Highgate Infant School

RSHE Policy

2026-2027

In July 2025, the DfE updated its relationships and sex education (RSE) and health education guidance. This policy references the changes from September 2026.

POLICY	**RSHE Policy 2026-27**
STATUS/DATE OF THIS VERSION	**September 2026**
APPROVED BY	**Board of Trustees**
RATIFIED BY	**Trust Board**
REVIEW	**September 2027**

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1. Aims

The aims of relationships, sex and health education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy, and cultivate positive characteristics such as kindness and integrity
- Create a positive culture and promote healthy norms about relationships, including sexual relationships where relevant, and about health, including mental health
- Teach pupils the correct vocabulary to describe themselves and their bodies

2. Statutory requirements

As a primary academy, we must provide relationships education to all pupils under section 34 of the Children and Social Work Act 2017. We must also teach health education.

We don't have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum.

In teaching RSHE, we're required by our funding agreements to have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (PSED) (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Highgate Infant School we teach RSHE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.

2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.

3. Parent/stakeholder consultation – parents/carers and any interested parties were invited to attend a meeting about the policy.

4. Pupil consultation – we investigated what exactly pupils want from their RSHE.

5. Ratification – once amendments were made, the policy was shared with governors and ratified.

4. Definition

For the purpose of this policy:

Relationships and health education will:

- Teach the skills and knowledge that form the building blocks of all positive relationships
- Support children from the start of their education to grow into kind, caring adults who:
    - Have respect for others
    - Know how to keep themselves safe
    - Have emotional awareness
- Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors
- Emphasise the relationship between physical health and mental wellbeing
- Aim to reduce stigma attached to health issues, in particular relating to mental health, and discourage the pejorative use of language related to ill health
- Provide young people with the information they need to develop healthy, safe and nurturing relationships of all kinds
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5. Curriculum

Our RSHE curriculum is set out as per Appendices 1 and 2, but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents and carers, pupils and staff, and taking into account the age, developmental stage, needs (such as cultural and religious needs) and feelings of our pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online. Teaching will be developed to ensure the curriculum is accessible for pupils with SEND.

We will share all curriculum materials with parents and carers on request.

6. Delivery of RSHE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

RSE teaching is further reinforced across the planned and unplanned curriculum, for example:

- When talking about the events or characters in stories read
- When praising a child who has helped a friend who fell on the playground
- When a child shares news of a family event or celebration with their class

The school will make sure that:

- Core knowledge is sectioned into units of manageable size
- The required content is communicated to pupils clearly, in a carefully sequenced way and within a planned scheme of work
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge, so that it can be used confidently in real-life situations
- "Over blocking" by the school's filtering and monitoring system doesn't lead to unreasonable restrictions as to what children can be taught

Relationships education focuses on Skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their education to grow into kind caring adults who have respect for others and know how to keep themselves and others safe including:

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

Health education will:

- Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors
- Emphasise the relationship between physical health and mental wellbeing

Sex education is not taught in Highgate Infant school. This is inline with guidance which recommends that primary schools teach sex education in years 5 and/or 6, in line with content about conception and birth in the science curriculum.

Teachers will make sure that all pupils' views are listened to, and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriately for the age of the pupils.

Pupils will be introduced to protective and preventative content in a way that does not cause unreasonable alarm and does not appear to normalise risky behaviours or activities. The school will make sure that all teaching and materials are appropriate for the ages and needs of the pupils including any additional needs, such as special educational needs and disabilities (SEND).

At all points of delivery of the curriculum, the school will consult parents and carers, and their views will be valued. What will be taught and how will be planned in conjunction with parents and carers.

Pupils Knowledge is assessed throughout PSHE sessions through childrens understanding as demonstrated through class discussions and activities.

For more information about our RSE curriculum, see Appendices 1 and 2.

We may amend our curriculum content to respond to the needs and context of our pupils, to discuss issues affecting them in an age-appropriate manner. We will inform parents and carers of any deviation from our published policy in advance, and share any relevant materials on request.

These areas of learning are taught within the context of family life, taking care to make sure that there is no stigmatisation of children based on their home circumstances (i.e. families can include single-parent families, same-sex parents, families headed by grandparents, adoptive parents and foster parents among other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example, looked-after children, young carers or kinship carers).

Across our school, we will also be mindful of the law and legal requirements, taking care not to condone or encourage illegal activity, such as violent action against people, criminal damage to property or hate crime.

For more information about our RSHE curriculum, see Appendices 1 and 2.

6.1 Inclusivity

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is accessible to pupils with SEND
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
    - Safe and supported
    - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
    - A whole-class setting
    - Small groups or targeted sessions
    - 1-to-1 discussions
    - Digital formats
- Give careful consideration to the level of differentiation needed

6.2 Use of resources

We will consider whether any resources we plan to use:

- Are aligned with the teaching requirements set out in the statutory RSHE guidance
- Would support pupils in applying their knowledge in different contexts and settings
- Are age-appropriate, given the age and maturity of the pupils
- Are evidence-based and contain robust facts and statistics
- Fit into our curriculum plan
- Are from credible sources
- Are compatible with effective teaching approaches
- Are sensitive to pupils' experiences and won't provoke distress

We will make sure that when we consult parents/carers we provide a representative sample of the resources that the school plans to use.

We will ensure that parents/carers are able to view all curriculum materials used to teach RSHE on request.

Parents/carers are not able to veto curriculum content.

We will comply with any applicable copyright laws when sharing resources with parents or carers, and will include a statement that parents agree to as a condition of access that the content should not be copied or shared further except as authorised under copyright law.

7. Use of external organisations and curriculum materials

Highgate Infant School does not use external organisations (or materials produced by these organisations) to teach the RSE curriculum

8. Roles and responsibilities

8.1 The Trust board

The Trust board will approve the RSHE policy, and hold the headteacher to account for its implementation.

The Trust board will ensure that:

- All pupils make progress in achieving the expected educational outcomes
- Teaching is accessible to all pupils with SEND
- Curriculum content and teaching materials are aligned with the guidance
- Clear information is provided for parents on the subject content, teaching materials and external providers, and on the right to request that their child is withdrawn from sex education

8.2 The headteacher

The headteacher is responsible for making sure that RSHE is taught consistently across the school, for sharing all resources and materials with parents and carers.

8.3 Staff

Staff are responsible for:

- Delivering RSHE in a way that is sensitive, high-quality and appropriate for each year group
- Modelling positive attitudes to RSHE
- Monitoring progress

- Responding to the needs of individual pupils
- Modelling positive behaviour and avoiding language that might perpetuate harmful stereotypes, and being conscious of everyday sexism, misogyny/misandry, homophobia, biphoboia, sexual violence/harassment, derogatory behaviour and stereotypes
- Where misogynistic ideas are expressed at school, challenging the ideas, rather than the person expressing them
- Reporting any safeguarding concerns or disclosures that pupils may make as a result of the subject content to the school's designated safeguarding lead (DSL) Cheryl Kirby.

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the headteacher.

All teachers are responsible for the teaching of RSE. This is led by Joanne Sewell.

8.4 Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

9. Parents' right to withdraw

Parents/carers do not have the right to withdraw their child from relationships and health education.

As no part of Sex education is taught there is no right or need for parents to exercise any rights to withdraw their child from Sex education at Highgate Infant School.

10. Training

Staff are trained on the delivery of RSHE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.

11. Monitoring arrangements

The delivery of RSHE is monitored by Joanne Sewell through:

Discussions with pupils, planning scrutinies, monitoring of books, and learning walks,

Pupils' development in RSHE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the Headteacher annually. At every review, the policy will be approved by The Trust Board.

Appendix 1: Curriculum map

Relationships, sex and health education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year R	Autumn 1	The World and Me Book focus - Starting school by Janet Ahlberg People that help us. How to dial 999 Doctors and vet roleplay. Learning how people and other living things have different needs and the responsibility of caring for them.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year R	Autumn 2	<u>Festivals and Fun</u> Class kindness tree to celebrate the kind acts shown by the children. Looking at festivals that different groups celebrate and recognising the ways they are the same as and different to. Stay safe week: • Anti-bullying • E-safety • NSPCC PANTS rule Anti-bullying week focus, who can we tell if we are worried. Firework safety Explore the feeling **<u>happy</u>**- Use story - That's when I'm happy, to embed this concept Explore the feeling **<u>Sad</u>** Use story – Michael Rosen's Sad Book, to embed this

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year R	Spring 1	<u>Into the Woods</u> Introduce compliments- children to then give complements to the child of the day. Child then to give complement for themselves. Goldilocks and the three bears hot seating. How did the bears feel? etc How we care for our environment Explore the feeling **<u>Tired</u>** . Use story – Jill Murphy peace at last, to embed this concept
Year R	Spring 2	<u>Food Glorious Food</u> Read the story pumpkin soup. Circle time to discuss solving problems with friends. What keeps us healthy? Children to learn about foods that support good health. Kitchen safety, using utensils. Risk for our teeth eating too much sugar and poor dental care. Visit from the tooth fairy. Teach the feeling **scare**d. Use Story The bear who was scared of the dark.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year R	Summer 1	<u>All Creatures Great and Small</u> Bad tempered ladybird, discussing feelings. Recognising and naming feelings. Frog spawn investigation station. Change and loss and identifying feeling associated with this and how to make people feel better. Explore the feeling Angry. Use story Little Rabbit Foo Foo, Michael Rosen, to embed this concept
Year R	Summer 2	<u>Explorers</u> Children to explore the year 1 classroom and meet the staff. Discuss the feelings of excited, using the text the sports day by Nick Butterworth and feeling cards How to keep safe in the sun safety posters. Children to make books about what they are looking forward to in year 1. How to keep safe in unfamiliar environments e.g. Beach, water etc Explore the feeling **<u>Excited.</u>** <u>Use</u> <u>story</u> – The sports day, Nick Butterworth, to embed this concept

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 1	Autumn 1	Who Am I? Explore the feeling **happy. Use** story '*That's When I'm Happy*' to embed this concept. Explore the feeling **proud. Use** story '*The Rainbow Fish*' to embed this concept. Explore the feeling **worried. Use** story '*Absolutely Too Small for School*' to embed this concept. Look at how our feelings can affect our bodies and our body language/ how we might react to different people. Look at how physical exercise can help to keep us healthy – look at what we can do in a minute. Go through ways he can keep hygienic with rules for hand washing. – complete a germ experiment and look at how washing our ands prevents the spread of bacteria. Hospital role play to learn about our bodies

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 1	Autumn 2	Let's Party Stay safe week: • Anti-bullying • E-safety • NSPCC PANTS rule Explore the feeling **safe. Ue** story *'Goodnight Moon'* to embed this concept. Explore the feeling **frustrated. Use** story *'Where the Wild Things Are'* to embed this concept. Recognise how other people might be feeling and recognise how our actions effect other people. Understand and learn different ways of controlling our emotions and calming ourselves down if we feel out of control. Look at ways people celebrate and how we can celebrate together even if we are different.
Year 1	Spring 1	Once Upon A Time Explore the feeling **scared**. Use_story *'Little Mouse's Big Book of Fears'* to embed this concept. Look at basic dental care and visiting the dentist. How to brush teeth correctly and food and drink that support dental health. Look at a sugar experiment and how too much can have a bad effect on our bodies/teeth. Recognise how to ask for help when we don't know how to control our feelings. Learn how to look after an animal and how a wild animal looks after itself in different habitats. – how different animals look after their young

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 1	Spring 2	Grow Me A Garden Explore the feeling **relaxed**. Use story *'Trumpet the Little Elephant"* to embed this concept. Look at different activities/ things we can do to help us relax and feel rested. Create a family tree and understand wo are the most important people in our lives. Create a hand of trust to understand wo we can talk to when we feel like we need to share how we feel.
Year 1	Summer 1	Brilliant Beasts Explore the feeling **selfish**. Use story *'The Selfish Crocodile'* to embed this concept. Look at how we make friends and how friends communicate and react toward each other. Understand how we can become a 'buddy' to someone who doesn't have many friends and how that can make them feel. Understand wat we can do if there is ever an accident and identify what people can help us if there has been an accident to ourselves or other people.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 1	Summer 2	Step Back in Time Reflect how we have changed over the year and look at our proudest moments of the year. Look at what they feel they want to get better at in year 2 and why. Create transition books and get to know new teachers and classroom staff.
Year 2	Autumn 1	The Magic of Me Why rules are needed. Read – 'Wilbie and Harry' Keeping ourselves safe in the classroom and around school. What is good hygiene? How to wash our hands. How to keep ourselves healthy and who can help us to stay healthy. Explore the feelings **calm and relaxed.** Use story *'Trumpet the Little Elephant'* to embed this concept. Explore the feeling **fine.** Use story *'Little Bear and the Wish Fish'* to embed this concept.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 2	Autumn 2	Whizz Bang Pop How can we keep ourselves safe? Stay safe week: • Anti-bullying • E-safety • NSPCC PANTS rule Road safety – rules for crossing the road. Age restrictions and asking for permission. Explore the feeling **safe.** Use story *'Harry's Home'* to embed this concept. Explore the feeling **angry.** Use story '*Angry Arthur*' to embed this concept. Explore the feeling **afraid.** – Use story *'The Bear Under the Stairs'* to embed this concept.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 2	Spring 1	Long, Long Ago Recognising how we feel. What makes us happy? What do we enjoy doing? What are manners and how should we use them? Explore the feeling **embarrassed.** Use Story '*The Emperor's New Clothes*' to embed this concept. Explore the feeling **shy.** Use story '*Shy Charles*' to embed this concept. Explore the feeling **furious.** Use story '*Bear Snores On*' to embed this concept.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 2	Spring 2	Seeds, Leaves and Sunshine Forming positive relationships. What makes a good friend? The importance of friendships. Creating a friendship hand. What is a family? How families are all different. Read *'The Family Book'*. People within our community and their roles. Groups we belong to. How to work together – group and team games. Explore the feeling **lonely.** Use story *'Aldo'* to embed this concept. Explore the feeling **comfortable.** Use story '*Goldilocks and the Three Bears*' to embed this concept. Explore the feeling **curious.** Use story '*Just*

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 2	Summer 1	Animal Antics What can we do to look after our environment? Earth Day – how to look after our environment. Reduce, reuse and recycle. Class recycling campaign. Caring for living things. Giving and sharing our opinions. Listening to the opinions of others. Story – Two Monsters. Explore the feeling **frustrated.** Use story '*Where the Wild Things Are*' to embed this concept. Explore the feeling **ashamed.** Use story '*Willy the Champ*' to embed this concept. Explore the feeling **proud.** Use story '*The Rainbow Fish*' to embed this concept.

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 2	Summer 2	To Infinity and Beyond Electrical safety. How to keep ourselves safe using appliances. Create an electrical safety poster. How to stay safe in our homes. Transition to Year 3 and moving to a new school. Explore the feeling **hopeful.** Use story '*The Velveteen Rabbit*' to embed this concept. Explore the feeling **disappointed.** Use story '*Alexander, Who Used to Be Rich Last Sunday*' to embed this concept.

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care for me	• That families are important for children growing up because they can give love, security and stability • The characteristics of safe and happy family life, such as: commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That other children's families, either in school or in the wider world, sometimes look different from their own, but they should respect those differences and know that other families are also characterised by love and care • That stable, caring relationships are at the heart of safe and happy families, and are important for children's security as they grow up • That marriage and civil partnerships represent a formal and legally recognised commitment of 2 people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

TOPIC	PUPILS SHOULD KNOW
Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships that lead to happiness and security, including: mutual respect, truthfulness, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties • That healthy, caring and kind friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships • That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened • About managing conflict with kindness and respect, and that violence is never right • How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful, kind relationships	• How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we can balance the needs and wishes of different people in relationships, and why this can be complicated • The importance of setting and respecting healthy boundaries in all relationships with friends, family, peers and adults • How to communicate effectively and manage conflict with kindness and respect: how to be assertive and express needs and boundaries and manage feelings, including disappointment and frustration • That they can expect to be treated with respect by others and the importance of respecting others, including those who are different (for example: physically or in character, personality or background), or make different choices, or have different preferences or beliefs • The practical steps they can take in a range of different contexts to improve or support their relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness. They should have opportunities to consider issues like how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests • Pupils should have opportunities to discuss the difference between being assertive and being controlling, and the difference between being kind to other people and neglecting your own needs • About different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust • What a stereotype is, and how stereotypes can be unfair, negative or destructive or lead to bullying and how to challenge a stereotype

TOPIC	PUPILS SHOULD KNOW
Online safety and awareness	• How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met • That people sometimes behave differently online, including by pretending to be someone they are not and/or pretending to be a child, and that this can lead to dangerous situations • That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online, including when we are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure. • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • That there is a minimum age for joining most social media sites which protects children from inappropriate content or unsafe content with older social media users, who may be strangers, including other children and adults • That it's important to be cautious about sharing any information about themselves online, and how to use privacy and location settings to protect their information online • How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they have never met • How information and data is shared and used online, including where pictures or words might be circulated • Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up • That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online

TOPIC	PUPILS SHOULD KNOW
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books and resources, for example • About the concept of privacy and the implications of it for both children and adults, including that it's not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) including those they do and don't know • How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust • How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult, and the vocabulary and confidence needed to do so • How to ask for advice or help for themselves or others, and to keep trying until they are heard • Where to get advice, for example from their family, school and/or other sources

TOPIC	PUPILS SHOULD KNOW
General wellbeing	• The health, wellbeing and happiness benefits of physical activity, time outdoors, and helping others • Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation • The importance of promoting general wellbeing and physical health • The range of scale of emotions that they might experience in different situations (e.g. happiness, sadness, anger, fear, surprise, nervousness) and that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition • How to recognise feelings and use varied vocabulary to talk about their own and others' feelings • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate • That isolation and loneliness can affect children, and the benefits of seeking support • That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others • That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently • Where and how to seek support (including recognising the triggers for seeking support), including who to speak to in school if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) • That it is common to experience mental health problems, and early support can help

TOPIC	PUPILS SHOULD KNOW
Wellbeing online	• That for almost everyone the internet is an integral part of life • How to think about positive and negative aspects of the internet • How online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, 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 • 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 • How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online • Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted • The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive • How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them • That abuse, bullying and harassment can take place online and that this can impact wellbeing • How to seek support from trusted adults • How to understand the information they find online, including from search engines, and know how information is selected and targeted • That they have rights in relation to sharing personal data, privacy and consent • Where and how to report concerns and get support with issues online
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; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity • The risks associated with an inactive lifestyle, including obesity • How and when to seek support including which adults to speak to in school if they are worried about their health

TOPIC	PUPILS SHOULD KNOW
Healthy eating	• What constitutes a healthy diet (including understanding calories and other nutritional content) • Understanding the importance of a healthy relationship with food • The principles of planning and preparing a range of healthy meals • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)
Drugs, alcohol, tobacco and vaping	• The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches
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 sun damage, including skin cancer • The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn • About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist • About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing • The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils
Personal safety	• About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks • How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code
Basic first aid	• How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them • Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries

TOPIC	PUPILS SHOULD KNOW
Developing bodies	• About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process • The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. That all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts • The facts about the menstrual cycle, including physical and emotional changes (while the average age of the onset of menstruation is 12, periods can start at 8, so covering this topic before girls' periods start will help them understand what to expect and avoid distress)