

PSHE & RSHE – Information for Parents and Carers

At Bickleigh School, we believe that helping children to develop healthy relationships, understand themselves and others, stay safe and make positive choices is an important part of their education.

Our PSHE and RSHE curriculum supports our school vision and Christian values, helping children to develop the knowledge, skills and character they need to flourish.

Our new 1decision programme

From September 2026, we are using **1decision** as our whole-school PSHE and RSHE programme.

1decision provides a structured, age-appropriate programme which supports children to develop their understanding of relationships, health, wellbeing, safety and making positive choices.

Lessons encourage children to:

- develop positive and respectful relationships
- understand and manage their emotions
- recognise and respond to different situations
- make safe and responsible choices
- understand the importance of physical and mental wellbeing
- develop resilience, confidence and independence
- understand how to keep themselves safe, including online
- recognise kindness, respect and inclusion.

The programme is carefully sequenced from EYFS to Year 6 so that children's knowledge and understanding develops as they grow.

What is RSHE?

RSHE stands for **Relationships, Sex and Health Education**.

At primary school, **Relationships Education and Health Education are statutory parts of the curriculum**. Schools may also choose to teach age-appropriate sex education beyond the statutory requirements. ([GOV.UK](https://www.gov.uk))

Our curriculum is taught in an age-appropriate and sensitive way, taking account of children's developmental needs and our school's Christian character and values.

What will my child learn?

The content develops as children move through the school. Topics include:

Relationships

- families and people who care for us
- friendships
- respectful relationships
- recognising and responding to situations
- understanding boundaries
- seeking help and support.

Health and wellbeing

- physical health
- mental wellbeing
- emotions and feelings
- healthy lifestyles
- hygiene
- growing and changing

- keeping ourselves safe.

Safety

- recognising risks
- asking for help
- staying safe in different situations
- online safety and responsible use of technology.

The content taught to your child's year group can be viewed through our **RSHE curriculum overview** and the information provided by school.

Our approach

We want children to feel safe, respected and able to ask questions.

Lessons are designed to be:

- age and developmentally appropriate
- inclusive and respectful
- sensitive to children's different experiences and backgrounds
- consistent with our Christian ethos and school values
- delivered in a safe environment where children know who they can talk to if they need help.

Teachers will not ask children to share personal experiences. Where children raise questions, staff will respond appropriately and within the boundaries of the curriculum. If a question is not appropriate for the lesson or curriculum, staff will explain this sensitively and, where appropriate, follow it up separately.

Working with parents and carers

We recognise that parents and carers are the primary educators of their children in these areas.

We therefore aim to be open and transparent about what is taught in school. Parents and carers can access:

- our **RSHE Policy**
- our **PSHE and RSHE curriculum overview**
- information about the **1decision programme**
- relevant curriculum materials, where appropriate
- the Department for Education's guidance for parents.

If you have any questions about what your child will be taught, please contact the school.

Can I withdraw my child?

Relationships Education and Health Education are statutory at primary school, so parents do **not** have a right to withdraw their child from these aspects of the curriculum. ([GOV.UK](https://www.gov.uk))

Primary schools may choose to teach additional sex education. Where this takes place beyond the statutory curriculum, parents have the right to request that their child is withdrawn from that specific sex education content. ([GOV.UK](https://www.gov.uk))

Our RSHE Policy explains our approach in more detail, including how any requests for withdrawal will be considered.

Our RSHE Policy

Our full **RSHE Policy** is available below.

We review our RSHE provision regularly and welcome feedback from parents and carers as part of our commitment to providing a high-quality, age-appropriate curriculum.

Useful information for parents

The Department for Education also provides a guide for parents explaining Relationships and Health Education in primary schools.

[Understanding Relationships and Health Education in your child's school – DfE guide for parents]