

RSHE 2026-27: What Parents Need to Know

Updated Guidance –Relationships, Sex and Health Education (England)

What Has Changed?

1. Updated Government Guidance

The Department for Education has recently updated guidance and expectations around RSHE, with further clarification issued in late 2025.

2. No Age Limits

There has been clarification that schools should continue to use professional judgement to ensure content is taught in an age-appropriate and developmentally suitable way.

3. Stronger Focus on Mental Health: The update emphasises:

- Building resilience
- Making informed decisions
- Knowing how and when to seek help
- Understanding risks and challenges young people may face

4. Clearer Principles for Schools: RSHE must now be:

- Inclusive
- Age-appropriate
- Non-stigmatising
- Inclusive, age appropriate, non-stigmatising and designed to support clear communication with parents.
- Responsive to pupil voice and local needs

5. Strengthened Teaching Expectations: Schools must ensure clear teaching on:

- Puberty (introduced in preparation for physical and emotional changes)
- Online safety
- Healthy relationships (consent, respect, boundaries)
- Health education (sleep, nutrition, physical activity, mental wellbeing)

What This Means for Parents

- Schools will continue to share curriculum plans
- Teaching will remain sensitive, inclusive and age-appropriate

RSHE aims to help children grow up safe, confident, and well-prepared for the world around them