



Relationships & Sex Education

Information & Consultation
Meeting for Parents &
Carers
January 2026

Welcome to St John's Parent & Carer **Relationships & Sex Education (RSE)** Consultation.

Agenda:

- What is RSE?
- Government / St John's Intent & Rationale
- Principles of RSE
- EYFS – Year 6 RSE content
- Right to withdraw
- Further reading & feedback

What:

Relationships and Sex Education, a mandatory part of the curriculum in UK schools covering emotional, social, and physical aspects of growing up, healthy relationships, consent, and sexual health

Why:

It equips young people with crucial life skills for safe, healthy, and fulfilling relationships, promoting consent, respect, and emotional well-being, while also debunking myths, combating stigma, and safeguarding against abuse, especially given the complexities of our ever-changing world (particularly the online world).

When:

The new UK Relationships & Sex Education (RSE) guidance updates are statutory from **September 1, 2026**, giving schools until then to implement the changes, though they can start earlier, from September 2025, if prepared.

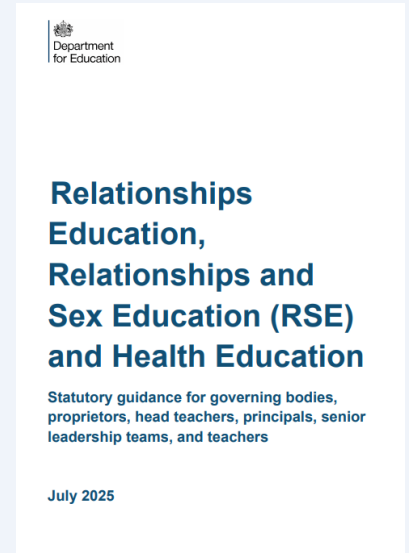
*‘Children and young people need knowledge and skills that will enable them to **make informed and ethical decisions about their wellbeing, health and relationships.***

*High quality, evidence-based teaching of relationships, sex and health education (RSE) can help **prepare pupils for the opportunities and responsibilities of adult life, and can promote their moral, social, mental and physical development.***

*Effective teaching will support prevention of **harms** by helping young people understand and identify when things are not right.’*

'At St. Johns, we value our PSHE/RSE curriculum as a set of fundamental skills that promotes our HUMANS framework, and enables our children to become thoughtful, respectful and responsible members of society.'

'Our PSHE/RSE Curriculum enables children to use key learning to think critically and reflect on their own morals, emotions and responsibilities; providing them with the skills and knowledge to prepare them for adult life.'



Guiding principles for relationships, sex and health education

- Engagement with pupils.
- An inclusive and well-sequenced RSE curriculum
- Engagement and transparency with Parents & Carers.
- Positivity. Schools should focus on building positive attitudes and skills, promoting healthy norms about relationships, including sexual relationships where relevant, and about health, including mental health.
- Careful/age appropriate sequencing.
- Staff should be trained in safeguarding and offering support, recognising the increased possibility of disclosures.
- Whole school approach. The curriculum is best delivered as part of a whole school approach to wellbeing and positive relationships, supported by other school policies, including behaviour and safeguarding policies.

PSED Personal, social and emotional development is one of the three Prime Areas in the Statutory framework for the EYFS. The early learning goal (ELG) below summarise the knowledge, skills and understanding that all young children should have gained by the end of reception year. These are referenced in our Kapow Primary RSE & PSHE lesson plans, along with the relevant non-statutory Development Matters guidance.

ELG: Self regulation

Children at the expected level of development will:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.

ELG: Managing self

Children at the expected level of development will:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

ELG: Building relationships

Children at the expected level of development will:

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and to others' needs.

Kapow Primary unit:
[My feelings](#)

Kapow Primary unit:
[Listening and following instructions](#)

Kapow Primary unit:
[Taking on challenges](#)

Kapow Primary unit:
[My wellbeing](#)

Kapow Primary unit:
[Special relationships](#)

Kapow Primary unit:
[My family and friends](#)

EYFS (& Y1/2)

- 'Private Parts' – Staff will refer to children's genitalia ('private parts') using the correct scientific terms (penis/vulva) if children reference them.
- They will discuss no showing / no touching of these private parts (with the help of ***Pantosaurus***).
- From a safeguarding perspective, using the correct terms for these body parts is essential should a child wish to discuss anything that is concerning them.



<https://www.youtube.com/watch?v=-IL07JOGU5o>

Key Update for all Year Groups

Sexual Harassment:

Kapow Primary's approach to addressing sexual harassment in schools builds on the statutory requirements of the RSE curriculum and the outcomes from the Department for Education's statutory ***Keeping Children Safe In Education document***.

Kapow Primary's RSE & PSHE curriculum covers boundaries, respectful relationships, permission seeking, relationships and reporting concerns in line with the ***Relationships & Sex Education and Health Education Guidance***.

Year 1: How is RSE covered in Kapow Primary's RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- Exploring how families can be different.
- Characteristics and impact of positive friendships.
- Learning that issues can be overcome.
- People show feelings differently.
- Issues around stereotyping.

Safety and the changing body:

- Learning how to respond to adults in different situations.
- Distinguishing appropriate and inappropriate physical contact.

Health and wellbeing:

- Exploring personal qualities.
- Strategies to manage feelings.

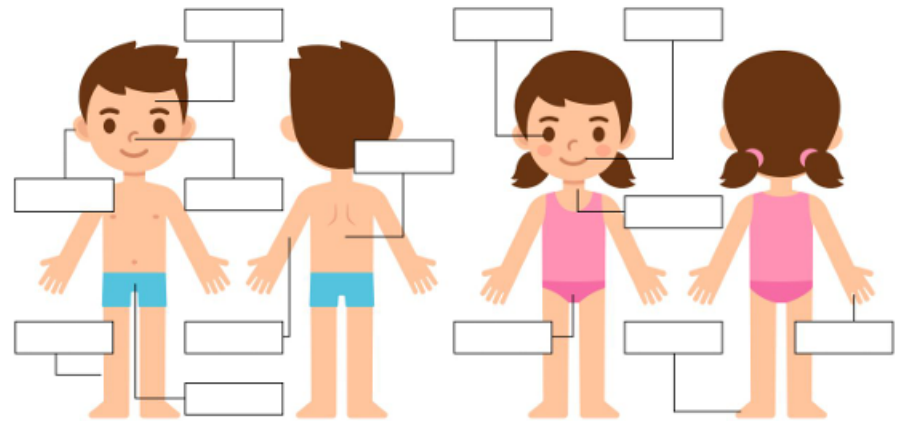
How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children of ages 5-6 are taught:

- Acceptable and unacceptable physical contact.
- The differences between boys' and girls' bodies.
- Scientific names for body parts (mixed-age lessons will also include the teaching of the following body part names: penis and vulva.)

All lessons are taught using the correct, scientific terminology, child-friendly language and diagrams.



Year 2: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- Learning that families are composed of different people who offer each other care and support.
- How other people show their feelings and how to respond.
- Looking at conventions of manners and developing an understanding of self-respect.

Safety and the changing body:

- Introduction to online safety.
- Distinguishing secrets from surprises.
- Naming body parts and looking at the concept of privacy.

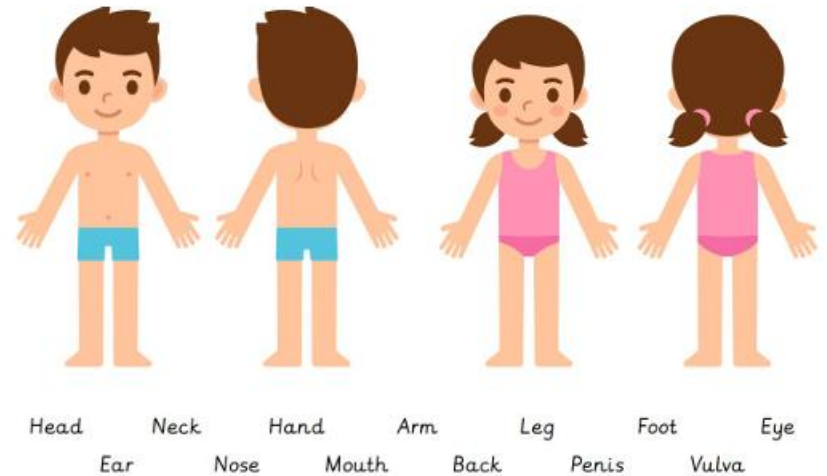
How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 6-7 will:

- Learn about 'boys' and girls' bodies.
- Scientific names for body parts.
- Understand that private parts are private.

All lessons are taught using the correct, scientific terminology, child-friendly language and diagrams.



EYFS / Y1 / Y2 Lesson Overview

Year	Topic	Lessons
EYFS	Early Years Learning goals links to:	<ul style="list-style-type: none"> • Self-regulation • Managing self • Building relationships
Year 1	Safety and the changing body	<p>Lesson 1: Adults in school</p> <p>Lesson 2: Adults outside school</p> <p>Lesson 3: Getting lost</p> <p>Lesson 4: Making an emergency phone call</p> <p>Lesson 5: Appropriate contact (acceptable touch / permission)</p> <p>Lesson 6: Safety with substances</p> <p>Lesson 7: Safety at home</p> <p>Lesson 8: People who help to keep us safe</p>
Year 2	Safety and the changing body	<p>Lesson 1: Introduction to the internet</p> <p>Lesson 2: Communicating online</p> <p>Lesson 3: Secrets & surprises</p> <p>Lesson 4: Appropriate contact – my private parts</p> <p>Lesson 5: Appropriate contact – my private parts are private</p> <p>Lesson 6: Respecting personal boundaries</p> <p>Lesson 7: Road safety</p> <p>Lesson 8: Crossing roads safely</p> <p>Lesson 9: Staying safe with medicine</p>

Year 3: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- How to resolve relationship problems.
- Effective listening skills and about non-verbal communication.
- Looking at the impact of bullying and what action can be taken.
- Exploring trust and who to trust and that stereotyping can exist.

Safety and the changing body:

- Be a responsible digital citizen.
- Cyberbullying, identifying unsafe digital content.
- Influences and making independent choices.

Additional lesson on 'Body Differences' – this session will cover body parts: Male and female private parts: vulva, vagina, penis, testicles.

Year 4: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- Learning that families are varied and differences must be respected.
- Understanding physical and emotional boundaries in friendships.
- The roles of bully, victim and bystander.
- How behaviour affects others.
- Appropriate manners and bereavement.

Health and wellbeing:

- Developing emotional maturity.
- Learning that we experience a range of emotions and are responsible for these.
- Appreciating the emotions of others.

Safety and the changing body:

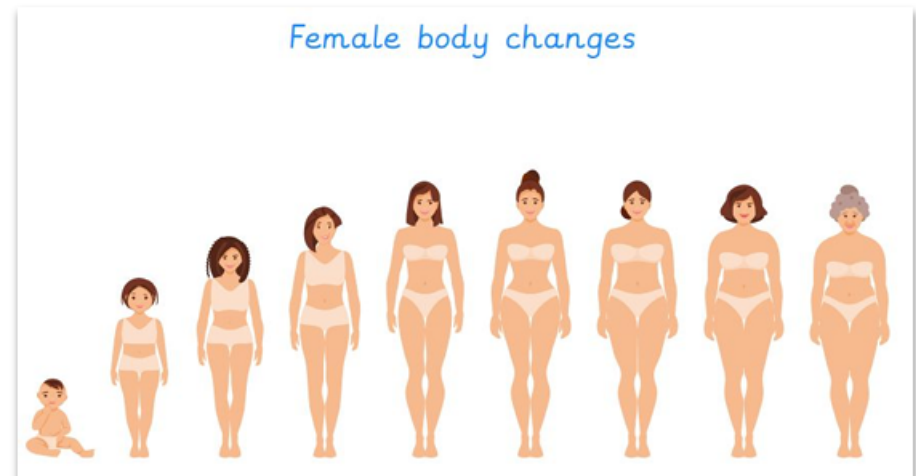
- Building awareness of online safety and benefits and risks of sharing information online.
- Difference between private and public.
- Age restrictions.
- Physical and emotional changes in puberty.

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 8-9 will:

- Learn about some of the physical changes pupils will experience as they go through puberty.
- Understand that physical change is part of growing up.
- Identify the changes that males and females go through as they grow and develop from being a child to an adult.



Year 5: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- Developing an understanding of families, including marriage, of what to do if someone feels unsafe in their family.
- Issues can strengthen a friendship.
- Exploring the impact of bullying and what influences a bully's behaviour.
- Learning to appreciate our attributes.

Safety and the changing body:

- Exploring the emotional and physical changes of puberty, including menstruation.
- Learning about online safety, influence.
- Strategies to overcome potential dangers.

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 9-10 will learn about:

- The menstrual cycle and other changes that happen during puberty.
- Emotional changes that occur during puberty.

Label or draw on Figure 1 to show some of the hygiene issues someone going through puberty might experience e.g. greasy hair, spots, smelling differently.

Label or draw on figure 2 what someone could do to help address these issues e.g. washing their hair more often, showering frequently and using deodorant.

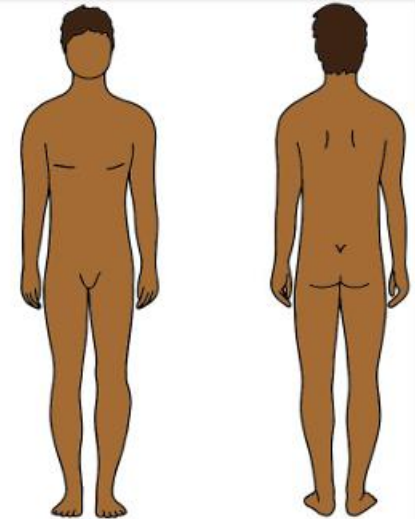


Figure 1

Figure 2

Year 6: How is this covered in Kapow Primary's PSHE and RSE lessons?

Strands within the Kapow Primary scheme will explore the following topics and concepts:

Families and relationships:

- To resolve conflict, through negotiation and compromise.
- Respect.
- Understanding that everyone deserves to be respected.
- Grief.

Safety and the changing body:

- The reliability of online information.
- The changes experienced during puberty.
- How a baby is conceived and develops.

How is my child taught about puberty and human reproduction?

Each year group will be taught at an appropriate level for their age and developmental stage, building on the previous years' learning.

Children aged 10-11 will:

- Further develop their understanding of the physical and emotional changes that happen during puberty.
- Learn about the biology of conception. (Parents have the right to withdraw their child from the 'Main event' part of this lesson.)
- Learn how a baby develops in the womb and is born. (Parents have the right to withdraw their child from the lesson.)

Y3 / Y4 / Y5 / Y6 Lesson Overview

Year	Topic	Lessons
Year 3	Safety and the changing body	Lesson 1: Emergencies – first aid & calling for help. Lesson 2: First aid – bites & stings Lesson 3: Be kind online Lesson 4: Cyberbullying Lesson 5: Fake emails Lesson 6: Making choices Lesson 7: Influences Lesson 8: Keeping safe out & about
Year 4	Safety and the changing body	Lesson 1: Internet safety – age restrictions Lesson 2: Share aware Lesson 3: First aid - asthma Lesson 4: Privacy & secrecy Lesson 5: Consuming information online Lesson 6: Growing up Lesson 7: Introducing puberty Lesson 8: Tobacco
Year 5	Safety and the changing body	Lesson 1: Online friendships Lesson 2: Staying safe online Lesson 3: Puberty Lesson 4: Menstruation Lesson 5: Emotional changes in puberty Lesson 6: First aid – bleeding & head injuries Lesson 7: Alcohol, drugs & tobacco – making decisions
Year 6	Safety and the changing body	Lesson 1: Alcohol Lesson 2: Critical digital consumers Lesson 3: Social media Lesson 4: Physical & emotional changes of puberty Lesson 5: Conception (parents/carers can choose to withdraw their child from <u>part</u> of this lesson - video) Lesson 6: Pregnancy & birth (parents/carers can choose to withdraw their child from this lesson) Lesson 7: First aid – choking Lesson 8: First aid – basic life support

Year 6 – Non-statutory

We offer an additional Q&A session for the children in Y6: these are some of the topics that they have had questions about in previous years.

Should questions around these topics come up in the planned Q&A session this year, we will be discussing them with the children in an age-appropriate manner, and ensuring it is done so consistently across the classes.

- **Surrogacy**
- **Adoption**
- **Sperm donors**
- **IVF**
- **Consent**
- **Permission**
- **Age of consent**
- **Touch / boundaries**
- **Relationships (different types)**
- **Masturbation**
- **Wet dreams**
- **Contraception**

Pupils with special educational needs and disabilities (SEND):

Teaching should be developed to ensure these subjects are accessible for pupils with SEND and prepare pupils for adulthood as set out in the SEND code of practice.

Schools should be aware that pupils with SEND may be more vulnerable than their peers to harmful sexual behaviour, sexual abuse, exploitation and violence, bullying and other issues. RSE can be particularly important for these pupils, particularly those with social, emotional and mental health needs or learning disabilities.

Inclusion:

Inclusion is very important for us at St John's: should you, or your child's class teacher feel that a more bespoke way of delivering these sessions would be more appropriate, please do make contact with them to discuss this further.

Non-statutory lessons – right to withdraw

Parents/carers have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

Where primary schools provide sex education, head teachers must automatically grant a request to withdraw a pupil from it, other than content that is taught as part of the science curriculum

Sex education is not compulsory in primary schools, but we recommend that primaries teach sex education in years 5 and/or 6, in line with content about conception and birth (which forms part of the national curriculum for science)

The national curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

Schools may also cover human reproduction in the science curriculum, but where they do so, this should be in line with the factual description of conception in the science 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, and teachers

July 2025

Further reading / access to teaching materials

UK Gov Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

- https://assets.publishing.service.gov.uk/media/68b8499e11b4ded2da19fd92/Relationships_education_relationships_and_sex_education_and_health_education_-_statutory_guidance.pdf

Relationships, sex and health education: guides for parents

- https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE_primary_schools_guide_for_parents.pdf



Scan the QR code above or click on the link below:

<https://forms.gle/72kf6zVhV1kgBsGcA>

Any Questions?

QUESTIONS?

Please do stay and look at the materials and come and talk to us with any thoughts, concerns or questions

Thank you for coming!