

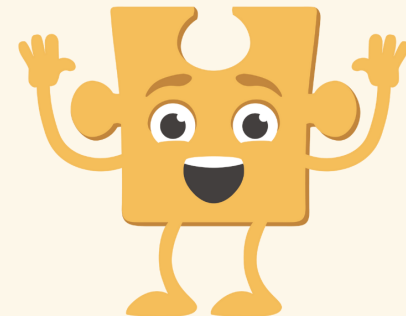
JIGSAW

PSHE 3-11

DfE RSHE GUIDANCE (2025)

What your school needs to know

5th March 2026





Becky Peckham

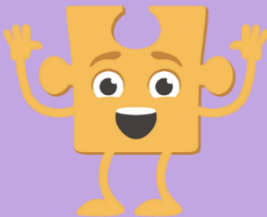
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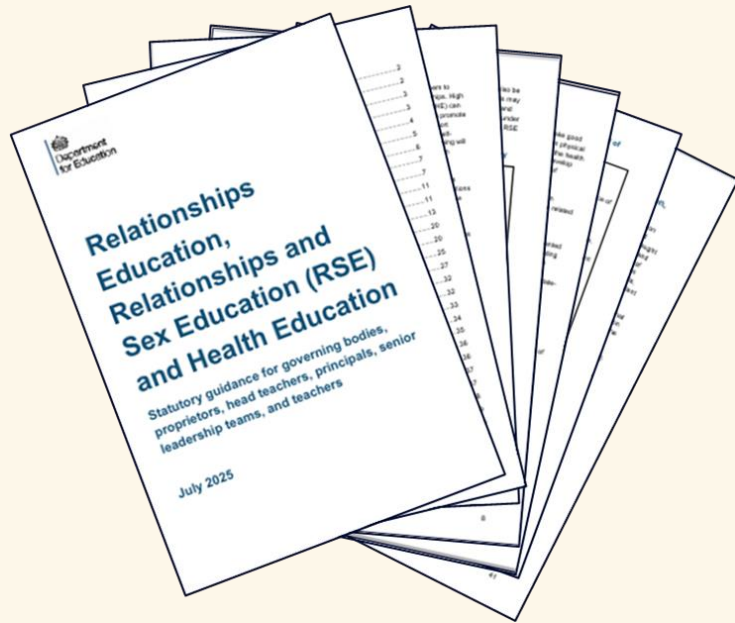


SESSION OUTLINE



-  DfE RSHE Guidance: what are the significant changes?
-  What does this mean for schools?
-  What are your next steps?

NEW DfE RSHE GUIDANCE (2025)



New 2025 statutory guidance (for England)

To replace 2019 guidance



Follows 2024 consultation

Takes into account feedback and current research and good practice.

Retains flexibility for professional judgement.



Implementation for September 2026

Schools can start to implement guidance as soon as they are ready.



Links other legal obligations

Supports the delivery of other statutory guidance e.g. KCSIE

CORE RSHE PRINCIPLES

For quality implementation



ENGAGEMENT WITH PUPILS



TRANSPARENCY WITH PARENTS



POSITIVITY



CAREFUL SEQUENCING



RELEVANT AND RESPONSIVE



SKILLED PARTICIPATIVE DELIVERY



WHOLE SCHOOL APPROACH

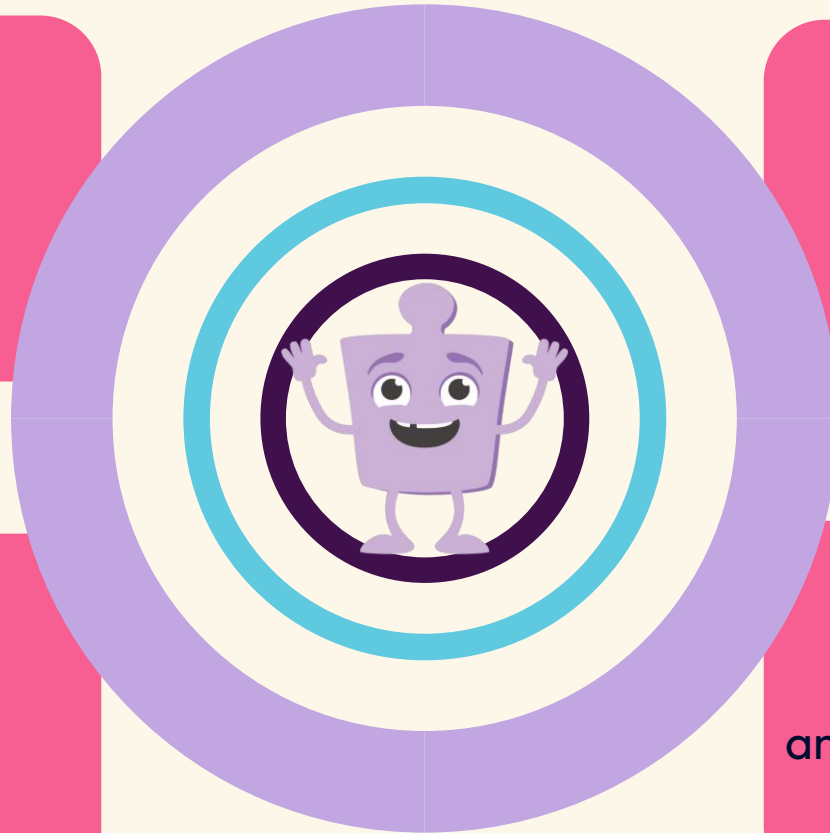
For maximum impact

Informed Decision-Making

Knowledge and skills enabling informed, ethical decisions about wellbeing, health and relationships

Character & Values

Cultivating resilience, self-worth, honesty, integrity, courage and kindness



Holistic Development

Evidence-based teaching promoting moral, social, mental and physical development

Prevention & Protection

Helping young people understand and identify when things aren't right, supporting prevention of harms

KEY CHANGES TO CONTENT IN NEW GUIDANCE



Building
relationships
with self and
others



Safety as a key
theme
- online and
offline



More specific
digital literacy
content



Specific mental
health and
wellbeing aspects



Whole school
community
approach

STATUTORY RELATIONSHIPS CONTENT



It's not just about the topic standards; the guidance also outlines the importance of:

- Wide range of family structures, including same sex parents
- Content that enables pupils to recognise emotional, physical and sexual abuse from a young age, trust their instincts, and find support.
- Protective and preventative teaching without causing alarm, or normalising risky behaviours or activities .

✓ Families and people who care for me

✓ Caring Friendships

✓ Respectful Relationships

✓ Online Relationships

✓ Being Safe

✓ *Sex Education (non-statutory)*

NEW EXPECTATIONS



Caring Friendships: That loneliness is normal and there is no shame in feeling or discussing it



Respectful Relationships: greater focus on self-esteem, setting and respecting boundaries, building resilience and how to find support.



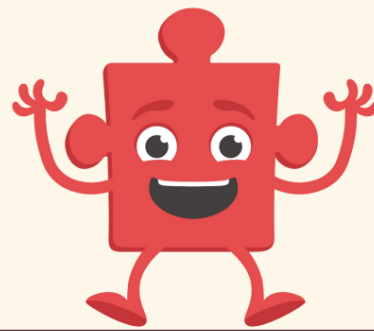
Online Relationships: Enhanced online safety requirements (critical evaluation of materials, social media age limits, awareness of upsetting content)



Being Safe: Further details on developing skills to stay safe in relationships and teaching on when and how to seek support



Sex Education: Recommended from Yr5 onwards and *schools to offer further support to parents*



EXAMPLE: RECOGNISING ONLINE ABUSE AND HARM

Online Safety and Awareness: *“4. The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.”*



Build foundation skills in KS1: strengthen children's ability to recognise feelings in their bodies and identify when something feels "not quite right" - starting with offline situations before applying online.



Enhance age-appropriate content in lower KS2: enhance across multiple contexts in to build understanding and skills with new scenarios and activities.



Add new content in Upper KS2: build on prior knowledge to address complex online scenarios including privacy settings, location awareness and critical evaluation skills.



STATUTORY HEALTH AND WELLBEING CONTENT



*“Health education in primary starts with the benefits and importance of physical activity, good nutrition and sufficient sleep, and supports pupils to develop **emotional awareness**.*

*Schools should emphasise the relationships between physical health and mental wellbeing, and the benefits of physical activity and **time spent outdoors**.*

*As in all of RSHE, care should be taken to **avoid exposing pupils to concepts which are not appropriate for them**. Schools should continue to build on the primary health and wellbeing curriculum content in secondary.”*

Paragraph 40

✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

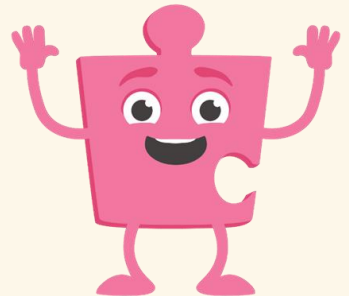
✓ Personal Safety

✓ Basic First Aid

✓ Developing Bodies

NEW EXPECTATIONS

-  Small or no changes to Healthy Eating, Drug Education, Physical Health and First Aid
-  Greater focus on actively promoting of physical and mental health, recognising what is appropriate and proportionate, and when to seek help and support
-  More content regarding online behaviours including: safety and rights, relationships, gaming (including addiction), potential financial harms, social media, apps, sharing images, impact on physical health and offline relationships.
-  Additional clarity on teaching specific vocabulary for external body parts, and when menstruation is advised to be taught
-  Personal Safety: **New topics** on safety in and out of the home, including fire, water, road and rail.



EXAMPLE: ROADS AND RAILWAYS

Personal Safety: “2. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.”



Build foundation skills in KS1: Strengthen road safety content and expand to ensure inclusion of basic railway and water safety awareness.

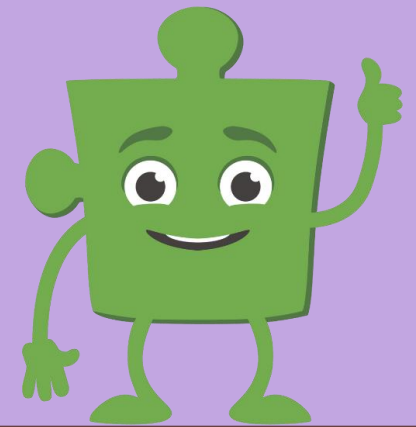


Enhance age-appropriate content in lower KS2: Build on content to include water safety code and railway awareness, with new scenarios and activities.



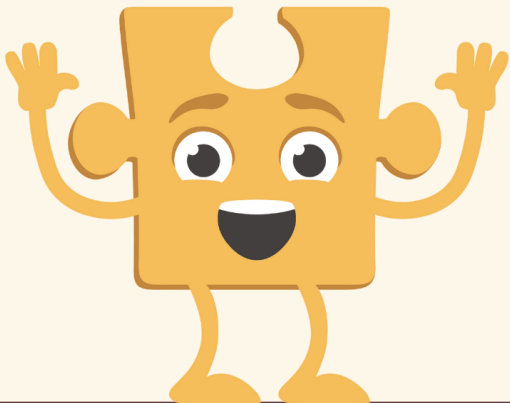
Add new content in Upper KS2: Extend learning through scenarios that include a focus on risk-taking around roads and railways.

Develop assemblies: to reinforce safety learning across the whole school.



SEX EDUCATION FOR PRIMARY

“Sex Education is not compulsory in primaries, and parents have the right to withdraw their children from sex education as part of RSHE, **but we recommend that primaries teach sex education in years 5 and/or 6.**”



NEW

‘This process should include **offering parents support in talking to their children about sex education and how to link this with what is being taught in school** as well as advice about parents’ right to request withdrawal from sex education.’

RIGHT TO WITHDRAW

Key points to be aware of:

- Parents/carers can withdraw pupils from sex ed, but not puberty
- Schools are to engage and support parents
- Why sex education is valid and linked to Relationships education (p22)
- Why puberty content enabling pupils to name external body parts is statutory

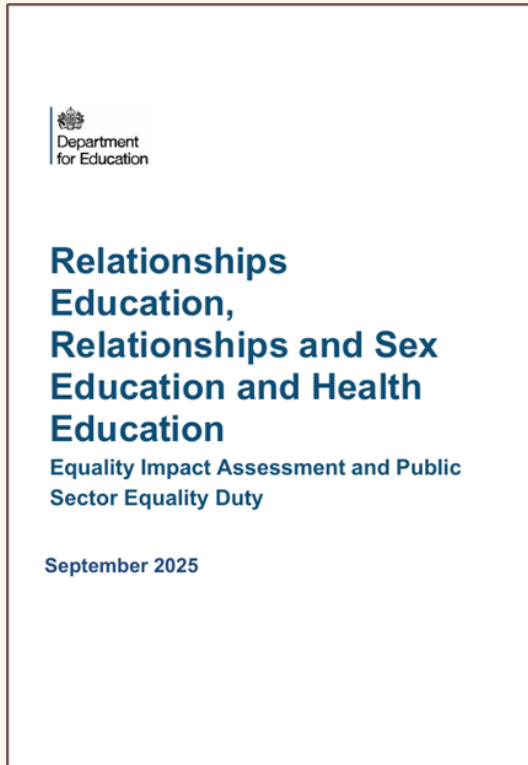
Good safeguarding practice:

“requires young people to understand the correct terms for different parts of the body and to be able to confidently use these terms. This can be provided as part of health education in primary, without describing any detail of sexual activity.”

p23

PROTECTED CHARACTERISTICS

No expectation for explicit teaching of Protected Characteristics through RSHE in primary schools but materials should reflect and celebrate difference in our communities.



Religion and Belief

All schools may teach about faith perspectives, and should be sensitive to religious backgrounds, but no right to withdraw from statutory RSHE content

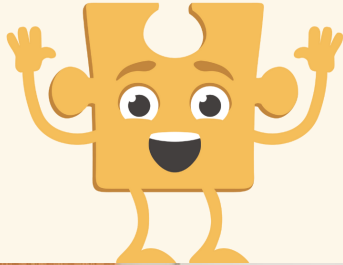


LGBT

Teaching “should illustrate a wide range of family structures in a positive way” including same-sex parents

Draft Gender Questioning guidance has just been released for consultation and, once confirmed, would become part of the 2026 KCSIE guidance.

PARENTAL ENGAGEMENT



No significant changes for primary.

Parental engagement continues to:

- be a key aspect of developing policy and practice
- Schools must share their RSE policy content online
- Parents may request to see the content of any teaching materials for RSE

NEXT STEPS

1. Review Curriculum Compliance
2. Update Policies
3. Prioritise inclusion and SEND accessibility
4. Engage and train governors
5. Communicate with parents and carers
6. Train and upskill staff
7. Monitor impact and pupil voice
8. Prepare for inspection
9. Celebrate success

1. Review Curriculum Compliance

- ☐ **Review** the updated Jigsaw 3-11 PSHE programme to identify new content areas, noting where content has been strengthened, expanded, or clarified.
- ☐ **Watch** the free, open-access Jigsaw webinars:
 - [Primary RSHE changes: what it means for your school](#)
 - [Jigsaw PSHE 3-11: Updated for the 2025 RSHE Guidance - what do you need to know?](#)
- ☐ **Read** Jigsaw's open-access article:
 - [Navigating the new RSHE Statutory Guidance ensuring meaningful implementation](#)

3. Prioritise inclusion and SEND accessibility

- ☐ **Audit** planning and teaching with SENDCo to ensure RSHE is:
 - Inclusive
 - Accessible
 - Appropriate for all pupils, including those with SEND.
- ☐ **Get in touch** to join Jigsaw's:
 - [SEND Network Meeting](#)
 - [3-11 PSHE Network Meeting](#)
- ☐ **Make** adaptations to the published materials for your school.

5. Communicate with parents / carers

- ☐ **Share** information transparently with parents about:
 - The updated statutory guidance
 - Any changes to your provision
 - The Jigsaw curriculum approach
 - The right to withdraw process
 - Ways in which they can engage in and contribute to the development and teaching of RSHE
- ☐ **Sign up** for our free webinar on 'A Guide to Policy Writing' on 3rd March 2026 or watch on-demand afterwards
- ☐ **Review and share** with parents:
 - Jigsaw's 'Parent Presentation Materials' *
 - Jigsaw's 'Parents Guide to RSHE in Primary schools'
- ☐ **Watch** Jigsaw's [Recorded Parent Presentation Demo](#) * to prepare

7. Monitor Impact and Pupil Voice

- ☐ **Gather** pupil feedback using the methods that work best for your school, such as through teaching and learning, school council, or surveys, ensuring all pupils are included. Use Ofsted's five-point scale to self-assess your RSHE offer.
- ☐ **Access** [Jigsaw+ Pupil Voice support and guidance](#) *
- ☐ **Reflect** upon current and previous feedback to:
 - Encourage engagement and ownership of learning
 - Refine the curriculum and improve delivery

9. Celebrate Success

- ☐ **Start** using the new materials as soon as you are ready
- ☐ **Celebrate** your school's achievements to reinforce the value of RSHE and how it has a positive impact on pupil wellbeing and personal development through:
 - School newsletters
 - Social media
 - Parents' evenings
 - Whole-school events
- ☐ **Reach out** to Jigsaw to share your wow moments through the [Bigger Picture Magazine](#) and via Jigsaw's social media channels for shoutouts.

2. Update Policies

- ☐ **Review** and update relevant policies to reflect the 2025 RSHE statutory guidance, ready to teach from September 2026. This may include PSHE, RSHE, safeguarding, behaviour, and equality policies.
- ☐ **Read** Jigsaw's [Guide to Policy Updating and Consultation](#) *
- ☐ **Download** Jigsaw's [policy template](#) *
- ☐ **Sign up** for our webinar on 'A Guide to Policy Writing' on 3rd March 2026

4. Engage and train governors

- ☐ **Consult** with governors to ensure they:
 - Understand their statutory role in PSHE and RSHE
 - Are familiar with sensitive content within the guidance
 - Provide training so governors are confident in:
 - Supporting school decisions
 - Responding to parental concerns
 - Upholding statutory requirements
 - Sex Education and the Right to Withdraw
- ☐ **Watch** Jigsaw's webinar [RSHE Changes Explained for Governors](#)
- ☐ **Review** Jigsaw's 'What do Primary Schools have to teach for RSHE' document *

6. Train and upskill staff

- ☐ **Provide** whole-staff training and CPD to ensure teachers are:
 - Confident with updated RSHE content
 - Skilled in handling sensitive topics
 - Meeting diverse student needs
 - Promoting respectful discussion
 - Providing real-life contexts that are age and stage appropriate
 - Aligning the teaching with the school values.
- ☐ **Get in touch** with [School Support](#) for advice on how to support the delivery of Jigsaw PSHE in your school
- ☐ **Review** [Jigsaw's mapping documents and guidance](#)

8. Prepare for Inspection

- ☐ **Review** Inspection Frameworks and toolkits:
 - Ofsted 2025
 - Independent school Inspectorate 2026
- ☐ **Ensure** leaders understand how PSHE and RSHE contribute to:
 - Personal development
 - Behaviour and attitudes
 - Safeguarding and wellbeing
- ☐ **Watch** PSHE in the 'New Ofsted Framework - what do we know so far?'

UPCOMING JIGSAW WEBINARS

All webinars will be available on-demand after they have taken place

- **3 March:** A Guide to Policy Writing and Consultation - Primary focus
- **4 March:** PSHE and RSHE: Getting Your Policy Right and Bringing Parents & Governors onboard - Secondary focus
- **12 March:** The science behind why little brains love to play with Dr Jacqueline Harding
- **17 March:** Engaging parents with PSHE
- **24 March:** Building Healthy Connections: RSHE Relationships Education
- **21 April:** Growing and Changing: Teaching Puberty
- **30 April:** Teaching Human Reproduction: Why Teach It in Primary School - and How?



Register via our main website > Knowledge Hub > Upcoming webinars

KEY TAKEAWAYS

The foundations of good practice remain unchanged

Stick to evidence-based principles

The foundational principles of effective RSHE are clear – these need to be at the centre of your curriculum

Opportunity for impact

Refreshing your curriculum to align with the guidance is an opportunity to ensure relevant, impactful PSHE/RSHE for all your pupils



Flexible Timeline

Implementation by September 2026 – you can move at your own pace and use our ‘Steps to Success’ to support you

We're Here for You

Comprehensive training, ongoing support, and resources designed around your needs

Any questions?



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