

Updated RSHE requirements published – what you need to know

PSHE Association - 15/07/2025

The DfE has launched [updated statutory RSHE \(relationships, sex and health education\) guidance](#) today.

This replaces the current, 2019 guidance, though schools will have until September 2026 to adapt their curriculum to reflect these updated requirements. You can, however, start following the new guidance sooner if you wish to and are properly prepared. And we'll have all the training, guidance and resources you need to get it right — including new Autumn term [online](#) and [face-to-face](#) training courses now open for booking (see below).

We're currently reviewing the new guidance and will provide a more thorough analysis but in the meantime, here are a few key differences to the requirements currently in force:

- The 2025 guidance places **greater emphasis on misogyny, violence against women and girls** and related factors, including the negative impact of pornography, in line with government priorities and widespread safeguarding concerns about such issues.
- **Aspects of personal safety have now been included for the first time**, including a focus on how to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code, as well as personal safety in public spaces.
- There is **recognition of new safeguarding risks caused by rapid technological developments in recent years**, with requirements now covering topics from AI deepfakes to toxic online influencers and subcultures.
- There is **additional emphasis on supporting mental health** and specific mention of areas such as grief, loss and loneliness.
- The guidance is clear that **'Schools should be sensitive to pupils' circumstances**, recognising that families of many forms provide a nurturing environment for children, and can include single parent families, same-sex parents, families headed by grandparents, young carers, kinship carers, adoptive parents and foster parents/carers.'
- There is **clear recognition of the importance of teacher expertise and agency** – and of course this is critical for tailoring PSHE/RSHE appropriately and choosing materials and guidance wisely.
- The **importance of clear communications with parents/carers** is reiterated, and in line with our own guidance and provision of parent/carers copies of all our RSHE resources.

- **References to managing difficult questions, and establishing safe learning environments**, are welcome — and this forms a key part of our CPD and guidance.
- We are happy to see a **recognition of financial exploitation and its impact on safeguarding**, and that this will encourage schools to continue covering personal financial education within the context of their planned PSHE/RSHE programmes.
- We also welcome sections that **promote best practice and 'skilled delivery' such as using distancing techniques and creating safe learning environments** that aim to 'support and not to alarm pupils' (use of shock tactics is never advisable in the PSHE classroom)