

Supporting Primary Schools

A Dignify Summary of Revised DfE Guidance on RSE for 2026



Introduction

Dignify is a project of One YMCA. Our mission is to help children and young people thrive in healthy relationships, free from the harms of pornography and sexual objectification.

In July 2025, the Department for Education (DfE) published [revised guidance on Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#). While curriculum changes are not required during the 2025–2026 academic year, early preparation by schools is encouraged so that they can implement the revised statutory guidance on 1 September 2026.

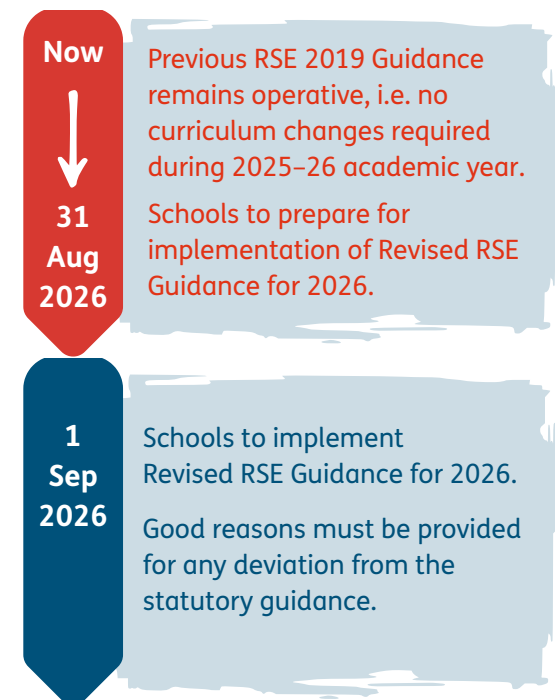
This document is intended to support schools by presenting a bullet-point overview of the revised RSE guidance in the key areas where Dignify can offer specialist and targeted support to your school. We recommend that you consult the [DfE site on GOV.UK](#) for a comprehensive overview of other key areas relevant to your curriculum and to further strengthen your provision.

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Revised RSE guidance for 2026

- Issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996
- Applies to all schools

Implementation Timeline



Dignify Service: Parent/Carer Survey

Currently in development with plans to be implemented from January 2026

Summary of relevant points from the Revised RSE Guidance for 2026

1. Schools are being told to review their current provision with their pupils and parents, and that RSHE is to be built from engagement with both pupils and parents.

“Engagement and transparency with parents.

Schools should engage with parents on the content of RSHE and be transparent with parents about all materials used in RSHE.”

Page 5 of RSE Updated Guidance, July 2025: Section on
Guiding Principles for Relationships, Sex and Health Education

2. Parental support to be encouraged when talking about online safety and RSHE education.
3. Policy development: Every school must have a written RSHE policy, reviewed and consulted on with parents.
4. Parental involvement: Transparent communication, parental access to materials, and clear withdrawal procedures.

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Dignify Services: ***Parent/Carer Workshops***

Fun, interactive and informative workshops to increase parent/carers' confidence to raise digitally resilient children:

- Educate parents/carers
- Equip parents/carers to engage in relevant RSE conversations with the children in their care, helping to safeguard them

Family Workshops

Interactive and engaging workshops for parents/carers to participate alongside their children in Years 4–6 inclusive:

- Primary school only
- Parent/Carer workshop is a precursor

Summary of relevant points from the Revised RSE Guidance for 2026

1. Parental support to be encouraged when talking about online safety and RSE education.
2. Parental involvement: Transparent communication, parental access to materials, and clear withdrawal procedures.
3. Online safety education: Schools may be able to discuss pornography with students if the school determines there is a need and provides a framework for doing so safely, age-appropriately, and with a clear educational purpose.
 - Dignify is committed to providing bespoke resources and services which suit schools' unique requirements.
4. Builds foundation for understanding respect, boundaries and personal safety.

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5. Online safety and harms:

- Pupils to be taught minimum age for social media sites
- Different risks online – image sharing, peer pressure, once images have been circulated, they cannot be easily taken down
- How to seek support if pupils find anything upsetting online
- Encourage teachers to use privacy on devices
- Scams, online gaming, monetisation – recognising online scams such as fake messages (*new for 2026*)
- Parent workshops and engagement: Expectation for schools to offer workshops and involve parents in RSHE delivery, especially around sensitive or emerging topics like online safety, digital risks and emotional wellbeing

The aim of Dignify workshops is to build critical thinking and digital resilience, helping children spot suspicious behaviour and know when to seek help.

Our Dignify Family Workshops already address online safety and risky relationships. New material on healthy relationships will be implemented in late 2025 to further support student wellbeing.

6. Focus on healthy friendships, family structures, recognising unsafe situations and emotional wellbeing:

- Greater emphasis on teaching skills to keep pupils safe
 - Making and maintaining friendships
 - Understanding and respecting body boundaries
 - Respectful, kind relationships (with “kind” now added to the guidance)
- General wellbeing
 - Shifts focus from ‘mental wellbeing’ to broader concept of general wellbeing
 - Respectful kind relationships
 - Balancing needs of self and others, being kind to others without neglecting personal needs, including boundaries
 - Assertiveness as opposed to being controlling, including assertive communication
 - Managing different feelings
 - Positive self-esteem (*new for 2026*)
- “Permission seeking” replaced with “boundaries” and “assertiveness”

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Dignify Service: School Staff Training

Dignify is developing school staff training with plans for implementation in January 2026. Materials are developed and updated in line with this guidance.

Dignify's core expertise lies in promoting healthy relationships, addressing the harms of pornography, and challenging social norms regarding sexual objectification and harassment. However, we recognise the importance of acknowledging government guidance and the evolving social landscape. Content will be included in our staff training to support inclusive and relevant RSE delivery.

Summary of relevant points from the Revised RSE Guidance for 2026

1. Encourage teachers to use privacy on devices.
2. Guidance advises against introducing the topic of legal definitions of biological sex and gender reassignment at the primary school level – unless there is a specific safeguarding need or context.

Additional points

1. Parental transparency: Schools must share lesson materials with parents. Parents can withdraw their children from sex education (with re-entry allowed three school terms before age 16).
 - Dignify can share material with schools to provide to parents/carers.
2. Sex education is recommended to be introduced in years 5 and 6, recognising that puberty can begin as early as age 8. Strong emphasis is placed on using correct anatomical terminology (e.g. penis, vulva, vagina).
 - Expertly-delivered Dignify workshops use accurate and age-appropriate language.