

RHE Parent Consultation – Frequently Asked Questions

What is RHE?

RHE stands for Relationships and Health Education.

In primary schools, this includes:

- Building healthy friendships and relationships.
- Respect and kindness.
- Online safety and digital relationships.
- Physical and mental wellbeing.
- Personal safety.
- Understanding how bodies change as children grow.

Is RHE compulsory?

Relationships Education and Health Education are compulsory in all primary schools.

Why is RHE taught?

RHE helps children:

- Develop positive relationships.
- Stay safe online and offline.
- Understand their emotions.
- Build resilience and self-confidence.
- Know where to seek help if they have concerns.

How is RHE taught?

RHE is taught through planned lessons that are age-appropriate and sensitive to pupils' developmental needs.

Teachers use a range of strategies including:

- Discussion
- Stories and scenarios
- Videos and presentations
- Group activities
- Reflection and questioning

How do you ensure the content is age-appropriate?

The curriculum has been designed in line with Department for Education guidance and is carefully sequenced so that learning builds progressively as children move through the school.

How does RHE support safeguarding?

RHE helps children understand:

- Safe and unsafe situations
- Appropriate boundaries
- Consent in age-appropriate contexts
- Trusted adults they can talk to
- How to seek help when worried

These are important aspects of safeguarding and child protection.

How are different family structures represented?

The curriculum reflects the diverse world in which children live and promotes respect for all families and individuals.

Can I see the teaching materials?

Yes. Curriculum information and sample resources are available through the consultation process and can be viewed upon request or on the school's website.

How can I share my views?

You can:

- Attend the parent information session.
- Complete the consultation survey.
- Submit written comments.
- Contact the school directly with any questions.

What happens after the consultation?

All feedback will be reviewed by school leaders and governors. A summary of responses and any resulting amendments to the policy will be shared with parents before the policy is formally approved.