

Dear Parents and Carers,

RSHE Topics for Summer Half Term 2 2026

Summer Half Term 2 will see the teaching of RSHE (Relationships, Sex and Health Education) during PSHE lessons every Friday morning.

Please can I address some of the content in these lessons and also the statutory guidance from the Department of Education, which applies to all secondary schools.

Schools do not decide the content of RSHE; as with all subjects across the curriculum, the content is laid out by the government and the delivery of this content is non negotiable - it is law and all schools must adhere to the delivery and teaching of this content.

RSHE is divided into three sub themes;

1. Relationships education,
2. Sex education,
3. Health Education.

There is no right to withdraw your child from any of the content covered in Relationship or Health Education. Some of this content is also delivered through the Science curriculum (puberty, menstruation, reproduction as examples) and there is also no right to withdraw students from these lessons.

Parents and carers do have the right to withdraw their child from Sex education. However, the government does not define specifically which content is solely classed as Sex education as there is such a big overlap with both Relationships and Health with much of this content.

In practical terms, the lessons that might be considered withdrawable (by some schools) are typically those that go beyond the statutory Relationships and Health content and move into explicit sexual activity or sexual health content. Examples may include:

- Sexual intercourse and sexual activity,
- Pregnancy in a sexual context,
- Some explicit consent/sexual behaviour discussions depending on delivery.

Schools are given the professional respect to decide which of the range of topics on the curriculum fall into the Sex education category and I would ask that you trust in our professional judgement to decide which lessons may be considered Sex education only and do not overlap with statutory Relationships and Health education.

Please also be mindful that:

'Effective RSHE does not encourage early sexual experimentation. It should teach young people to understand human sexuality and to respect themselves and others. It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity. Effective RSHE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time'

DfE Statutory Guidance

[https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships_Education_RSE_and_Health_Education.pdf)

Please also look at the above document (specifically pages 25 - 31 and page 35) to provide you with the reassurance that all the topics on our RSHE curriculum are fully in line with statutory guidance. Times are changing very quickly and with the internet being so accessible now to young people, some of the content may well be a surprise to you and not something you may have covered at school yourself. These pages highlight the content that schools are expected to deliver to all students and what students should have knowledge of by the time they leave secondary school.

This content is also available on our RSHE policy on the school website.

<https://www.blaconhighschool.net/attachments/download.asp?file=333&type=pdf>

*New DfE RSHE guidance has been released in 2025 but this is for teaching from 1st September 2026 so I will communicate more about this for our RSHE lessons in the 26 – 27 academic year. We will be continuing to follow current guidance which ends on the 31st August 2026.

All teaching staff have been trained to deliver RSHE; the staff delivering RSHE will be your child's form tutor and effective, safe and positive relationships will be have been formed in this setting.

Below is the overview of the content being delivered to your child from 1st June 2026 when they return to school from the May half term.

Lessons which we feel are only Sex education have an asterisk * next to them. If parents or carers wish for their child not to take part in this/these lesson/s, please see appendix 3 on the RSHE policy (link above) where there is a form to be filled in with this request. Please also refer to page 17 of the DfE guidance which discusses good practice around withdrawing your child.

[https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/media/68b96b003f3e5483efdba9b4/Relationships_Education_RSE_and_Health_Education.pdf)

If there is no asterisk * next to any of the lessons, these are statutory lessons that you are not able to withdraw your child from.

You can also request to view the materials we use in RSHE lessons by emailing admin@blaconhigh.cheshire.sch.uk with the title 'RSHE content request' and I can arrange a meeting with you to look at the materials.

You can also find the brochure from Cre8tive Resources on our school website, which is the PSHE / RSHE compliant company we use for all our resources. All their resources are DfE and statutory guidance compliant. Link below.



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<https://www.blaconhighschool.net/page/?title=PSHE+and+RSHE&pid=138>

Please contact me here at school should you have any further questions.

Yours faithfully,

Miss R. Thomas.

Assistant Headteacher: Personal Development and Careers.

Year 7 RSHE

Relationships, Sex and Health Education RSHE

Friends, respect and relationships

6 lessons

- 1.Consent and Boundaries
- 2.Respect and Relationships
- 3.What makes a good friend
- 4.Friendships and online relationships
- 5.Being Positive
- 6.Pressure, Influence and Friends



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