
Consultation: Relationships, Sex & Health Education Policy

Consultation on Trust wide Relationships, Sex & Health Education Policy to take effect from 1 September 2026.

In September 2026, the Department for Education (DfE) will implement updated statutory guidance on [Relationships Education, Relationships and Sex Education and Health Education guidance](#) (RSHE). These revisions reflect new social and technological challenges facing young people today, such as online safety, mental wellbeing, and changing family dynamics. A summary of the key changes to the guidance can be found in Appendix A with the key content covered found in Appendix B.

The CAM Academy Trust is committed to providing a high quality, inclusive, and age-appropriate Relationships, Sex & Health Education (RSHE) curriculum across all its schools. In line with updated guidance from the DfE, we are reviewing our RSHE provision to ensure consistency, compliance and excellence across the Trust.

Consultation period

This consultation seeks the views of parents, carers, and pupils to help shape the Trust's approach to these new guidelines.

The consultation will run for 4 weeks from 18 May 2026.

Context & Rationale

The updated DfE guidance places a strengthened emphasis on:

- Safeguarding and child protection
- Age-appropriate curriculum design
- Clear progression across key stages
- Transparency and parental engagement

As a Trust, we are undertaking a coordinated review to ensure:

- Alignment with statutory expectations
- Consistency in delivery across academies
- High-quality teaching supported by appropriate resources and training

Expectations of schools on their RSHE curriculums

The following principles will underpin RSHE delivery across all Trust schools:

1. Age-Appropriate Curriculum Design

- Clearly sequenced curriculum from Early Years through to Key Stage 4/5
- Content tailored to developmental stages of pupils

2. Emphasis on Relationships, Respect and Safety

- Promotion of healthy, respectful relationships
- Teaching of consent, boundaries, and personal safety
- Strong focus on online safety and digital citizenship

3. Sensitive and Inclusive Delivery

- Careful introduction of sensitive topics
- Recognition of the diverse backgrounds and values within our Trust communities
- Inclusive approach that supports all pupils

4. Consistency with Flexibility

- A shared policy approach for RSHE
- Flexibility for schools to reflect local context while maintaining core expectations

5. Strong Parental Engagement

- Clear communication of curriculum content
- Opportunities for parents to review materials where appropriate
- **Ongoing dialogue between schools and families**

Implementation Approach

To support effective implementation, the Trust will:

- Support schools with staff training
- Establish clear guidance and expectations for delivery, in line with this policy
- Monitor and evaluate provision through Trust-wide quality assurance processes

Parents will continue to have the right to:

- Be informed about what is being taught

- Request withdrawal from certain elements of sex education (in line with statutory guidance)

Consultation questions

We invite your views on the following:

- Do the new statutory topics (e.g. online safety and awareness, mental wellbeing, teaching about the law, including consent, LGBT content, addressing sexual harassment and sexual violence) address current parental concerns?
- Would the flexibility in age-appropriate delivery reassure you?
- How can the school and Trust best support parents in understanding the statutory RSHE content?
- Do you have any concerns about the updated statutory guidance or its implementation?

How to Provide Feedback

You can share your views in the following ways:

- Online survey (link to be provided)
- Email to the Trust CAT-Consultations@catrust.co.uk
- Attending a scheduled parent consultation session

Further details on parental consultation sessions will be shared by individual schools.

Next Steps

Following the close of consultation on 18 June, the Trust will:

- Collate and analyse all feedback
- Refine the RSHE policy and framework as appropriate
- Publish the final Trust-wide RSHE policy
- Support schools in implementation from September 2026

Conclusion

At The CAM Academy Trust, we recognise the importance of working in partnership with families to support the personal development, wellbeing, and safety of all pupils. Your feedback is vital in ensuring our RSHE provision reflects both statutory expectations and the values of our communities.

We thank you for your time and contribution to this important consultation.

Appendix A: Summary of key changes

Online Safety & Technology

- Updated content on deepfakes, AI chatbots, online scams and pornography.
- Greater emphasis on digital literacy and recognising harmful online visual content.

Misogyny & Harmful Attitudes

- New material addressing online misogyny and extremist (incel) culture.
- Encourages discussion on stereotypes and their impact, with a focus on positive attitudes and gender equality.

Sexual Harassment & Violence

- Clear definitions and guidance covering stalking, upskirting, financial sex exploitation, strangulation.
- Acknowledges that boys can be victims too.

Mental Health & Wellbeing

- Teaches emotional regulation, coping strategies, building resilience.
- Recognises normal responses to stress and low mood.

LGBT content

- Confirms continued teaching about same-sex families and protected characteristics.
- Maintains factual, legally-aligned content only.

Age-Appropriate & Flexible Delivery

- Schools retain flexibility to choose the right time to introduce topics based on local context.
- Removed strict age limits; allows judgement in response to emerging issues (e.g. exposure to pornography).

Additional Content

Includes units on loneliness, vaping, gambling, bereavement, antimicrobial resistance, pregnancy, healthy behaviours, FGM and virginity testing, personal safety (roads, water, rail).

Appendix B: Key content covered

Primary phase

Essential topics are:

Relationships education	Health education	
<ul style="list-style-type: none">• Families and people who care for me• Caring friendships• Respectful, kind relationships• Online safety and awareness• Being safe	<ul style="list-style-type: none">• General wellbeing• Wellbeing online• Physical health & fitness• Drugs, alcohol, tobacco and vaping	<ul style="list-style-type: none">• Healthy eating• Health protection and prevention• Personal safety• First aid• Developing bodies

The updated guidance places a stronger focus on:

- online safety and wellbeing
- the use of accurate terminology for body parts (including genitalia)
- the introduction of personal safety around water, roads and railways
- helping children understand change and loss, including bereavement
- developing communication skills, assertiveness, and the confidence to express personal needs and boundaries

Secondary phase

In addition to developing knowledge of key topics at primary, essential topics at secondary are:

Relationships education	Health education	
<ul style="list-style-type: none">• Families• Respectful relationships• Online safety and awareness• Being safe• Intimate and sexual relationships, including sexual health	<ul style="list-style-type: none">• Mental wellbeing• Wellbeing online• Physical health & fitness• Healthy eating• Drugs, alcohol, tobacco and vaping	<ul style="list-style-type: none">• Health protection and prevention and understanding the healthcare system• Personal safety• Basic first aid• Developing bodies

New content in the updated guidance includes:

- AI literacy and deep fake images and videos
- knife crime and conflict resolution
- tackling misogyny, incel culture, and their influence on attitudes toward women and girls — as well as recognising how these issues can negatively affect boys and young men
- the impact of pornography
- more detailed learning about menstrual and gynaecological health, including menopause and conditions like endometriosis
- skills and confidence to access healthcare services when they need them