PSHE MATTERS 2026
INFORMATION FOR PARENTS AND CARERS



What is PSHE Matters?

PSHE Matters is a resource that supports the teaching of Personal, Social, Health and Economic (PSHE) education in primary schools. PSHE is an important part of your child's development, helping them learn about health, relationships, wellbeing, safety and important life skills.

PSHE Matters helps schools provide high-quality learning that follows the latest national guidance for Relationships, Sex and Health Education (RSHE) (2025). It is designed to support children in understanding the world around them and to prepare them for life, both now and in the future.

Why is PSHE important?

PSHE helps children to:

- Stay safe, both offline and online.
- Understand and manage their emotions and mental health.
- Understand their bodies, growing up and healthy choices.
- Build positive relationships and friendships.
- Respect differences and contribute positively to society.

What will my child learn?

PSHE Matters offers a flexible curriculum, allowing schools to choose from a range of age-appropriate activities those that best meet the needs of their pupils.

The curriculum is organised into 12 modules (see opposite), which children explore from early years through to all primary year groups. Topics are revisited as children grow, so their understanding deepens over time.

How can parents and carers get involved?

Talking with your child about what they have learned in PSHE at school can really support their understanding. These conversations can help children feel more confident and encourage them to make safe and positive choices.

Schools regularly invite parents and carers to share their views on PSHE. To learn more about how PSHE is taught at your child's school, please visit the school website or request a copy of the PSHE/RSE policy. This explains what is taught and when, how you can be involved, your right to view lesson materials, and your option to withdraw your child from specific sex education lessons.

For more information, contact your child's class teacher or the PSHE Lead in school.

The 12 modules in PSHE Matters are:

Drug Education

Age appropriate learning about:

- Medicines and how they are used safely
- Substances that can be harmful
- Making safe choices and managing risk

Exploring Emotions

Children learn to:

- Recognise and name feelings
- Understand that all feelings are valid
- Manage big emotions like anger or worry
- Ask for help and support others

Changes

Children explore:

- Life changes (e.g. moving school, family changes)
- Feelings linked to loss or change
- Building resilience and coping strategies

Bullying Matters

This covers:

- What bullying is (including online/cyberbullying)
- The impact of unkind behaviour
- How to respond and report concerns
- The importance of kindness and inclusion

Being Me

This supports:

- Self-confidence and identity
- Recognising strengths and achievements
- Feeling part of a community

Difference and Diversity

Children learn to:

- Respect people's differences (culture, family, beliefs, abilities)
- Challenge stereotypes
- Understand fairness and equality

Being Healthy

This includes:

- Healthy eating, exercise and sleep
- Personal hygiene (e.g. handwashing, dental care)
- Mental wellbeing strategies
- Understanding how to look after their body

Growing Up (RSHE)

This is taught carefully and age appropriately:

- Understanding body parts and changes
- Learning about puberty
- How babies are made, grow and are born
- Personal boundaries, consent and privacy

Please note- parents and carers have the right to withdraw children from any sex education elements that the school teaches (but not relationships or health education).

Being Responsible

Includes:

- Rules and responsibilities
- Caring for others and the environment
- Understanding rights and fairness

Being Safe (including online safety)

Children learn:

- How to recognise and manage risks
- Road, rail and water safety and personal safety
- Online behaviour, privacy and digital safety
- Who to talk to if they feel unsafe

Relationships

Children explore:

- Friendships and other relationships
- Respect, kindness and empathy
- Resolving conflict and working together
- What makes a healthy (and unhealthy) relationship

Money Matters

Children are introduced to:

- Spending, saving and budgeting
- Needs versus wants
- Learning to make responsible financial decisions