

Relationships & Sex Education



Parent Meeting



Aims of this meeting

To share our approach to the teaching of RSE

To share Christopher Winter lesson resources

To listen to any concerns and answer any questions that you may have

To share the new National Curriculum guidance around the teaching of RSE

Government Rational

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

About the Christopher Winters Project

CWP have trained teachers in PSHE Education since 1995. They have used classroom-based experience to design age-appropriate resources for the teaching of Relationships & Sex Education.

CWP lessons focus on families, relationships, safeguarding/keeping children safe and include additional units on Respect and Equality. It equips children and young people with the information, skills and positive values required to be confident in themselves; have safe, fulfilling relationships; and to take responsibility for their health and well-being.

How will my child be taught RSE?

In a sensitive, age-appropriate way.

Through careful planning that will enable children to acquire knowledge and develop life skills and respectful attitudes and values

By being medically and factually correct.

In an inclusive way – accepting of faith, culture and gender identity.

By setting ground rules so that children feel confident to engage in discussions and ask questions.

By considering and respecting the attitudes and values of students and a range of other significant groups in society.

What is the right age to start teaching RSE?

Children are interested in the human body, where babies come from and the differences between girls and boys from a young age – it is natural for children to be curious and ask questions.

Children will take in information around them about sex and relationships from a young age even if no-one talks to them about it. Many of the things they pick up are incorrect and confusing.

For this reason it is important that:

- Schools teach factual and age-appropriate information.
- Parents and carers answer questions that their children have to help them make sense of what they hear or learn.
- The teaching of RSE allows us to safeguard children from abusive or unhealthy relationships online or in person.

Risks of online exposure

In the age of the internet, children have the potential to be exposed to inappropriate and incorrect information online relating to sex and relationships.

It is important to consider whether you would prefer children to learn about RSE online and through conversations with peers, or from a teacher delivering carefully designed and age appropriate lessons.

We talk regularly with our children about staying safe on the internet and we strongly suggest parental locks on phones and ipads that children use.

Will my children learn about same-sex relationships?

Yes. We have a duty to comply with the Equality Act and ensure that we are being inclusive to all our children.

There is equality in the law for opposite and same sex couples. The Equality Act 2010 states that 'Schools must accurately state the facts about marriage of same-sex couples under the law of England and Wales, in a way that is appropriate to the age, level of understanding and awareness of pupils.'

Will my children learn about LGBT?

Relationships Education prepares children for the world they are growing up in and it is important to teach respect for all other people. This includes respecting people from other religions, ethnic backgrounds or sexual orientations.

Grove primary is committed to protecting children and families against discrimination, whether knowing or unintentional. This includes discrimination against people's religion, culture or sexuality, to name just a few of the Protected Characteristics in the Equality Act.

Government guidance strongly encourages and enables schools to teach LGBT content, in the context of different types of families.

Changes in new curriculum guidance - The updated guidance places greater emphasis on:

The updated RSHE statutory guidance, published in 2025 and coming into force in September 2026, replaces the 2019/2020 guidance and is designed to reflect the realities of children growing up today, especially online.

Greater focus/ emphasis on:

- Clearer Age-Appropriate Boundaries
- Content must be developmentally sequenced, with sensitive topics limited to upper primary
- Relationships as the Core Focus
- Greater emphasis on friendships, family relationships, respect, kindness and managing conflict before any sex education content (Y5/6).
- Sex Education Restricted and Safeguarding-Led
- Sex education (if taught) must be in Years 5–6, aligned with science (puberty and reproduction), and focused on safety and factual understanding.

Changes in new curriculum guidance - The updated guidance places greater emphasis on:

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Greater focus/ emphasis on:

- Expanded Online Safety Education
- Increased focus on preparing pupils for digital risks, harmful content, privacy issues and respectful online behaviour.
- Stronger teaching on boundaries, recognising unsafe situations and knowing how to seek help.
- Increased Transparency with Parents
- Clearer expectations for consultation, communication and parental involvement in curriculum design and delivery.

<p style="text-align: center;"><u>Year 1</u></p> <p>Lesson 1 - Different Friends</p> <p>Lesson 2 - Growing and Changing</p> <p>Lesson 3 - Body Safety (online and off)</p> <p>Lesson 4 - Families and Care</p>	<p style="text-align: center;"><u>Year 2</u></p> <p>Lesson 1 - Gender Stereotypes</p> <p>Lesson 2 - Male and Female</p> <p>Lesson 3 - Naming body parts</p> <p>Lesson 4 - My body belongs to me</p>	<p style="text-align: center;"><u>Year 3</u></p> <p>Lesson 1- Body differences</p> <p>Lesson 2 - Personal Space and Consent</p> <p>Lesson 3 - Families and people who help us</p> <p>Lesson 4 - Staying safe and getting help - online</p>
<p style="text-align: center;"><u>Year 4</u></p> <p>Lesson 1 - Changes</p> <p>Lesson 2 - What is puberty?</p> <p>Lesson 3 - Healthy friendships</p> <p>Lesson 4 - Valuing difference</p>	<p style="text-align: center;"><u>Year 5</u></p> <p>Lesson 1 - Talking about puberty</p> <p>Lesson 2 - The reproductive system</p> <p>Lesson 3 - Puberty Help and support</p> <p>Lesson 4 - Respect, boundaries and being an upstander</p>	<p style="text-align: center;"><u>Year 6</u></p> <p>Lesson 1 - Puberty and reproduction</p> <p>Lesson 2 - Communication and consent in relationships</p> <p>Lesson 3 - Families, conception and pregnancy</p> <p>Lesson 4 - Communications and respect in relationships and online</p>

Contains non-statutory Sex Education. Parents have the right to withdraw

Withdrawing your child from Sex Education Lessons

Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department
for Education

We now invite you to explore the CWP resources.
Please use this time to have a look at the lesson plans
for the CWP