

11 September 2026

Dear Parent/Carer,

RSHE lesson (Relationship, Sex and Health Education) changes

I am writing to inform you that there have been changes to the statutory guidance we must follow for your child's Relationships, Sex and Health Education (RSHE). These changes are small but significant in some areas, as the Department for Education recognises new challenges that our young people face living in the world today.

As part of this process I would like to invite you to an information presentation and consultation session in A7 during the Meet the Tutor evening on Monday 21 September at 5.30 pm, or before the Welcome to Y8, 9, and 10 evening on Thursday 24 September at 5.00 pm. The purpose of this presentation is to keep you informed about the new government, as well as having a chance to ask questions about what this means in practice.

Within the meeting, I will outline what our legal obligations are regarding the teaching of relationships, sex and health and how our lessons meet them. I will show you a sample of what our lesson content contains so you can gain a deeper understanding. Finally, I will be happy to answer any questions you might have about the policy, or the RSHE curriculum itself.

As a brief overview, here are the key changes being brought in by the new government guidance:

- Building healthy, respectful relationships - helping young people recognise positive relationships, understand consent, manage conflict appropriately and know how to seek help if needed.
- Online safety and digital literacy - including the responsible use of social media and artificial intelligence (AI), recognising misinformation and manipulated content, understanding healthy online behaviours, and identifying online harms such as coercion, exploitation and inappropriate content.
- Mental health and wellbeing - strengthening students' understanding of emotional wellbeing, resilience, healthy coping strategies and where to access support for themselves or others.
- Physical health - promoting healthy lifestyles, including sleep, nutrition, physical activity, the risks associated with vaping, smoking, alcohol and drugs, and making informed decisions about personal health.
- Age-appropriate sex education - ensuring that teaching is carefully sequenced and delivered at an age-appropriate stage, with greater clarity about what should be taught at different ages.

- Respect for protected characteristics - continuing to teach students about equality, respect and inclusion in line with the Equality Act 2010, while ensuring that teaching is factual, evidence-based, balanced and age appropriate (and less emphasis on teaching about contested concepts).
- Parental engagement - encouraging schools to work closely with parents and carers so that families understand what is being taught and can support learning at home.

The aim of our Relationship, Sex and Health Education curriculum at The Weald remains to provide students with knowledge and understanding of relationships based on love and respect, to develop an understanding of attitudes and choices surrounding all relationships, and to learn the skills needed to help ensure that they are able to navigate this part of their life in a way that reflects their own values and beliefs.

Yours faithfully,

A handwritten signature in blue ink, appearing to read 'N Everest', with a long, sweeping horizontal line extending to the right.

Mr N Everest
Head of Character and Culture