

PSHE / RSHE: Your Right to See What We Teach

Parents & carers can view all PSHE & RSHE materials, including any external resources.

We will continue to communicate clearly and work in partnership with families.

Our Commitment

We will teach PSHE / RSHE in a way that is:

- safe
- inclusive
- age-appropriate
- factual
- supportive of children's wellbeing

If you have questions, please contact our PSHE lead Bev Tucker: btucker@ontrackeducation.com

PARENT-CARER SUMMARY — PSHE /RSHE 2026

From September 2026, all schools in England will follow updated government guidance for Relationships, Sex and Health Education (RSHE).

The aim is simple: **to help students stay safe, healthy and confident as they develop in to the best version of themselves**

What's Changing and Why

New pressures — especially online. The updated guidance strengthens teaching around:

- staying safe online
- understanding healthy friendships and relationships
- recognising unsafe or worrying situations
- managing emotions and changes as they grow
- knowing how and where to get help

The guidance also makes sure teaching is age-appropriate, factual and sensitive.

During their primary education students should have learnt about:

- friendships, kindness and respect
- keeping themselves safe
- correct names for body parts

- privacy and consent
- changes in their bodies as they grow
- staying safe online (including scams and gaming risks)
- feelings, worries, loss and change

Secondary School

At On Track Westbury students learn about:

- healthy relationships and respect
- FGM (Female Genital Mutilation)
- online influence, including harmful content
- the impact of pornography
- misogyny and negative online cultures
- personal safety, including knife crime awareness
- menstrual and gynaecological health
- how to access healthcare confidently

The curriculum will be age-appropriate, factual and supportive of student's wellbeing