

25 March 2026

Dear Parents and carers,

As a part of your child's education at Shuttleworth College, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

There are some national governmental updates to the RSHE (Relationships, Sex and Health Education) content which come into effect in September and replaces the 2019 version. PSHE lessons will cover the same themes, however the content is more detailed, modern and safeguarding focused. The updated curriculum material will be available on the school website from 1st September; however, we wanted to make you aware of some of the updates sooner:

- A stronger focus on online safety: Incel culture and harmful online influencers, AI including the risks of deep fake technology, sextortion and online exploitation.
- More on misogyny and harmful attitudes, including violence against women and girls.
- Mental health explored including the difference between emotions and mental illness, coping strategies for stress and anxiety.
- Real life risks including conflict resolution, travel, knife crime and public safety.

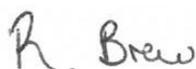
PSHE education is taught throughout the school in every year group, at an age-appropriate level and is monitored and reviewed regularly by the staff and governing body. The official document for the government updates can be found at the following:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

If you have any questions regarding these updates, please contact Mrs R Brew.

Your sincerely,



Ruth Brew
Head of PSHE and RE