

Life Lessons Primary RSHE

Information for parents



Link to [Secondary version](#) here

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What is RSHE?

- RSHE = Relationships, (optional) sex, health education

You might have also heard of PSHE, which includes everything in RSHE, plus some extra topics, such as communities, personal identity and financial education.

- PSHE = Personal, social, health and economic education

Why is RSHE so important and how will your child benefit?

RSHE was not a priority when most of us went to school. Now young people have access to more information and risk at a younger age. Great RSHE lessons prepare students for the world that they live in, and treat each other kindly:

Understand themselves better

Understand and respect other people

Express themselves more clearly

Form healthier relationships

Manage risks and avoid harm

Better wellbeing

What government guidance do we follow?



Keeping children safe in education 2025

Statutory guidance for schools and colleges

July 2025 (for information) version, pending publication of final version which comes into force in September 2025.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers

July 2025



Promoting fundamental British values as part of SMSC in schools

Departmental advice for maintained schools

November 2014

What is the Life Lessons approach?

Positivity

We want young people to feel positive about the future

Inclusive

We want all students to learn and feel like they belong

Student-led

We want young people to feel like this is a curriculum for them and to develop their own voices and thoughts

Stories

We use stories to help young people prepare for the real world and understand other people.

Relational

People learn through the relationships with the people around them.

What is the Life Lessons approach?



Positivity

We want young people to feel positive about the future

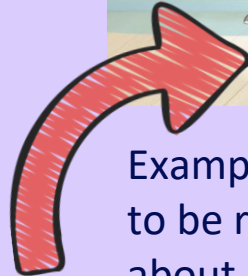
We always provide a positive framing or outcome for all issues, even if the lesson is tackling something serious or sensitive.

Story



Reggie brings the pancakes to his mum, she is really impressed.

Reggie's mum is proud of him because, even though he made a **mistake**, he continued to try.



Example from a year 2 lesson, which encourages young people to be resilient when faced with challenges and to feel good about making mistakes.

What is the Life Lessons approach?



Stories

We use stories to help young people prepare for the real world and understand other people.

Relatable, engaging and familiar characters that the children build relationships with.

Children are encouraged to share their own thoughts, feelings and experiences.

Through stories, children learn about different cultures and experiences - promoting understanding and compassion.



What is the Life Lessons approach?

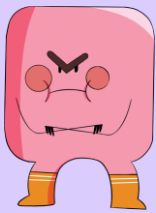


Stories

We use stories to help young people prepare for the real world and understand other people.



We have a whole cast of emotions characters to help young people understand their own feelings.



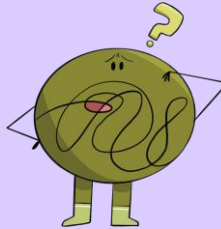
Grumpy



Scared



Rejected



Confused



Disappointed



Confident



Unconfident

What is the Life Lessons approach?



Student-led

We want young people to feel like this is a curriculum for them and to develop their own voices and thoughts



What does it mean to be addicted to something?

<https://vimeo.com/manage/videos/1098172728/9475cc6d60>

Videos of children modelling discussions

Opportunities for young people to discuss ideas

A safe space for students to talk about their beliefs and feelings

What is the Life Lessons approach?



Inclusive

We want all students to learn and feel like they belong



Information broken down into small, simple ideas, to help all students understand

Pages designed to be easy to read for pupils with visual impairments and dyslexia, with pictures to support those who find reading tricky

Diversity represented and celebrated



What is the Life Lessons approach?

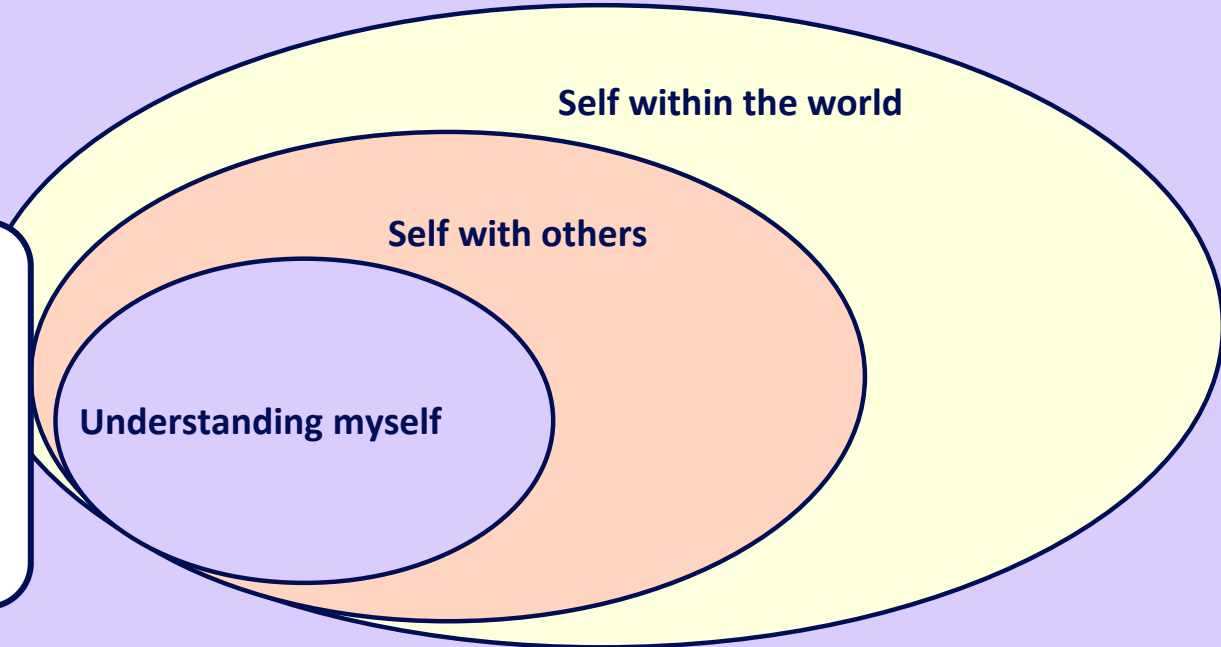


Relational

People learn through the relationships with the people around them.

We help students to understand their relationships with the people in their lives.

We support young people to understand themselves and how they fit in to the world around them



How we work with your child's school

- ❖ Flexible resources for a variety of different settings
- ❖ Adapted to meet students' needs - schools are encouraged to edit resources to match the needs of the students and their communities
- ❖ Reflects local context & safeguarding priorities, including how and where to report concerns. This ensures PSHE is relevant and meaningful

We encourage schools to share their PSHE curriculum with you and keep you informed about upcoming topics. This helps you support your child's learning at home.

What will Life Lessons help your child to do?

Aspire to and dream of a
bright future

Feel like they belong and be
proud of their heritage

Have healthy relationships

Make healthy
choices and stay safe

Understand the
world around them

Understand their emotions
and feel good about
themselves

What content is covered?

Drugs, alcohol, tobacco and vaping

Body image and self-esteem

Sexual reproduction (optional until year 11)

Physical and mental wellbeing

Menstruation, puberty and body image

Resilience and sense-of-self

Intimate and sexual relationships, including sexual health
(Optional, starting in year 6)

Healthy relationships

Identifying and finding support for abusive relationships

Social media and online information

Communities and belonging

Dreams, careers, ambitions and money

Values, heritage and identity

Anti-discrimination

What is the curriculum structure?

Understanding myself			Self with others	Self within the world		
<ul style="list-style-type: none"> • Physical wellbeing • Mental health • Understanding our emotions • The way we grow and change during puberty • Making choices to stay safe and well • Drugs, alcohol and tobacco 			<ul style="list-style-type: none"> • Families • Friendships • Reducing hurtful behaviour and bullying • Identifying safe and unsafe relationships • Respecting self and others • Fixing or leaving relationships that have gone wrong 	<ul style="list-style-type: none"> • Responsibilities and power • Understanding other people: how we are the same and how we are different (including the Equality Act) • Media and the online world • Economic wellbeing: Money • Dreams, work, careers and volunteering 		
Wellbeing	My body & Me	Healthy choices	Healthy Relationships	Identity & Community	Digital Lives	Aspiration & money

A detailed breakdown of the content for each year group can be found in [this document](#).

What skills do we teach?

**Emotional
regulation &
Positivity**

**Making choices
& Risk
assessment**

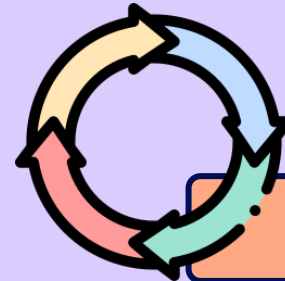
**Personal
boundaries**

**Self-worth and
Resilience**

Empathy

**Oracy
(Speaking skills)**

**Critical thinking
& Reflection**



Skills are revisited
year upon year

How do we deal with sensitive topics?

When we understand the background to conflicts and disagreements, we can stop disagreements turning into arguments:

We live in a world where people can have very different opinions to each other.

Despite these differences, it is possible to be accepting, tolerant and respectful

The Life Lessons curriculum teaches skills that build respect and compassion for all people.

How do we deal with sensitive topics?

We need skills to discuss these sensitive topics. The Life Lessons curriculum helps young people to...

...understand and explain their own thoughts, beliefs and emotions.

...listen to other people and accept difference.

...find common ground with all people.

How do we deal with sensitive topics?

Other key skills that children learn through the Life Lessons curriculum include...

...seeing both sides in an issue.

...thinking deeply, kindly and critically.

...making connections between their own and other people's experiences (building empathy).

How do we deal with sensitive topics?

We know that social media can cause people to feel isolated, biased, frustrated and like they don't belong. Therefore, we teach young people to...

...guess the motivations of content creators.

...identify bias.

...verify information they read online.

Sex education

- The Life Lessons curriculum includes resources to teach sex education, in line with government guidance. Parents have the right to withdraw their children from these lessons if they wish.
- These lessons focus on the basics of human intercourse and reproduction, including age-appropriate information about how sexual intercourse and fertilisation happens. The resources use a factual scientific approach, and do not discuss the details of intimate sexual relationships, beyond the biology of intercourse, the basics of sexual consent and the law.

Wellbeing

Wellbeing is one of the most important things to get right in primary school. We cover many different aspects of wellbeing, such as...

Lifestyle choices

Diet

Exercise

Mental health

Emotional
regulation

Loneliness

Resilience to challenges and
changes

Self-esteem

How can you support your child around these issues?

- Find out what topics they are covering each term.
- Ask them questions related to these topics.
- Help them understand how your family's values and beliefs connect to the topics covered.
- Try to listen without judgement, so they feel safe to share their feelings and ideas, and feel comfortable to ask for your support in understanding the topic.
- Let them know what you think about the topic yourself, and also make space for them to ask questions and form their own opinions too.