

Relationships, Sex and Health Education (RSHE) / PSHE

We want to know what you think about your **PSHE and RSE lessons**.

Your answers will help teachers make lessons better.

You do not need to write your name.

About You

1. What year group are you in?

- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6

2. Are you:

- ☐ A girl
- ☐ A boy
- ☐ Prefer not to say

Your PSHE Lessons

3. Do you enjoy PSHE / RSHE lessons?

- ☐ Yes, a lot
- ☐ Sometimes
- ☐ Not really
- ☐ No

4. Do teachers explain things clearly?

- ☐ Always
- ☐ Sometimes
- ☐ Not often
- ☐ Never

5. Do you feel comfortable asking questions in these lessons?

- ☐ Yes
- ☐ Sometimes
- ☐ Not really
- ☐ No

6. Do you feel safe sharing your ideas or opinions in PSHE lessons?

- ☐ Always
- ☐ Sometimes
- ☐ Not often
- ☐ Never

Relationships and Respect

7. Have your lessons helped you understand **how to be a good friend**?

- ☐ Yes
- ☐ Not sure
- ☐ No

8. Have you learned about **respect and kindness towards others**?
- ☐ Yes
☐ Not sure
☐ No
9. Have you learned about **different types of families**?
- ☐ Yes
☐ Not sure
☐ No
10. Do your lessons help you understand **what a healthy relationship looks like**?
- ☐ Yes
☐ Not sure
☐ No

Safety and Safeguarding

11. Do you know what to do if someone makes you feel **unsafe or uncomfortable**?
- ☐ Yes
☐ Not sure
☐ No
12. Do you know **who you can talk to in school if you are worried**?
- ☐ Yes
☐ Not sure
☐ No
13. Have you learned the **correct names for body parts** and why this is important?
- ☐ Yes
☐ Not sure
☐ No

(This supports safeguarding and understanding of the body in the updated guidance.) ([pshe-association.org.uk](https://www.pshe-association.org.uk))

Online Safety and Digital Life

14. Have you learned about **how to stay safe online**?
- ☐ Yes
☐ Not sure
☐ No

15. Do your lessons help you understand:

Topic	Yes	Not sure	No
How to deal with bullying online	☐	☐	☐
Why some websites or apps have age limits	☐	☐	☐
How to protect your personal information	☐	☐	☐
How to recognise scams or unsafe online behaviour	☐	☐	☐

(Online safety and digital harms are strengthened in the new guidance.) ([Tes](https://www.tes.com))

Health and Wellbeing

16. Have your lessons helped you learn about:

Topic	Yes	Not sure	No
Looking after your mental health	☐	☐	☐
Being confident and positive about yourself	☐	☐	☐
Dealing with worries or difficult feelings	☐	☐	☐

17. Have you learned about **change and loss (for example when someone dies)** and how people may feel differently?

- ☐ Yes
- ☐ Not sure
- ☐ No

(Learning about grief and loss is included in the updated guidance.) ([pshe-association.org.uk](https://www.pshe-association.org.uk))

Your Voice

18. What do you **like most** about PSHE / RSHE lessons?



19. What topics would you like to **learn more about**?



20. Is there anything that would make these lessons **better for you**?



☒ **Thank you for helping us improve our curriculum.**