

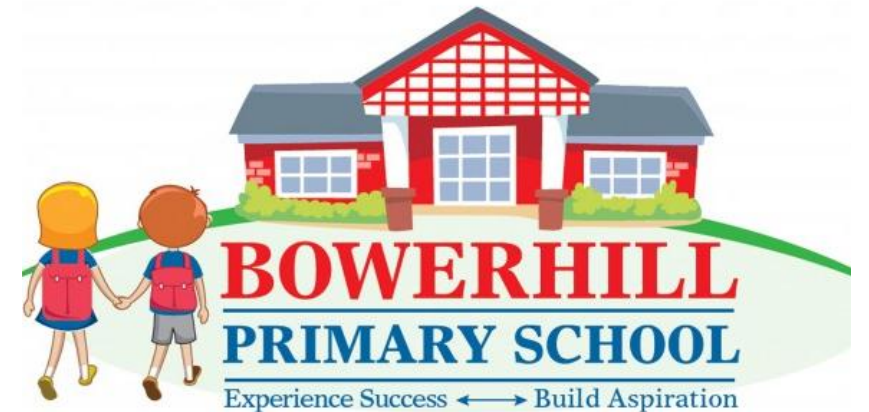
3D PSHE and Citizenship PARENT PRESENTATION



In this presentation we are going to share how we teach Relationships and Sex Education (RSE) in our school.

We know this can feel like a sensitive subject, so it is our aim to:-

- Explain what your child will be learning and when
- Reassure you about how it is taught
- Show you how you can support your child at home



3D PSHE and Citizenship

The Three Core Areas



Health and
Wellbeing



Relationships



Citizenship

What do we mean by RSE?

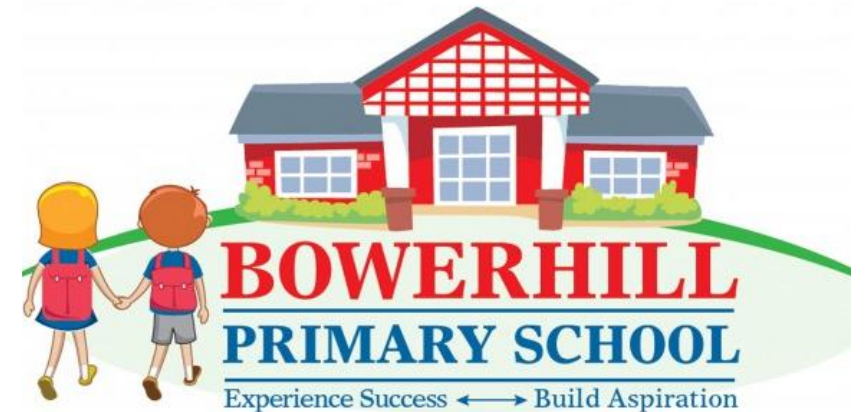
The government has updated the statutory guidance for Relationships, Sex and Health Education (RSHE), implemented from September 2026.

When we talk about RSE in primary school, we are mostly talking about relationships, feelings and growing up, not sex education.

By this we mean learning about:-

- Friendships and family relationships
- Kindness, respect and empathy
- Keeping safe
- Understanding their bodies in an age-appropriate way

It's about helping children build healthy relationships, understand feelings, and grow confidently.



Why do we teach RSE?

Throughout daily life, children are already learning about relationships, through family, friends, online, TV and everyday experiences.

RSE helps children make sure they have:-

- Correct, age-appropriate information
- Safe spaces to ask questions
- Guidance on what healthy relationships look like
- Confidence to speak up if something worries them

Our aim is to help our children feel safe, informed and valued.

Where RSE fits into the curriculum

RSE is about children's everyday lives, and the broader primary curriculum reflects that, too. The primary curriculum is relevant, meaningful and age-appropriate; so is our RSE provision.

Our approach is:

- Holistic: supporting emotional wellbeing, relationships, and readiness to learn
- Practical and meaningful: using scenarios, discussion and reflection, not just 'telling'
- Values-led: grounded in respect, kindness, fairness and safety

RSE content is taught in a way that aligns with the school's ethos and the needs of the children in front of us.

What children learn (Age-appropriate overview)

Early Years/Key Stage 1 children focus on:-

- Naming and understanding feelings
 - Friendships and kindness
 - Recognising safe/unsafe feelings
- Understanding privacy and personal boundaries
- Knowing who to talk to if worried

Everything is taught with age-appropriate vocabulary using language children can understand.

What children learn (Age-appropriate overview)

Key Stage 2 children build on this with:-

- More complex friendships and peer influence
- Respect, consent and boundaries in everyday situations
 - Online safety and digital relationships
- Body changes in puberty (taught sensitively and factually)
- Human reproduction and development (where this is included in your school's programme)

Everything is taught with age-appropriate vocabulary using language children can understand.

Sex Education in Upper Key Stage Two (Y5 & Y6)

When children reach Upper key Stage 2, some aspects of sex education are taught through the science curriculum, which helps to keep learning factual, clear and age-appropriate.

In science, pupils learn about:-

- Puberty and the changes that happen as bodies grow and develop
- Human reproduction in a straightforward and biological way
- The human life cycle - how humans grow from birth to adulthood

- **We are careful to:-**

- Use the correct scientific vocabulary.
- Answer questions honestly but without any unnecessary detail.
- Link learning to health, wellbeing and personal safety.
- Reinforce that children can talk to trusted adults if they feel worried or confused.
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- Within our approach, we connect this knowledge to real life understanding, helping children to feel prepared, not alarmed.



How we teach RSE

We teach RSE in a calm, supportive way.

Lessons might include:-

- Discussion and guided talk (with clear ground rules)
- Stories, case studies and age-appropriate resources
- Scenario-based learning: 'What would you do if...?'
- Reflection activities to build empathy and confidence
- Question boxes (so children can ask questions privately)

Ground rules are always in place so that children feel safe and respected.

Reassurance for Parents

- We know that families come with different experiences, beliefs and questions. Our approach is:-
 - Inclusive: every child should feel seen and respected
 - Factual and sensitive: we avoid shock, judgement or unnecessary detail
 - Safeguarding-led: if a child shares something that suggests they are at risk, we will follow official safeguarding procedures

Reassurance for Parents

If a child asks a question that isn't suitable for the whole class, we may respond in one or more of the following ways:-

- Acknowledge it
- Explain we'll answer privately at a later time
- Encourage them to speak with a trusted adult

We aim to be calm, clear and consistent so that children feel safe, not embarrassed.

Your Role as Parents

Always remember you are your child's most important teacher.

You can help by:-

- Keeping conversations open
- Answering questions honestly but simply
- Using correct names for body parts
- Reassuring them that changes are normal

If you ever feel unsure, contact us, and we can guide you with language or resources.

Working Together

When school and home work together, children feel more confident and less embarrassed.

If your child asks something tricky, it's okay to say:-

“That’s a great question, let’s talk about it later.”

You can always ask us if you want to know how we approach a topic.