - Pre and Post Unit Assessment: Y3/P4</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>Helping each other to stay safe (Updated 21 Aug 2026)</p> <p>Recount task (Updated 21 Aug 2026)</p> <p>Our helpful volunteers (Updated 21 Aug 2026)</p> <p>Can Harold afford it? (Updated 20 Jul 2026)</p> <p>Earning money (Updated 20 Jul 2026)</p> <p>Harold's environment project (Updated 21 Aug 2026)</p> <p>Let's have a tidy up! (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Rights and Respect - Pre and Post Unit Assessment: Y3/P4</p>	<p>Lesson Plans</p> <p>Derek cooks dinner! (healthy eating) (Updated 02 Aug 2026)</p> <p>Poorly Harold (Updated 22 Aug 2026)</p> <p>Body team work (Updated 22 Aug 2026)</p> <p>For or against? (Updated 22 Aug 2026)</p> <p>I am fantastic! (Updated 22 Aug 2026)</p> <p>Top talents (Updated 22 Aug 2026)</p> <p>Getting on with your nerves! (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Being My Best - Pre and Post Unit Assessment: Y3/P4</p>	<p>Lesson Plans</p> <p>Relationship tree (Updated 23 Aug 2026)</p> <p>Body space (Updated 23 Aug 2026)</p> <p>None of your business! (Updated 23 Aug 2026)</p> <p>Secret or surprise? (Updated 23 Aug 2026)</p> <p>My changing body (Updated 23 Aug 2026)</p> <p>Basic first aid (Updated 09 Aug 2026)</p> <p>Assessment Plans</p> <p>Growing and Changing - Pre and Post Unit Assessment: Y3/P4</p>

Y4		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>Human machines (Updated 17 Aug 2026)</p> <p>Ok or not ok? (part 1) (Updated 17 Aug 2026)</p> <p>Ok or not ok? (part 2) (Updated 17 Aug 2026)</p> <p>An email from Harold! (Updated 17 Aug 2026)</p> <p>Different feelings (Updated 17 Aug 2026)</p> <p>When feelings change (OPTIONAL) (Updated 17 Aug 2026)</p> <p>Under pressure (Updated 17 Aug 2026)</p> <p>Assessment Plans</p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y4/P5</p>	<p>Lesson Plans</p> <p>Can you sort it? (Updated 18 Aug 2026)</p> <p>What would I do? (Updated 18 Aug 2026)</p> <p>The people we share our world with (Updated 18 Aug 2026)</p> <p>That is such a stereotype! (Updated 18 Aug 2026)</p> <p>Friend or acquaintance? (Updated 18 Aug 2026)</p> <p>Islands (Updated 18 Aug 2026)</p> <p>Assessment Plans</p> <p>Valuing Difference - Pre and Post Unit Assessment: Y4/P5</p>	<p>Lesson Plans</p> <p>Danger, risk or hazard? (Updated 20 Aug 2026)</p> <p>How dare you! (Updated 20 Aug 2026)</p> <p>Keeping ourselves safe (Updated 20 Aug 2026)</p> <p>Raisin challenge (2) (Updated 20 Aug 2026)</p> <p>Picture wise (Updated 20 Aug 2026)</p> <p>Medicines: check the label (Updated 20 Aug 2026)</p> <p>Know the norms (OPTIONAL) (Updated 20 Aug 2026)</p> <p>Traffic lights (OPTIONAL) (Updated 31 Jul 2026)</p> <p>Assessment Plans</p> <p>Keeping Safe - Pre and Post Unit Assessment: Y4/P5</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>Who helps us stay healthy and safe? (Updated 21 Aug 2026)</p> <p>Making choices (Updated 22 Aug 2026)</p> <p>It's your right (Updated 21 Aug 2026)</p> <p>How do we make a difference? (Updated 21 Aug 2026)</p> <p>In the news! (Updated 21 Aug 2026)</p> <p>Safety in numbers (Updated 21 Aug 2026)</p> <p>Harold's expenses (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Why pay taxes? (Updated 21 Aug 2026)</p> <p>Logo quiz (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Rights and Respect - Pre and Post Unit Assessment: Y4/P5</p>	<p>Lesson Plans</p> <p>What makes me ME! (Updated 22 Aug 2026)</p> <p>Making choices (Updated 22 Aug 2026)</p> <p>SCARF hotel (Updated 22 Aug 2026)</p> <p>Harold's Seven Rs (Updated 22 Aug 2026)</p> <p>My school community (1) (Updated 22 Aug 2026)</p> <p>Basic first aid (Updated 22 Aug 2026)</p> <p>Volunteering is cool (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Being My Best - Pre and Post Unit Assessment: Y4/P5</p>	<p>Lesson Plans</p> <p>Moving house (Updated 23 Aug 2026)</p> <p>My feelings are all over the place! (Updated 23 Aug 2026)</p> <p>All change! (Updated 23 Aug 2026)</p> <p>Preparing for changes at puberty (Updated 23 Aug 2026)</p> <p>Secret or surprise?</p> <p>Together (Updated 23 Aug 2026)</p> <p>Assessment Plans</p> <p>Growing and Changing - Pre and Post Unit Assessment: Y4/P5</p>

How does RSHE fit in with PSHE?

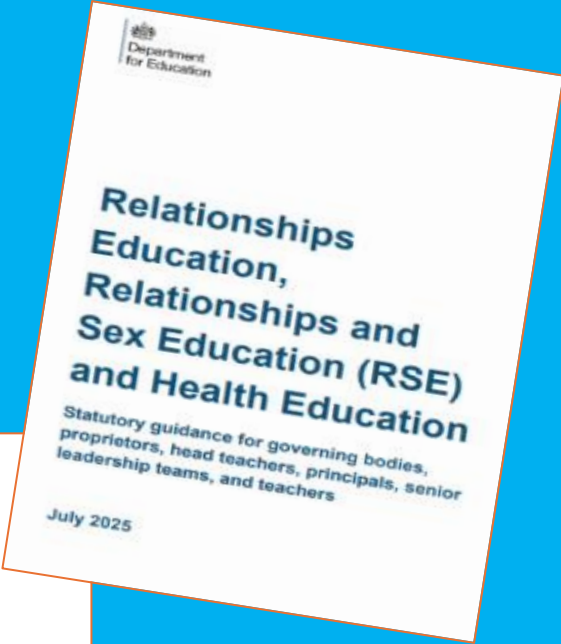
Upper KS2



Y5		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>Collaboration Challenge! (Updated 17 Aug 2026)</p> <p>Give and take (Updated 17 Aug 2026)</p> <p>Communication (OPTIONAL) (Updated 17 Aug 2026)</p> <p>How good a friend are you? (Updated 17 Aug 2026)</p> <p>Relationship cake recipe (Updated 17 Aug 2026)</p> <p>Our emotional needs (Updated 17 Aug 2026)</p> <p>Being assertive (Updated 17 Aug 2026)</p> <p>Assessment Plans</p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y5/P6</p>	<p>Lesson Plans</p> <p>Qualities of friendship (Updated 18 Aug 2026)</p> <p>Kind conversations (Updated 19 Aug 2026)</p> <p>Happy being me (Updated 19 Aug 2026)</p> <p>The land of the Red People (Updated 19 Aug 2026)</p> <p>Is it true? (Updated 19 Aug 2026)</p> <p>Stop, start, stereotypes (Updated 27 Jul 2026)</p> <p>It could happen to anyone (OPTIONAL) (Updated 20 Aug 2026)</p> <p>Assessment Plans</p> <p>Valuing Difference - Pre and Post Unit Assessment: Y5/P6</p>	<p>Lesson Plans</p> <p>Spot bullying (Updated 20 Aug 2026)</p> <p>Play, like, share 1 (Updated 20 Aug 2026)</p> <p>Play, like, share 2 (Updated 31 Jul 2026)</p> <p>Decision dilemmas (Updated 20 Aug 2026)</p> <p>Vaping: healthy or unhealthy? (Updated 21 Aug 2026)</p> <p>Would you risk it? (Updated 21 Aug 2026)</p> <p>Ella's diary dilemma (OPTIONAL) (Updated 24 Aug 2026)</p> <p>'Thinking' about habits (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Drugs: true or false? (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Smoking: what is normal? (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Keeping Safe - Pre and Post Unit Assessment: Y5/P6</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>What's the story? (Updated 22 Aug 2026)</p> <p>Fact or opinion? (Updated 22 Aug 2026)</p> <p>Mo makes a difference (Updated 22 Aug 2026)</p> <p>Rights, respect and duties (Updated 22 Aug 2026)</p> <p>Spending wisely (Updated 22 Aug 2026)</p> <p>Lend us a fiver! (Updated 22 Aug 2026)</p> <p>Local councils (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Rights and Respect - Pre and Post Unit Assessment: Y5/P6</p>	<p>Lesson Plans</p> <p>It all adds up! (Updated 22 Aug 2026)</p> <p>Different skills (Updated 22 Aug 2026)</p> <p>My school community (2) (Updated 22 Aug 2026)</p> <p>Independence and responsibility (Updated 22 Aug 2026)</p> <p>Star qualities? (Updated 22 Aug 2026)</p> <p>Basic first aid, including Sepsis Awareness (Updated 22 Aug 2026)</p> <p>Assessment Plans</p> <p>Being My Best - Pre and Post Unit Assessment: Y5/P6</p>	<p>Lesson Plans</p> <p>How are they feeling? (Updated 23 Aug 2026)</p> <p>Taking notice of our feelings (Updated 23 Aug 2026)</p> <p>Dear Ash (Updated 23 Aug 2026)</p> <p>Growing up and changing bodies (Updated 23 Aug 2026)</p> <p>Changing bodies and feelings (Updated 23 Aug 2026)</p> <p>Help! I'm a teenager - get me out of here! (Updated 24 Aug 2026)</p> <p>Dear Hatty (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Making babies (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Growing and Changing - Pre and Post Unit Assessment: Y5/P6</p>

Y6		
Me and My Relationships	Valuing Difference	Keeping Safe
<p>Lesson Plans</p> <p>Working together (Updated 17 Aug 2026)</p> <p>Let's negotiate (OPTIONAL) (Updated 17 Aug 2026)</p> <p>Solve the friendship problem (Updated 17 Aug 2026)</p> <p>Dan's day (OPTIONAL) (Updated 17 Aug 2026)</p> <p>Behave yourself (Updated 17 Aug 2026)</p> <p>Assertiveness skills (Updated 17 Aug 2026)</p> <p>Don't force me (Updated 17 Aug 2026)</p> <p>Acting appropriately (Updated 24 Jul 2026)</p> <p>Assessment Plans</p> <p>Me and My Relationships - Pre and Post Unit Assessment: Y6/P7</p>	<p>Lesson Plans</p> <p>OK to be different (Updated 20 Aug 2026)</p> <p>We have more in common than not (Updated 20 Aug 2026)</p> <p>Respecting differences (Updated 20 Aug 2026)</p> <p>Tolerance and respect for others (Updated 20 Aug 2026)</p> <p>Advertising friendships! (Updated 20 Aug 2026)</p> <p>Boys will be boys? - challenging gender stereotypes (Updated 20 Aug 2026)</p> <p>Assessment Plans</p> <p>Valuing Difference - Pre and Post Unit Assessment: Y6/P7</p>	<p>Lesson Plans</p> <p>Think before you click! (Updated 21 Aug 2026)</p> <p>It's a puzzle (OPTIONAL) (Updated 31 Jul 2026)</p> <p>To share or not to share? (Updated 21 Aug 2026)</p> <p>Rat Park (Updated 21 Aug 2026)</p> <p>What sort of drug is...? (Updated 21 Aug 2026)</p> <p>Drugs: it's the law! (Updated 21 Aug 2026)</p> <p>Alcohol: what is normal? (Updated 21 Aug 2026)</p> <p>Joe's story (part 1) (OPTIONAL) (Updated 31 Jul 2026)</p> <p>Assessment Plans</p> <p>Keeping Safe - Pre and Post Unit Assessment: Y6/P7</p>
Rights and Respect	Being my Best	Growing and Changing
<p>Lesson Plans</p> <p>Two sides to every story (Updated 22 Aug 2026)</p> <p>Fakebook friends (Updated 22 Aug 2026)</p> <p>What's it worth? (Updated 22 Aug 2026)</p> <p>Jobs and taxes (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Happy shoppers - caring for the environment (Updated 22 Aug 2026)</p> <p>Action stations! (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Project Pitch (parts 1 & 2) (OPTIONAL) (Updated 23 Jul 2026)</p> <p>Democracy in Britain 1 - Elections (Updated 23 Jul 2026)</p> <p>Democracy in Britain 2 - How (most) laws are made (Updated 23 Jul 2026)</p> <p>Community art (OPTIONAL) (Updated 12 Aug 2025)</p> <p>Assessment Plans</p> <p>Rights and Respect - Pre and Post Unit Assessment: Y6/P7</p>	<p>Lesson Plans</p> <p>This will be your life! (Updated 22 Aug 2026)</p> <p>Our recommendations (Updated 22 Aug 2026)</p> <p>Pressure online (Updated 24 Aug 2026)</p> <p>What's the risk? (1) (Updated 22 Aug 2026)</p> <p>What's the risk? (2) (Updated 22 Aug 2026)</p> <p>Basic first aid, including Sepsis Awareness (Updated 22 Aug 2026)</p> <p>Five Ways to Wellbeing project (Updated 22 Aug 2026)</p> <p>Assessment Plans</p> <p>Being My Best - Pre and Post Unit Assessment: Y6/P7</p>	<p>Lesson Plans</p> <p>I look great! (Updated 24 Aug 2026)</p> <p>Media manipulation (Updated 24 Aug 2026)</p> <p>Helpful or unhelpful? Managing change (Updated 24 Aug 2026)</p> <p>Is this normal? (Updated 24 Aug 2026)</p> <p>Making babies (Updated 24 Aug 2026)</p> <p>What is HIV? (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Online Sexual Content (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Intimate images and online sharing (OPTIONAL) (Updated 24 Aug 2026)</p> <p>Assessment Plans</p> <p>Growing and Changing - Pre and Post Unit Assessment: Y6/P7</p>

All the information from today and much more can be found on the school website:



HOME » OUR LEARNING » CURRICULUM » RELATIONSHIPS, SEX AND HEALTH EDUCATION

Relationships, Sex and Health Education

In This Section

Relationships, Sex and Health Education

As a part of your child's educational experience at John Hunt Academy, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

Learning Outcomes

RSHE is part of our already well-taught PSHE curriculum, the learning outcomes for each year group can be seen below. The three main areas of RSHE are:

- **Relationships Education:** building positive and healthy relationships with friends and family members, respect for others, online relationships, positive emotional and mental wellbeing and staying safe;
- **Sex Education:** relationships and health, including puberty. The delivery of these lessons will be age appropriate for all year groups.
- **Health Education:** teaching the characteristics of good physical health and mental wellbeing.

As part of our consultation process, we value your input, ideas and any suggestions that you may have ...



Any questions?

Thank you for your time today.