

Relationships, Sex and Health Education (RSHE) in Primary Schools Information for parents and carers

Y1 to Y6



In this session we will:

- Outline the recently **updated government guidance** for teaching RSHE.
- Describe our **approach and aims** in RSHE lessons at Holmer Lake.
- Explain what is and isn't **Sex Education**.
- Brief overview of the **content of lessons** being taught in the next few weeks as part of the RSHE curriculum.



Department
for Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

- Taught in school since September 2021.
- Weekly lessons.



*Healthy Bodies, Healthy Minds is where we learn
how to be healthy, happy, safe, and able to manage
the challenges and opportunities of modern Britain.*

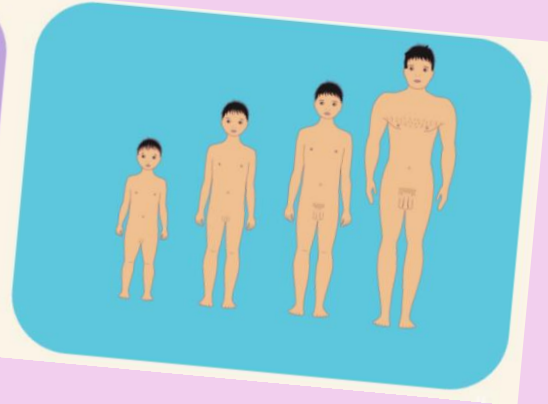
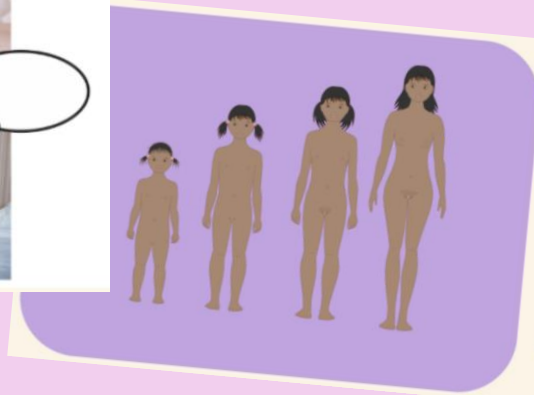


- All our Relationships, Health and Sex Education lessons are taught using lesson plans and resources from an accredited scheme.
- Aligned with national guidance
- Evidence based



What does this mean for your child?

Teaching materials contain **age related** and accurate content.





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What does this mean for your child?

Children will learn **how to be safe** and to know **how to ask for help** if they need it.

A poster titled 'SPEAK UP Someone CAN HELP'. It provides contact information for help at school and at home. At school, it lists the teacher, teaching assistant, and safeguarding board. At home, it lists the parent or carer. It also provides the phone number 0800 11 11 for SEARCH Childline Kids and the childline logo.

**IF YOU HAVE A WORRY...
IF YOU ARE FEELING UPSET...**

**SPEAK UP
Someone CAN HELP**

AT SCHOOL
Your Teacher
Teaching Assistant
Mrs Davies
Mrs Hutchinson-Bell
Mrs Collins
Children's Safeguarding Board
Worry Boxes
Wishing Well

AT HOME
Parent or Carer
Trusted adult

ONLINE / PHONE
0800 11 11
SEARCH Childline Kids

childline
ONLINE, ON THE PHONE, ANYTIME





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What does this mean for your child?

A **safe and secure** learning environment for meaningful discussion with **trusted adults**.

ANSWERING QUESTIONS FROM CHILDREN

- We recognise that children whose questions go unanswered **may turn to inappropriate sources of information**, including online.
- Depending on the individual circumstances, we **may ask the pupil to speak to their parent/carer or a trusted adult**.
- Our emphasis will always be on **supporting the child**.





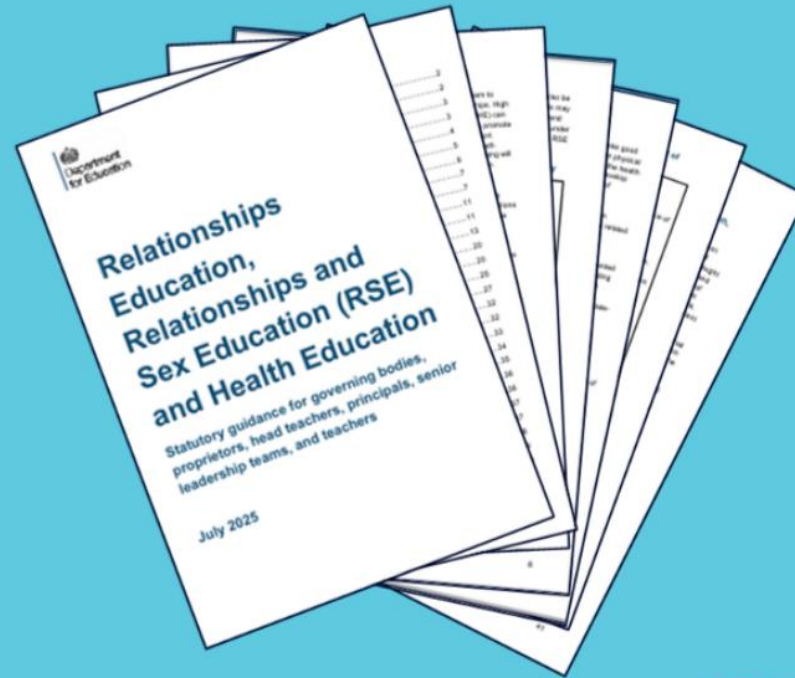
DfE RSHE GUIDANCE (2025)

What do schools have to teach?

For **Primary schools**, the guidance is split into 2 main sections:

- **Relationships Education** (with further guidance on Sex Education)
- **Health and Wellbeing Education**

Becomes statutory in September 2026



We have updated our curriculum in line with the DfE's updated statutory guidance for **Relationships, Sex and Health Education** (published 2025, for implementation from September 2026)

STATUTORY RELATIONSHIPS CONTENT



✓ Families and people who care for me

✓ Caring friendships

✓ Respectful , kind relationships

✓ Online safety and awareness

✓ Being Safe



RELATIONSHIPS EDUCATION: THE AIMS

‘The focus for primary relationship education should be on teaching the skills and knowledge that form the **building blocks of all positive relationships**, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.’

(Guidance para 24)



<u>Relationships Education</u>	Statutory. No parental right to withdraw
What it is:	Teaching children about the building blocks of positive, healthy relationships – with family, friends, peers and others. It covers topics including families, friendships, respect, boundaries, conflict resolution, online safety and recognising when relationships are unhealthy or unsafe.
What it is NOT:	Relationships Education does not involve teaching children about sexual activity. It can, and should, address sensitive safeguarding topics (such as recognising abuse or inappropriate online contact) without describing intimate physical relationships that are not age appropriate.
Parental withdrawal:	Parents do NOT have the right to withdraw their children from Relationships Education as it is statutory content at primary.

STATUTORY HEALTH AND WELLBEING CONTENT



✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs, Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

✓ Personal Safety

✓ Basic First Aid

✓ Developing Bodies

HEALTH AND WELLBEING EDUCATION: THE AIMS

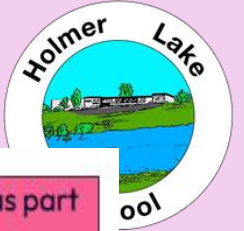
‘The aim of teaching about health and wellbeing is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed.’

(Guidance para 37)



<u>Health Education</u>	Statutory. No parental right to withdraw
What it is:	Teaching children to make good decisions about their own health and wellbeing. Includes physical health (including changing adolescent body and puberty), mental wellbeing, healthy eating, drugs/alcohol/tobacco awareness, basic first aid, online wellbeing and personal safety.
Puberty sits here	The 2025 DfE guidance is clear that teaching about puberty (including the physical and emotional changes that occur during adolescence, menstruation, and the correct names for body parts) is part of Health Education.
Parental withdrawal:	Parents do NOT have the right to withdraw their children from Health Education as it is statutory content at primary.

SEX EDUCATION IN PRIMARY SCHOOLS



'Sex Education is not compulsory in primaries, and parents have the right to withdraw their children from sex education as part of RSHE, **but we recommend that primaries teach sex education in years 5 and/or 6.**'
(Guidance para 30)

At Holmer Lake we follow the guidance and teach Sex Education lessons in Y5 and Y6.

Sex Education	Non-statutory. Parental right to withdraw when taught as part of PSHE/RSHE.
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Sex education is learning about human reproduction. It is defined as those lessons covering sexual intercourse, conception, the stages of pregnancy and birth. It includes the emotional impact of having a baby as well as the physical facts.

What it is NOT	Sex Education does not include puberty (which is statutory Health Education) or teaching about families and relationships (which is Relationships Education).
Parental withdrawal:	Parents do have the right to withdraw their children from Sex Education within RSHE



2nd half of Summer Term



RELATIONSHIPS

✓ *Sex Education (non-statutory)*

Y5 and Y6 ONLY

HEALTH AND WELLBEING

✓ Developing Bodies

Y1 to Y6



DEVELOPING BODIES: WHAT CHILDREN WILL LEARN

Curriculum content related to puberty and menstruation should be complemented by sensitive arrangements to help girls prepare for and manage menstruation, including with requests for period products.

(Guidance para 39)

Statement 1

About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.

Statement 2

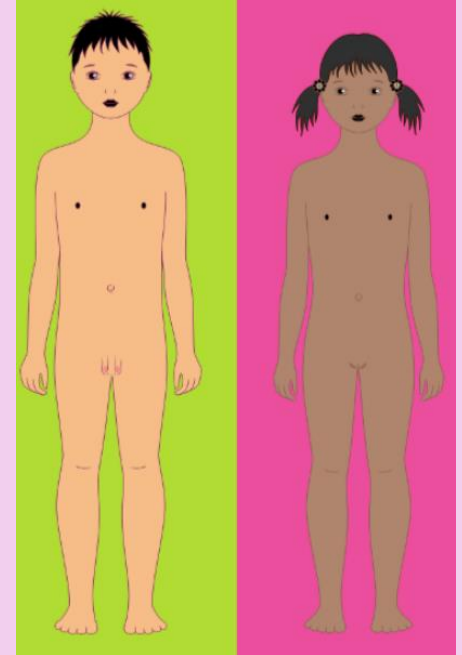
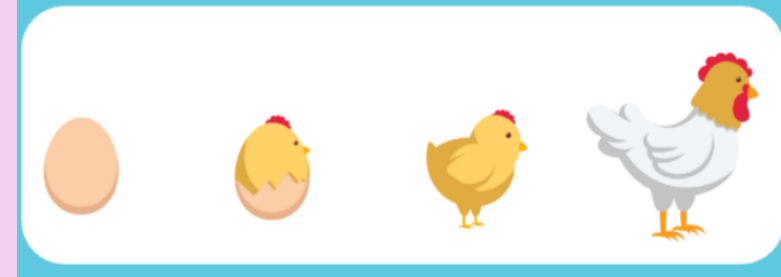
The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all these parts of the body are private and have skills to understand and express their own boundaries around these body parts.

Statement 3

The facts about the menstrual cycle, including physical and emotional changes. Whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

Lessons

- Life Cycles
- My changing me
- Growing from Young to Old
- Boys and Girls Bodies.

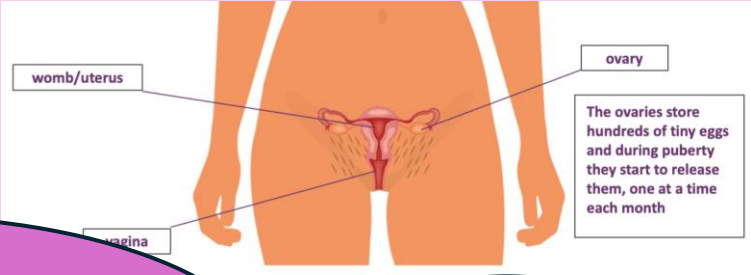
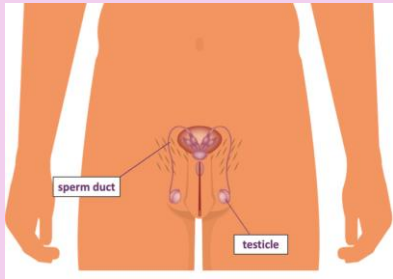




✓ Developing Bodies

- ### Lessons
- Outside Body Changes
 - Inside Body Changes

Boys and girls bodies start to change during puberty



We shouldn't worry if we start puberty earlier or later than our friends.

How can I get help if I feel worried or embarrassed?

What changes can I control what can't control?

Growing pubic hair	Making new friends	Getting a deeper voice	Hips getting wider	Deciding when to go to bed
Growing facial hair	Choosing what to eat	Earning money	Choosing what clothes to buy	Growing taller
Growing underarm hair	Penis growing larger	Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend



✓ Developing Bodies

Lesson

- Puberty for girls

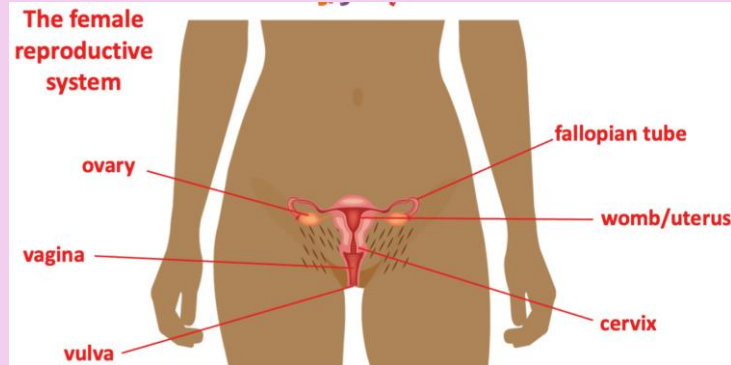
This lesson is taught separately to BOTH boys and girls. To avoid anxiety and embarrassment and to allow for single-sex discussion groups.

Age 7-9 Animation Female Reproductive system.

How can I get help if I feel worried or embarrassed?



The menstrual cycle prepares the female body for potential pregnancy.



Managing a period



What products are available to help manage periods?



✓ Developing Bodies

Lesson

- Puberty for boys

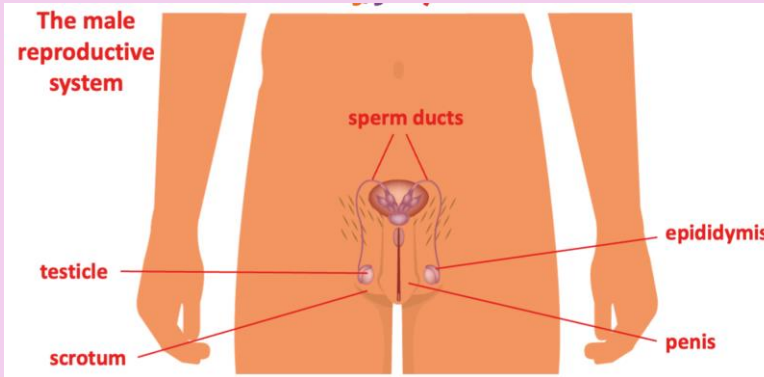
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Age 7-9 Animation Male Reproductive system.

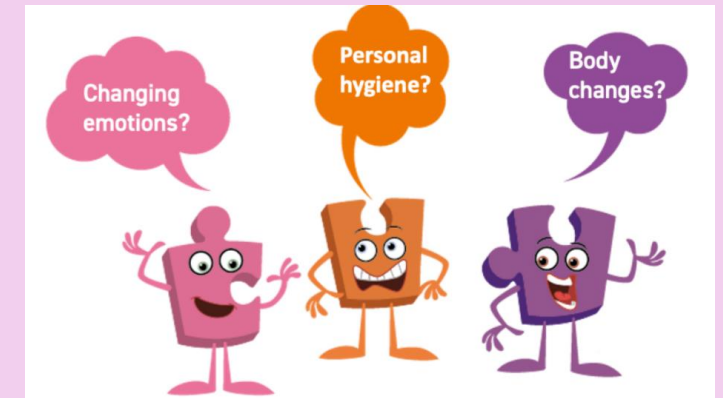
How can I get help if I feel worried or embarrassed?



Hormone changes lead to changes in puberty, these can affect emotions.



Erections and wet dreams are natural aspects of male puberty.





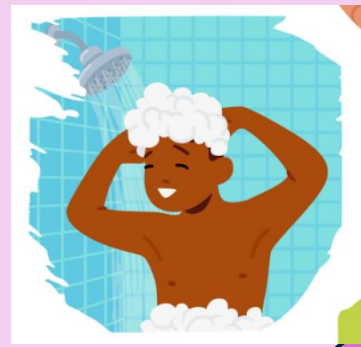
✓ Developing Bodies

Lesson

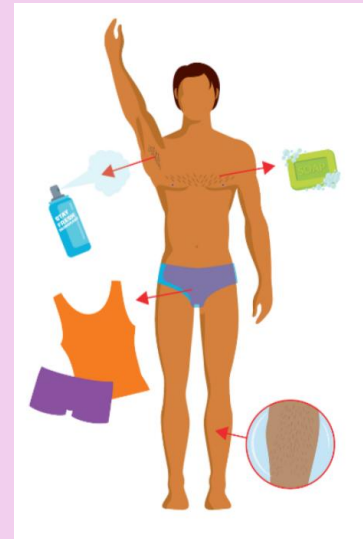
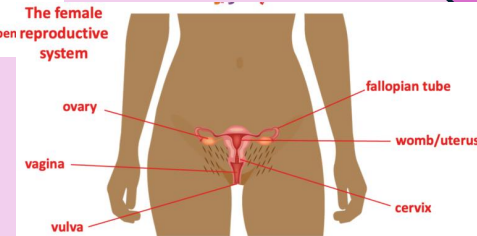
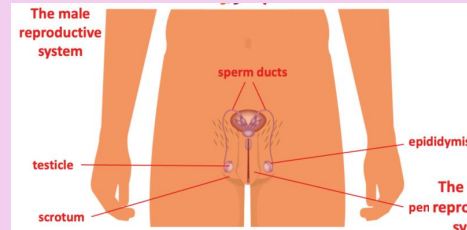
- Puberty

This lesson is taught separately to BOTH boys and girls. To avoid anxiety and embarrassment and to allow for single-sex discussion groups .

I know it's important to look after myself physically and emotionally.



What do I remember about the female and male reproductive systems?



What are reliable sources of help if I am worried or anxious?

✓ *Sex Education (non-statutory)*



Sex Education lessons at Holmer Lake will be taught to children in Y5 and Y6 this term.

(Unless we have received a written request from parents/carers in advance for them to be withdrawn)

The content covers:

- Sexual intercourse, conception, the stages of pregnancy and birth (human reproduction)
- The emotional impact of having a baby and the joy of pregnancy and both is explored along side the physical facts.



✓ *Sex Education (non-statutory)*

Lesson

- **Conception**

Sexual intercourse occurs between consenting adults aged 16 or above.

Contraception exists as a way to prevent pregnancy.

Sexual intercourse can lead to conception and this is how babies are usually made.

Conception is the fertilisation of an egg by sperm during sexual intercourse.

Sometimes people need fertility treatment to have a baby

There are a lot of considerations to be made before committing to having a baby.

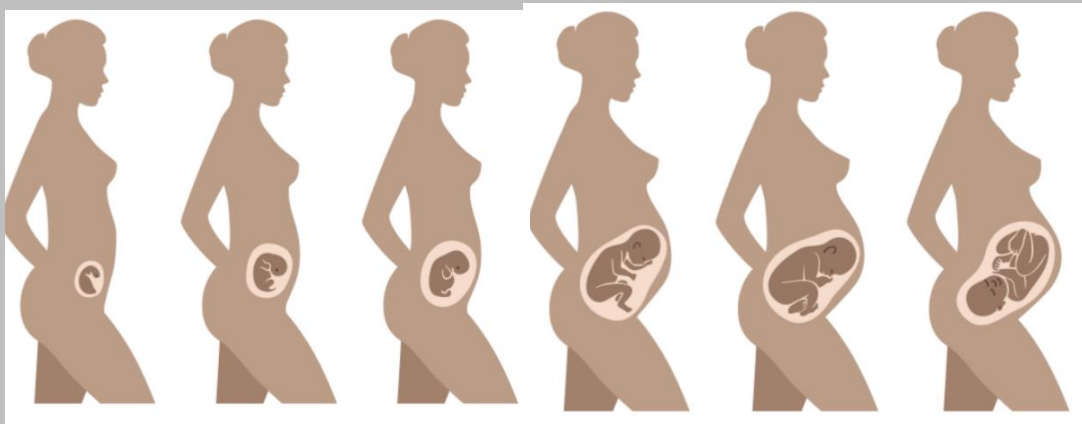
Age 9-11 Animation Male and Female Reproductive system.



✓ *Sex Education (non-statutory)*

Lesson

- Babies: Conception to Birth.



A baby is connected to the mother with a placenta and umbilical cord.



Babies develop from embryo to foetus.

What emotions do you think parents experience during pregnancy and birth?

There are a lot of considerations to be made before committing to having a baby.

YOUR RIGHT TO WITHDRAW



Our school delivers Sex Education lessons in Years 5 and 6 as we feel they are an important part of Relationships education for children.



Parents/carers can withdraw their child(ren) from Sex Education lessons delivered as part of RSHE.



Parents cannot withdraw their child(ren) from any other Relationships or Health and Wellbeing lessons.



The school will engage with and support parents in their decisions regarding their child's participation in Sex Education lessons.



More information if you need it...

- **This presentation can be viewed on our website.**
- **Email a2153@taw.org to contact Mrs Watson or your class teacher with any questions**
- **Relationships, Health and Sex Education Policy on our website.**
- **Full content of our Relationships and Health curriculum taught throughout the year available on our website.**

All children in Y5 and Y6 will be taught the Sex Education lessons as outlined in this presentation unless we **receive a written request** from parents to withdraw their child/children from these sessions.

If you would like to withdraw your child/children then please send your request to a2153@taw.org.uk by Monday 15th June

Please note these sessions will begin from Monday 15th June