

Policy Statement



Position on the New RSHE Guidance for Education Policy Stakeholders

The new RSHE Statutory Guidance was published in Summer 2025 and must be implemented by schools from September 2026.

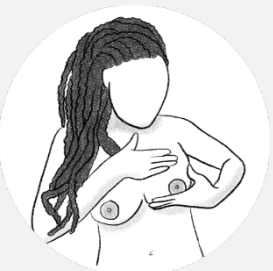
Treasure Your Chest welcomes the increased recognition of RSHE's role in empowering girls to understand how their bodies change and develop. Our free, evidence-based and evaluated resources support delivery of the new curriculum requirements in the following areas:



Understanding Developing Bodies: Our materials explain breast anatomy and development and address common myths and misconceptions.



Physical Activity for Health and Wellbeing: Our resources tackle girls' concerns about physical discomfort, lack of support, or anxiety around participation in sport and exercise due to breast-related issues — helping remove barriers to activity.

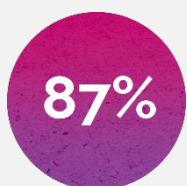


Self-Examination and Screening: We introduce age-appropriate breast awareness education to build confidence and lifelong healthy habits.

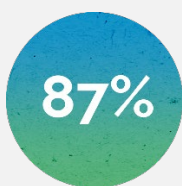
However, while we welcome the overall direction of the guidance, we are concerned that it stops short of directly referencing breasts, even within lists of developing body parts. The guidance rightly emphasises the importance of children being able to correctly identify body parts and refers repeatedly to girls' reproductive health, yet it does not acknowledge that breasts, and breast education, are essential to achieving the stated RSHE objectives. The new guidance ensures that pupils are taught key aspects of women's health, including menstruation, contraception, fertility, pregnancy and menopause, but breasts remain unmentioned.

This represents a significant omission. The health and wellbeing of women and girls extends beyond reproductive health and excluding breast education risks undermining other core RSHE objectives. For example, promoting physical activity is a central requirement of the curriculum, yet our research shows that a lack of breast education is a significant barrier to participation: nearly half of adolescent girls report avoiding physical activity because of physical discomfort or embarrassment relating to their breasts.

The absence of breast education is also out of step with clear demand from pupils and teachers:



In our research involving over 2,000 girls aged 11–17, 87% said they **wanted to understand more** about their breasts.



The same percentage reported having experienced **at least one concern** about their breasts.



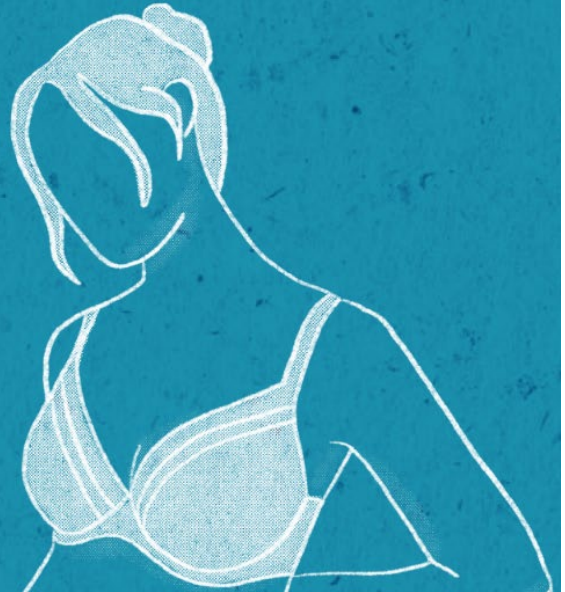
100% of surveyed teachers said they would **embed our resources** within their RSHE curriculum.

Breast education should not be an optional add-on; it is fundamental to delivering the aims of the new RSHE guidance. Girls deserve to receive comprehensive education about their breasts beyond the biological aspects of puberty. By empowering girls with knowledge and awareness, we believe girls' body confidence, health and participation in physical activity can be significantly improved. We will continue to develop and provide our resources to schools, with the long-term aim of seeing breast education properly recognised within the curriculum.

"RSHE guidance rightly aims to support girls' health and wellbeing, but this cannot be fully achieved while breast education remains absent.

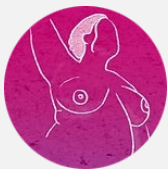
If we want girls to feel confident in their bodies and able to participate in physical activity, we must ensure they receive clear, consistent information about breast development and support."

**Professor Nicola Brown,
Treasure Your Chest.**



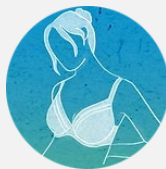
About Us

Treasure Your Chest's mission is to build girls' confidence, support their wellbeing and remove barriers to physical activity by ensuring all girls have access to high-quality breast education. Our free, evidence-based programme provides:



Education on:

- Breast development
- Bra support and correct bra fit
- Breast awareness and self-checking



With:

- Comprehensive presentation materials
- Step-by-step educator guidance
- Interactive videos and worksheets



Designed to be:

- Age-appropriate
- Inclusive
- Independent

Our mission is to build girls' confidence, support their wellbeing, and remove barriers to physical activity through accessible, free, evidence-based breast health education.

Together, we're making breast education universal—not optional.