

22nd July 2026

Dear Parent/Carer,

Department for Education (DfE) statutory requirements for Relationships and Health Education (2025)

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.

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 use the leading children's health and wellbeing charity, Coram SCARF to support us in meeting these legal requirements. We do this in a two ways:

- A visit from a trained educator who delivers aspects of the Relationships Education and Health Education programme
- Using Coram SCARF's online teaching resources.

More information about Coram SCARF and their resources can be found on their website:
<http://www.coramscarf.org.uk/>

At King Ina we have been successfully using these resources to plan and deliver our PSHE curriculum since 2021, the units of work are frequently updated and reviewed by Coram, but also by school staff, ensuring they are in line with the Government guidelines and our Christian school ethos and vision. Our Computing curriculum runs alongside our PSHE lessons to deliver the online safety aspect of the Relationship and Health Education, using KAPOW lessons to prepare our pupils to positively and confidently navigate the digital world.

As we review our policy to make the small changes required to meet the revised guidance for

Relationship and Health Education, we would like to invite you to take part in our online parent/guardian survey. Please read the policy before you carry out the survey. Your children will also have an opportunity to give up feedback and make suggestions through pupil voice activities carried out at school.

<https://forms.gle/z57WSnoFsC8idcx3A>

16th August 2026

Yours Sincerely

Mrs Milsom – PSHE and RSE Lead and Computing Lead