



RSHE – Frequently Asked Questions

(reviewed following the implementation of revised [statutory guidance](#) from the DfE)

What is PSHE and RSHE?

PSHE is Personal, Social and Health Education.

RSHE is Relationships, Sex and Health Education. The government (DfE) has recently updated the statutory objectives that pupils must learn before the end of primary and secondary school.

Relationships education includes the following topic areas:

- Families and people who care for me;
- Caring friendships;
- Respectful, kind relationships;
- Online safety and awareness;
- Being safe.

Health education includes the following topic areas:

- General wellbeing;
- Wellbeing online;
- Physical health and fitness;
- Healthy eating;
- Drugs, alcohol and tobacco;
- Health and prevention;
- Personal safety;
- Basic first aid;
- Developing bodies.

At Burlington Junior School, the RSHE objectives are taught during PSHE lessons and are revisited in each year group.

Sex education is only taught in Year 5 and Year 6. Content about puberty is part of Health Education under the topic of ‘developing bodies’. This is taught in all year groups.

We make use of a scheme of learning called ‘Jigsaw’ to support with planning and resources in PSHE. The statutory objectives are mapped and sequenced throughout this scheme of learning. Burlington Infant School also makes use of this scheme which helps to ensure progression from Key Stage 1 to Key Stage 2.

How often will students have RSHE lessons?

Relationships and health education content takes place throughout the year as part of PSHE lessons. These lessons take place weekly and cover a broad range of topics including online safety, bullying, friendships, first aid, keeping safe on the roads and railways, healthy eating and many more. The statutory relationships and health education content is revisited as pupils progress through the school. Please see our learning journey for more information:

<https://www.burlingtonj.kingston.sch.uk/page/?title=PSHE&pid=184>

The 'Changing Me' unit, which takes place in summer 2 for most year groups and in the autumn term for Year 6, includes health education content about puberty and developing bodies (including menstruation from Year 4 onwards). This unit also includes one non-statutory sex education lesson in Year 5 and one sex education lesson in Year 6.

Can I see what my child will be learning?

Yes — parents are welcome to review the school's RSHE Policy, view lesson plans or example resources on request, and discuss any concerns with class teachers, the PSHE Subject Leader or Curriculum Leader.

The learning journey on our school website shares an overview of what is taught within each year group: <https://www.burlingtonj.kingston.sch.uk/page/?title=PSHE&pid=184>

Year groups will communicate with parents ahead of teaching any 'developing bodies' objectives, which include puberty, and sex education lessons in Year 5 and Year 6 to share learning objectives and invite parents to view resources if they choose to.

What has changed as a result of the new guidance?

Whilst there are a number of changes for primary schools to implement, much of the content remains the same or similar as in the previous version of the guidance. Many of the updates have already been being addressed in school whether through PSHE lessons or assemblies.

Some examples of the updates are listed below:

- There is a greater focus on online safety and wellbeing, including gaming, video game monetisation, scams and frauds.
- The new guidance encourages pupils to critically engage with what they see online (in relation to privacy, consent and personal data).
- Within health education there is statutory guidance around pupils learning the correct names for body parts, including genitalia. This is something that we have already been doing at Burlington; however the guidance has made this statutory for all schools.

- There is the addition of 'personal safety' to including recognising and reducing risk, particularly in the context of fire and travel safety (roads, railways and waterways).
- There is new learning around love and loss, including bereavement, recognising that everyone can grieve differently. This is something that was already being taught at Burlington; however the guidance has made this statutory for all schools.
- There is an emphasis on pupils learning skills for managing difficult feelings. Again, this is something that we have been covering at Burlington already as part of our work on the zones of regulation.

Can I withdraw my child from all Relationships, Sex and Health Education lessons, including puberty lessons?

No. The new Relationships Education and Health Education Curriculum is statutory, which means it must be taught to all children. Content about puberty is part of Health Education under the topic of 'developing bodies'. This is taught in all year groups.

Sex Education is non-statutory at primary school. Content around conception is taught in one lesson in Year 5 and one lesson in Year 6. Parents **can** request to withdraw their child from these lessons.

If you wish to withdraw your child from these sex education lessons, please speak to your child's class teacher in the first instance. They will ask you to confirm this in writing by emailing parent@burlingtonjunior.org. The request will then be logged on our reporting system where it will be reviewed and approved by the headteacher.

If you have any wider queries about the [DfE Guidance](#) for primary schools, you should know that this is beyond the school's control and you should take it up with your local MP.

How is RSE inclusive?

RSE reflects the diversity of our school community and includes all pupils, whatever their background, faith, or identity. Lessons promote respect, tolerance, and understanding while upholding the school's safeguarding and equality duties.

Where necessary, tasks and lessons are adapted to suit the needs of different pupils in the classroom. This may include support with vocabulary, the use of stem sentences to support responses, concept cartoons or social stories and adapting the tasks pupils are completing.

How does RSE support safeguarding?

RSE plays a key role in keeping pupils safe by helping them to:

Recognise unsafe or unhealthy situations

Understand consent and boundaries

Know how to seek help and support

Develop confidence in reporting concerns

How can I give feedback?

We welcome parent and carer feedback at any time.

Please email parent@burlingtonjunior.org with any feedback, addressing your email to the curriculum leader.

What can I do to support my child further?

Please see our school newsletters, curriculum mapping on our website and our RSHE policy on the school website for information about the school curriculum and what your child will be learning.

Speak to your child's class teacher if you have any concerns following conversations about learning in school. Support your child's learning at home, by reading with them and asking their views on what they have learnt.

Be the trusted adult who offers their child unconditional love and non-judgemental support, so they know they can always come to you if they have worries or concerns about friendships or relationships as they grow up.

The NSPCC 'talk pants' resources have useful information about starting conversations with your child around privacy and consent. <https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

The Brook Charity offers help and advice regarding RSE at home and how to support children to have healthy relationships - <https://www.brook.org.uk/parents-and-carers/rse-at-home/>

The website 'school reading list' provides a list of a number of topic books for PSHE which can be useful for starting conversations:

<https://schoolreadinglist.co.uk/category/genres/pshe-topic-books/>

Useful Links/Referenes

- [New RSHE guidance – 'What parents needs to know' - DfE](#)
- [DfE Statutory Guidance \(June 2025\)](#)