

May 2026

Dear Parents and Carers,

Re: Updated Government Guidance for Relationships, Sex and Health Education (RSHE)

We are writing to inform you that the Department for Education has issued updated **statutory guidance** for Relationships, Sex and Health Education (RSHE).

This replaces the 2019 guidance and reflects new national expectations around safeguarding, wellbeing, and preparing pupils for life in a digital world.

Schools are expected to fully implement the new guidance by September 2026, with the option to adopt it earlier.

A link to this new guidance is found here:

[Relationships Education, Relationships and Sex Education and Health Education guidance](#)

As an educational trust, we are committed to ensuring that our curriculum remains compliant, age appropriate, inclusive, and aligned with the needs of all pupils. Therefore, our Trust has reviewed and updated the RSHE curriculum to reflect these new requirements.

Key Concepts and New Content in the Updated RSHE Guidance

The updated statutory guidance introduces several important additions and refinements. These include:

- **A stronger focus on misogyny and violence against women and girls**, including addressing the harmful influence of pornography and toxic online subcultures.
- **New content on personal safety**, including recognising risk and staying safe around roads, railways, water, and in public spaces. This is the first time these areas have been included.
- **Clearer expectations around emerging digital risks**, including online influencers, AI-generated deepfakes, and understanding harmful online behaviours.
- **Greater emphasis on mental health**, with specific reference to grief, loss, and loneliness.
- **Recognition of diverse family structures**, ensuring pupils understand that families come in many forms, including single-parent families, same-sex parents, kinship carers, foster families, and adoptive families.
- **Stronger focus on teacher expertise and professional judgement**, affirming that schools should tailor content to their community and sequence learning appropriately.
- **New or expanded topics**, such as suicide prevention, sexual harassment and violence, dangers of vaping, menstrual and gynaecological health (including PCOS and endometriosis), and illegal online behaviours (such as drug and knife supply).
- **Greater transparency for parents**, with clearer expectations that parents have a right to view RSHE materials used in school.

These changes reflect the government's aim to strengthen safeguarding, promote respectful relationships, and support the wellbeing of children in a rapidly evolving world.

What we have done in response to this:

Across the Trust, we have:

- Updated our RSHE policy to align with the new guidance.
- Reviewed the RSHE curriculum in detail against the updated guidance.
- Updated our curriculum according to the Statutory guidance and the recommendations of the PSHE Association - The National body for PSHE Education.

What we will do

- Ensure all teaching materials remain age appropriate and sensitive to pupils' diverse needs.
- Share any curriculum changes with parents and carers.
- Provide opportunities for families to review resources and ask questions.

The revised curriculum maps for Primary and Secondary, which give an overview of the topics from September 2026, can be found here:

[Information for Parents - Wave MAT](#)

We greatly value working in partnership with our families and would like to offer you the opportunity to feedback any views/ask questions around the new guidance and the RSE curriculum. You can do this by completing this form:

[Parental consultation on the RSE changes – Fill out form](#)

Any feedback given on any of this information will be read and fed back to Trust Leaders.

If you have any questions in the meantime, please don't hesitate to contact either myself _____ or our Principal/Head of School _____ to discuss this further.

Thank you for your continued support.

Yours faithfully,

[Name]

[Title]

Wave Multi Academy Trust