



# Updating your RSHE: Primary curriculum content

A free and shareable resource from Sex Education Forum to help you prepare for the new RSHE guidance, to be implemented 1 September 2026.



Below you will find the new curriculum content, organised using the section headings from the statutory [RSHE guidance 2025](#). The content is paraphrased by Sex Education Forum for accessibility.

Our Whole-school RSE audit toolkit lists the existing 2019 content and additional new content introduced in the 2025 guidance.

## **New content - Primary RSHE: Online safety and awareness**

- Importance of avoiding putting pressure on others to share
- Strategies for resisting peer pressure
- How to critically evaluate online relationships and information
- People may pretend to be someone they are not online which can lead to dangerous situations
- How to recognise and report harmful content and contact
- Minimum age for joining social media platforms
- Tools for privacy and protecting information online
- Online risks including losing control of content once shared
- Where to go for help if seen something upsetting online.



# New content - Primary RSHE: Being safe & Caring friendships

## Being Safe

- Appropriate boundaries with peers online and in person in play
- How to recognise when a relationship is harmful or dangerous
- Skills for recognising whom to trust
- Vocabulary and confidence-building for being able to report any concerns
- Where to get advice and support, and to keep trying until heard.

## Caring Friendships

- Recognise when friends are making me feel uncomfortable
- Friendships have ups and downs and can be worked out
- Loneliness is a normal emotion and fine to talk about
- How to manage conflict
- How to get help with friendship issues.

# New content - Primary RSHE: General wellbeing & Developing body

## General wellbeing

- Range and scale of emotions
- Recognise feelings of themselves and others
- Judging feelings and whether behaviour is proportionate
- Isolation and loneliness and where to seek help
- Impact of change and loss, including bereavement
- When they need help, where and how to seek help
- Mental health problems are common.

## Developing body

- Puberty as a stage of the human lifecycle
- The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples
- Communicating safe boundaries to do with 'private' parts of the body
- The menstrual cycle - physical and emotional changes.

## **New content - Primary RSHE: Respectful, kind relationships**

- How to communicate effectively and manage conflict
- How to be assertive & express needs & boundaries
- Difference between assertive and controlling
- Expect to be treated with respect & importance of respecting others
- Skills to improve and support relationships
- Opportunities to consider how to build own self-esteem and identity
- Types of bullying, impact and how to get help
- How to challenge stereotypes
- How to seek help when needed (violence, harm or not sure who to trust)
- (Permission seeking - removed).

## **New content - Primary RSHE: Wellbeing online**

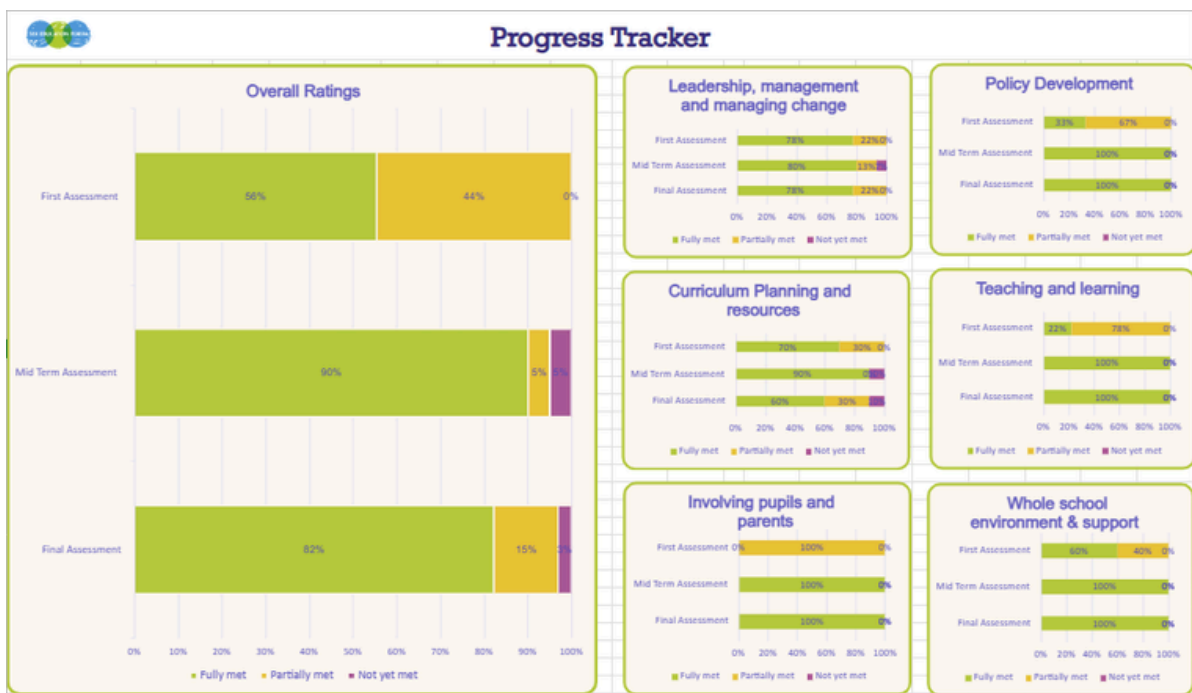
- Positive & negative aspects of the internet
- Pros and cons of using online connection
- Healthy online habits
- Respectful online behaviour
- Impact of online behaviour on others
- Why restrictions apply to apps and games
- How to critically evaluate online content
- Online abuse, bullying and harassment
- Understanding online information and how it is selected and targeted
- Personal data rights
- How to seek help and report concerns.



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