

RSE 2026 & SCARF: FAQ

What is RSE and why is it important?

RSE (Relationships and Sex Education) helps children learn how to build healthy friendships, stay safe, understand their bodies, and develop respect for themselves and others.

Using **SCARF (a scheme of work)**, we teach this through age-appropriate lessons on **Safety, Caring, Achievement, Resilience and Friendship**.

1. What changes are coming in the 2026 RSE guidance?

The updated guidance strengthens:

- **Age-appropriate teaching**
- **Online safety and digital resilience**
- **Respectful relationships**
- **Parental transparency**
- **Clear teaching about biological sex and the law**
- **A stronger focus on safeguarding**

SCARF already aligns closely with these expectations, so children will continue to experience a safe, consistent curriculum.

2. Will my child learn anything about sex in primary school?

In primary school, RSE focuses on:

- Friendships
- Families
- Boundaries and consent (in an age-appropriate way)
- Keeping safe
- Understanding feelings
- How our bodies grow and change, including puberty from Year 5 onwards

Sex education is not compulsory in primary schools, but it is recommended 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 otherwise their learning is not linked up.

3. Will my child learn about puberty at school?

Year 5 is chosen for introducing puberty and body changes because it aligns with the National Curriculum science requirements and reflects the age when many children begin to experience these changes. This timing helps prepare children with factual, age-appropriate information before puberty starts, supporting their wellbeing and reducing anxiety. The curriculum is carefully sequenced to build understanding gradually, ensuring children feel safe and supported throughout. If you want more details about what is taught in Year 5, please ask!

4. Will children learn about different types of families?

Yes — in a simple, age-appropriate way. Children learn that families can look different: single parents, grandparents, adoptive families, same-sex parents, blended families. The focus is always on **love, safety, and respect**.

5. What will children learn about gender identity?

Under the 2026 guidance, schools are expected to:

- Teach factual information about biological sex
- Promote respect and address bullying
- Ensure all content is age-appropriate

SCARF materials align with this by focusing on:

- Respect for all individuals
- Understanding and managing feelings
- Challenging stereotypes
- Developing empathy

Lessons do not involve encouraging children to question their identity. The focus remains on factual information, respectful behaviour, and age-appropriate learning.

6. How will online safety be taught?

The new guidance places strong emphasis on:

- Online friendships
- Privacy
- Sharing images safely
- Recognising harmful content

- Understanding persuasion, pressure, and misinformation

SCARF lessons help children build **digital resilience** and know what to do if something online makes them uncomfortable.

7. How do you make sure lessons are age-appropriate?

We use:

- SCARF's carefully sequenced curriculum
- National guidance
- Teacher training
- Knowledge of our pupils' needs and maturity

You are always welcome to ask what your child will be learning in their year group. This will be sent out on newsletters.

8. Can I see the lesson materials?

Yes — absolutely. The 2026 guidance requires full transparency. Parents can view:

- Lesson plans
- Resources
- Vocabulary lists
- SCARF units

Just contact the school office or your child's teacher and you can view any resources in school.

9. Do parents have the right to withdraw their child?

Parents **cannot withdraw** from Relationships Education or Health and Wellbeing Education. Parents **can request withdrawal** from the small part of Sex Education taught in Year 5.

Specifically, parents have the right to withdraw their child from sex education lessons that go beyond the statutory Relationships Education curriculum, such as those explicitly teaching human reproduction and conception. **There is one conception lesson in Year 5 from which you can withdraw.**

We always meet with parents to discuss concerns and agree the best approach for their child. Our policy clearer states your rights.

10. How do you support children who feel anxious or confused?

SCARF is built around emotional wellbeing. We support children by:

- Using clear, simple language
- Creating safe spaces for questions
- Working closely with families
- Providing pastoral support where needed

No child is ever put on the spot or made to share personal information.

11. How does RSE link to safeguarding?

RSE helps children:

- Recognise unsafe situations
- Understand boundaries
- Know who to talk to
- Build confidence to speak up
- Develop respectful relationships

This is a core part of keeping children safe in school and in the community.

12. How does the school respect other cultural and religious beliefs?

We understand that families come from diverse cultural and religious backgrounds with different beliefs about relationships and sex education. Our approach is to:

- Respect and listen carefully to all families' views and values.
- Deliver lessons that are factual, age-appropriate, and sensitive to different beliefs.
- Provide opportunities for parents to discuss the curriculum and raise concerns.
- Ensure teaching materials are inclusive and do not promote any one belief over another.
- Comply with legal requirements to respect religious beliefs while ensuring all children receive essential knowledge to keep safe and healthy.

We aim to create a welcoming environment where every child feels valued and respected, and where differences are celebrated with kindness and understanding.

If you have specific concerns about how your family's beliefs are reflected, please contact us to discuss how we can support you and your child.

? 13. How is RSE adapted for pupils with SEND?

Do pupils with SEND learn the same RSE curriculum as everyone else?

Yes. All pupils are taught the statutory RSE curriculum. Adaptations are made to *how* the content is delivered, not *what* is taught.

How do you make sure lessons are accessible?

Teachers use clear, simple language, break learning into small steps, and use visual supports such as pictures, symbols, and social stories to help pupils understand key ideas.

Are lessons taught in smaller groups?

If needed, pupils may have pre-teaching, small-group sessions, or follow-up activities to help them process information at their own pace.

How do you support pupils who find abstract ideas difficult?

We use concrete examples, modelling, and clear rules to explain concepts like friendships, boundaries, and consent. Nothing is left to guesswork.

How do you keep pupils safe?

RSE for SEND pupils includes explicit teaching about private/public behaviour, recognising unsafe situations, and knowing who to talk to if they feel worried.

Do you work with families?

Yes. Families are informed about upcoming content and can share any specific needs or considerations so that lessons are tailored appropriately.

What specialist strategies do you use?

Depending on the pupil, this may include visual timetables, emotion scales, role-play, social stories, or rehearsed scripts for seeking help.

Is the content still age-appropriate?

Always. Adaptations support understanding, but the curriculum remains aligned with statutory expectations for the pupil's age.

14. **What if I have concerns or questions?**

We welcome them. Parents can speak to:

- The class teacher is always the first port of call.
- The PSHE/RSE lead – Mrs Eckley
- Miss Martin, headteacher

We want families to feel informed, comfortable, and confident in what we teach.