

Life Lessons Primary RSHE

Information for parents



Link to [Secondary version](#) here

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What is RSHE?

RSHE = Relationships, (optional) sex, health education

You might have also heard of PSHE, which includes everything in RSHE, plus some extra topics, such as communities, identity, body image and financial education:

PSHE = Personal, social, health and economic education

Why is RSHE so important and how will your child benefit?

RSHE was not a priority when most of us went to school, but now it is a government requirement. Students are exposed to huge amounts of information online.

Great RSHE lessons prepare students for the world that they live in:

Understand themselves better

Form healthier relationships

Understand and respect other people

Manage risks and avoid harm

Express themselves more clearly

Better wellbeing

What government guidance do we follow?



Keeping children safe in education 2025

Statutory guidance for schools and colleges

July 2025 (for information) version, pending publication of final version which comes into force in September 2025.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025



Promoting fundamental British values as part of SMSC in schools

Departmental advice for maintained schools

November 2014

What government guidance do we follow?

The government guidance for RSHE has changed (coming into effect in September 2026).

Although this is not radically different to the previous guidance, there are some changes to the guidance, such as:



Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, and teachers

July 2025

Increased focus on addressing sexual violence and misogyny.

Specific wording about gender identity, and gender reassignment.

More detail about the impact of AI and social media.

More emphasis on emotional understanding, including loneliness

What is the Life Lessons approach?

Positivity

We want young people to feel positive about the future

Inclusive

We want all students to learn and feel like they belong

Student-led

We want young people to feel like this is a curriculum for them and to develop their own voices and thoughts

Stories

We use stories to help young people prepare for the real world and understand other people.

Relational

People learn through the relationships with the people around them.

What is the Life Lessons approach?



Positivity

We want young people to feel positive about the future

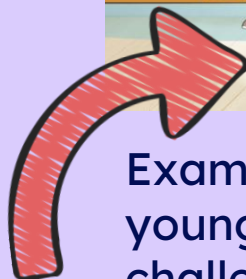
We always provide a positive framing or outcome for all issues, even if the lesson is tackling something serious or sensitive.

Story



Reggie brings the pancakes to his mum, she is really impressed.

Reggie's mum is proud of him because, even though he made a **mistake**, he continued to try.



Example from a year 2 lesson, which encourages young people to be resilient when faced with challenges and to feel good about making mistakes.

What is the Life Lessons approach?



Stories

We use stories to help young people prepare for the real world and understand other people.

Relatable, engaging and familiar characters that the children build relationships with.

Through stories, children learn about different cultures and experiences - promoting understanding and compassion.

Children are encouraged to share their own thoughts, feelings and experiences.



What is the Life Lessons approach?

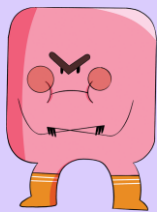


Stories

We use stories to help young people prepare for the real world and understand other people.



We have a whole cast of emotions characters to help young people understand their own feelings.



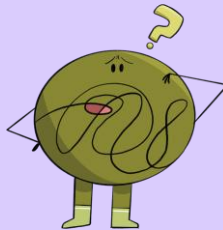
Grumpy



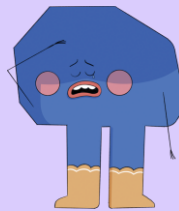
Scared



Rejected



Confused



Disappointed



Confident



Unconfident

What is the Life Lessons approach?



Student-led

We want young people to feel like this is a curriculum for them and to develop their own voices and thoughts



What does it mean to be addicted to something?

<https://vimeo.com/manage/videos/1098172728/9475cc6d60>

Videos of children modelling discussions

Opportunities for young people to discuss ideas

A safe space for students to talk about their beliefs and feelings

What is the Life Lessons approach?



Inclusive

We want all students to learn and feel like they belong



Information broken down into small, simple ideas, to help all students understand

Pages designed to be easy to read for pupils with visual impairments and dyslexia, with pictures to support those who find reading tricky

Diversity represented and celebrated



What is the Life Lessons approach?

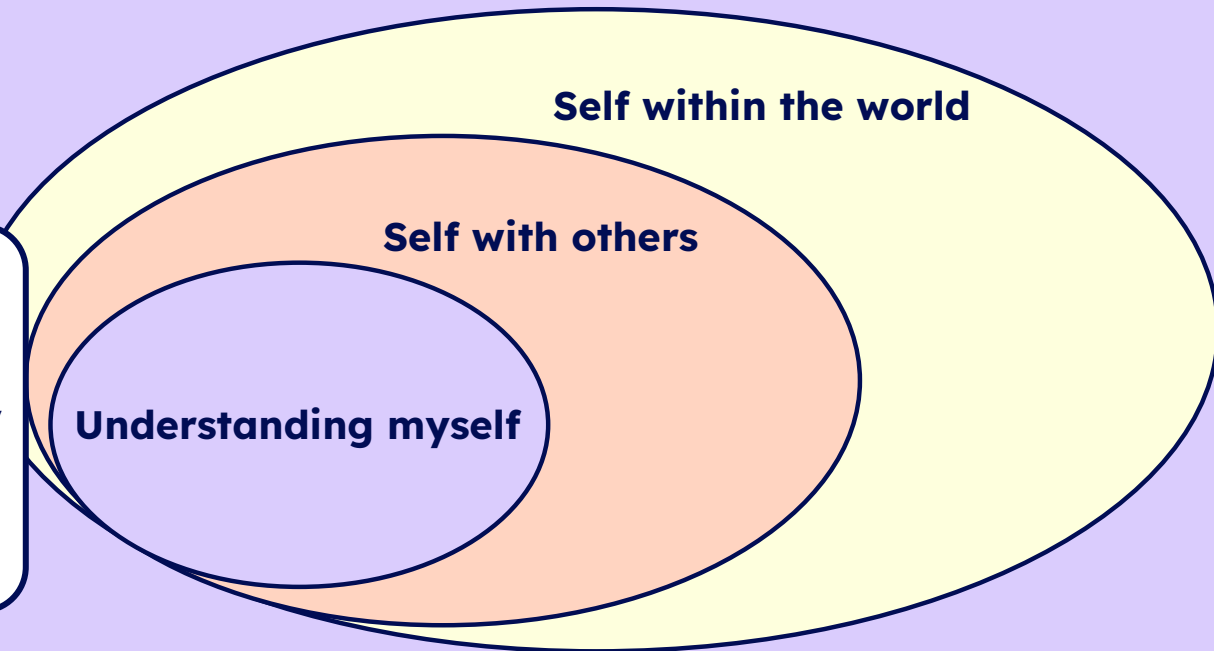


Relational

People learn through the relationships with the people around them.

We help students to understand their relationships with the people in their lives.

We support young people to understand themselves and how they fit in to the world around them



How we work with your child's school

- ❖ Flexible resources for a variety of different settings
- ❖ Adapted to meet students' needs - schools are encouraged to edit resources to match the needs of the students and their communities
- ❖ Reflects local context & safeguarding priorities, including how and where to report concerns. This ensures PSHE is relevant and

We encourage schools to share their PSHE curriculum with parents and keep you informed about upcoming topics. This helps you support your child's learning at home.

Your school can welcome you into school to look at lessons in detail.

What will Life Lessons help your child to do?

Aspire to and dream
of a bright future

Feel like they belong
and be proud of their
heritage and values

Have healthy
relationships

Make healthy
choices and stay
safe

Understand the
world around
them

Understand their
emotions and feel
good about themselves

Wellbeing

Wellbeing is one of the most important things to get right in primary school.
We cover many different aspects of wellbeing, such as...

Lifestyle choices

Diet

Exercise

Mental health

Emotional
regulation

Loneliness

Resilience to challenges
and changes

Self-esteem

What content is covered?

Drugs, alcohol, tobacco
and vaping

Body image and self-
esteem

Sexual reproduction
(optional until year 11)

Physical and mental
wellbeing

Menstruation, puberty
and body image

Resilience and sense-of-
self

Intimate and sexual
relationships, including
sexual health
(Optional, starting in
year 6)

Healthy relationships

Identifying and finding
support for abusive
relationships

Social media and online
information

Communities and
belonging

Dreams, careers,
ambitions and money

Values, heritage and
identity

Anti-discrimination

For specific information about the statutory content, please refer to this [audit document](#).

What is the curriculum structure?

Understanding myself			Self with others	Self within the world		
• Physical wellbeing • Mental health • Understanding our emotions • The way we grow and change during puberty • Making choices to stay safe and well • Drugs, alcohol and tobacco			• Families • Friendships • Reducing hurtful behaviour and bullying • Identifying safe and unsafe relationships • Respecting self and others • Fixing or leaving relationships that have gone wrong	• Responsibilities and power • Understanding other people: how we are the same and how we are different (including the Equality Act) • Media and the online world • Economic wellbeing: Money • Dreams, work, careers and volunteering		
Wellbeing	Healthy choices	My body & Me	Healthy Relationships	Identity & Community	Digital Lives	Aspiration & money

A detailed breakdown of the content for each year group can be found in [this document](#).

Life skills - taught in every lesson



How do we deal with sensitive topics?

We know that some topics are particularly sensitive, because of cultural, political or religious reasons.

healthy
relationships

different
families

consent
(non sexual in primary)

puberty

gender

All content is covered in an age-appropriate way, and support both the statutory RSHE guidance and the Equality Act.

The purpose of teaching these topics is to help young people to discuss important issues, and understand their own values and beliefs.

How do we deal with sensitive topics?

When we understand the background to conflicts and disagreements, we can stop disagreements turning into arguments:

We live in a world where people can have very different opinions to each other.

Despite these differences, it is possible to be accepting, tolerant and respectful

The Life Lessons curriculum teaches skills that build respect and compassion for all people.

How do we deal with sensitive topics?

We need skills to discuss these sensitive topics. The Life Lessons curriculum helps young people to...

...understand and explain their own thoughts, beliefs and emotions.

...listen to other people and accept difference.

...find common ground with all people.

How do we deal with sensitive topics?

Other key skills that children learn through the Life Lessons curriculum include...

...seeing both sides in an issue.

...thinking deeply, kindly and critically.

...making connections between their own and other people's experiences (building empathy).

How do we deal with sensitive topics?

We know that social media can cause people to feel isolated, biased, frustrated and like they don't belong. Therefore, we teach young people to...

...guess the motivations of content creators.

...identify bias.

...verify information they read online.

Sex education

- The Life Lessons curriculum includes resources to teach sex education, in line with government guidance. Parents have the right to withdraw their children from these lessons if they wish. Details of which topics count as sex education can be found in the school's RSHE policy.
- These lessons focus on the basics of human intercourse and reproduction, including age-appropriate information about how sexual intercourse and fertilisation happens. The resources use a factual scientific approach, and do not discuss the details of intimate sexual relationships, beyond the biology of intercourse, the basics of sexual consent and the law.

How can you support your child around these issues?

- Find out what topics they are covering each term.
- Ask them questions related to these topics.
- Help them understand how your family's values and beliefs connect to the topics covered.
- Try to listen without judgement, so they feel safe to share their feelings and ideas, and feel comfortable to ask for your support in understanding the topic.
- Let them know what you think about the topic yourself, and also make space for them to ask questions and form their own opinions too.