

## Withdrawal information

### What is RHSE?

- The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.
- RHSE is for all pupils and every pupil has a legal entitlement to RHSE as a necessary part of a broad and balanced curriculum. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.
- It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The Department of Education continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.
- DFE guidance states that puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience. The onset of menstruation can be confusing or even alarming for girls if they are not prepared. Pupils should be taught key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health. In addition to curriculum content, schools should also make adequate and sensitive arrangements to help girls prepare for and manage menstruation including with requests for menstrual products.
- DFE guidance states that by the end of primary school, pupils should know:
  - *key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes*
  - *about menstrual wellbeing including the key facts about the menstrual cycle*

### What are parents' rights to withdraw their child from RHSE?

- Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE, other than as part of the science curriculum. There is no right to withdraw from Relationships Education or Health Education.
- It is important that parents and carers understand the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. This could include any social and emotional effects of being excluded, as well as the likelihood of the

child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher.

#### What will happen to my child during RHSE lessons if I withdraw them?

- If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

#### What is the RHSE syllabus taught at school?

- We use the Let's Talk RHSE syllabus informed by the PHSE Association and the May 2024 Review of the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance published by the Department for Education.