

## **Frequently Asked Questions – Relationships, Sex and Health Education (RSHE)**

*Holy Trinity C of E Primary School – Updated 2026 (Aligned to RSE Policy & Kapow PSHE Curriculum)*

### **Why are changes being made to RSE?**

The Department for Education (DfE) released updated statutory guidance (July 2025), which all schools must follow from September 2026. The world has changed significantly since the last update.

Children now grow up with:

- Social media and online risks
- Greater exposure to misinformation
- Increased mental health pressures
- More complex safeguarding challenges

High-quality RSHE helps children make informed, safe and healthy choices. It supports their wellbeing, relationships, resilience, and moral development.

### **Why is RSHE important in our school?**

At Holy Trinity, RSHE:

- Supports children's physical, emotional and spiritual wellbeing
- Helps them form healthy, respectful relationships
- Teaches them how to stay safe (including online)
- Builds resilience and equips them to seek help
- Reinforces our Christian values of dignity, respect, inclusion and compassion

Our approach reflects the Church of England Charter and our commitment to nurturing, inspiring and empowering every child.

### **What is Relationships Education?**

Relationships Education is statutory in all primary schools. It teaches children:

- How to build healthy friendships and family relationships
- Respect, kindness, honesty, boundaries and consent
- What to do if they feel unsafe or uncomfortable
- How to recognise and report harmful behaviour

We use Kapow's structured, age-appropriate lessons across all year groups.

### **Will my child be taught Sex Education?**

Only in Year 6.

At Holy Trinity, we follow our RSE Policy, which provides two non-statutory lessons in Year 6:

1. Conception
2. Pregnancy and Birth

These lessons:

- Go beyond the science curriculum
- Are age-appropriate and values-led
- Emphasise love, commitment, responsibility and Christian teaching
- Include IVF, surrogacy and adoption in a sensitive and inclusive way

Parents have the right to withdraw their child from these two lessons only.

**Is school the right place to teach this?**

Yes. Children consistently report that school is the safest and most reliable place to learn about:

- Their bodies
- Their emotions
- Their relationships
- Staying safe

Teaching RSHE in school reduces the risk of children receiving misleading or harmful information from the internet, older peers, or media.

**Does RSHE consider our faith background?**

Absolutely.

Our RSE policy states:

- RSHE is taught through a Christian moral framework
- All children are treated with dignity as children of God
- Discussions are inclusive, sensitive and age-appropriate
- Diversity of family structures is respected
- Content complies with UK law while respecting family beliefs

Parents are encouraged to discuss their beliefs with their children at home.

**Do parents have a right to withdraw their child from RSHE?**

Parents cannot withdraw their child from:

- Relationships Education
- Health Education
- Puberty teaching
- Science curriculum content

Parents **CAN** withdraw their child from the two Year 6 sex education lessons, which go beyond the National Curriculum for science. This is detailed clearly in our RSE Policy (Oct 2025).

**Does RSHE promote any particular lifestyle or orientation?**

No — RSHE does not promote anything. It educates.

We teach that:

- All families deserve respect
- All people are valued and welcomed
- Difference is normal and should be treated with dignity
- Discrimination, including homophobic language, is unacceptable

This is in line with the Equality Act (2010) and our Christian ethos.

**Are children too young to learn about LGBT families?**

No. Some of our children have LGBT family members.

We teach children:

- That some families have two mums, two dads, one parent, or carers
- That all families who provide love and care are valued
- That difference is normal and should be respected

This is taught through family diversity, not through sexual content.

### **Why mention LGBT inclusion if there are no LGBT children?**

RSHE prepares children for life in modern Britain. Children will meet many different people in their lives. Learning about respectful relationships ensures all children grow up kind, tolerant and able to challenge discrimination safely.

### **What if my religious beliefs say homosexuality is wrong?**

You remain free to teach your beliefs at home.

In school:

- We teach the law
- We teach respect and inclusion
- We do not tell children what to believe
- We help them understand others and show kindness

We encourage open conversations at home.

### **What topics are covered in RSHE?**

At Holy Trinity, RSHE is taught through Kapow's PSHE curriculum, which teaches:

#### *Relationships Education*

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

#### *Health Education*

- Mental wellbeing
- Online safety and harm
- Physical health
- Healthy eating
- Drugs, alcohol and tobacco
- Health prevention
- Basic first aid
- Changing adolescent body (puberty)

#### *Additional Kapow Units*

- Citizenship
- Economic wellbeing

- Identity (Year 6)

### **How will I know what my child is learning?**

We publish:

- Termly curriculum overviews
- RSE policy

Teachers are always happy to discuss content with parents.

### **Will RSHE lead to difficult questions at home?**

Possibly — and that's a good thing.

We encourage:

- Honest conversations
- Age-appropriate explanations
- Reassurance
- Kindness
- Listening

We can help you prepare for these conversations if needed.

### **How do I explain terms like “gay” or “lesbian” to a child?**

Use simple, factual language:

- “Gay means when a man loves a man.”
- “Lesbian means when two women love each other.”
- “Bisexual means someone can love a man or a woman.”
- “Transgender means someone feels different from the gender they were given at birth.”

Children just need simple, non-sexual explanations.

### **What if my child asks how two men or two women have a baby?**

Explain:

- Some families grow through adoption
- Some through fostering or blended families
- Some through IVF or surrogacy

“All families are different, and all should be respected.”