

What is Relationship & Sex Education?

- **Relationships and Sex Education (RSE)** helps children develop the knowledge, skills and values they need to build healthy, respectful relationships and stay safe as they grow up.
- In primary school, RSE focuses on:
 - ❤️ Building positive friendships and family relationships
 - 🤝 Respect, kindness and inclusion
 - 🛡️ Staying safe, including online safety and recognising trusted adults
 - 😊 Understanding and managing emotions
 - 🌱 Growing up, including the physical and emotional changes of puberty
 - 💬 Developing confidence to ask questions and seek help when needed
- **What does primary RSE not focus on?**
 - Most of the learning is about **relationships, health and wellbeing**. The biological aspects of reproduction are taught through the National Curriculum for Science. Any additional Sex Education taught by the school is age-appropriate and parents will be informed in advance.
 - **Our aim is to help children become happy, healthy, respectful and confident individuals who are prepared for the changes they experience as they grow.**

Statutory Requirements

- Relationships Education and Health Education are statutory in all primary schools.
- National Curriculum Science teaches the biological aspects of human reproduction.
- Parents cannot withdraw children from Relationships Education or Science.
- Parents may request withdrawal from any non-statutory Sex Education taught outside the Science curriculum.

How We Teach RSE

- **Taught by class teachers** using the **Coram SCARF** programme.
- **Delivered in mixed classes** through discussion, stories, videos and interactive activities.
- **Lessons are carefully planned** to be age-appropriate and build on children's previous learning.
- **Ground rules** help create a respectful environment where children feel safe to ask questions and share ideas.
- **Correct scientific vocabulary** is used to help children understand and communicate confidently.
- **Parents are informed** about what will be taught and are welcome to view our resources and RSE policy.

How We Teach RSE Cont.

We answer questions honestly using age-appropriate language.

We encourage children to speak with parents about personal or family questions.

If a question falls outside the planned curriculum, staff may answer individually at another time if appropriate.

Safeguarding procedures are always followed.

Parents are welcome to view resources and discuss any concerns before teaching begins.

What is taught when

Year Group

EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Growing & Changing Focus

Naming body parts, feelings, families

Similarities and differences, growing up

Life cycles, growing older

Personal hygiene, body changes

Preparing for puberty

Puberty and emotional changes

Puberty, reproduction (Science), preparing for secondary school



What does SCARF stand for?

-  **Safety** – Keeping ourselves safe and making healthy choices.
-  **Caring** – Showing kindness, empathy and respect for others.
-  **Achievement** – Developing confidence, perseverance and celebrating success.
-  **Resilience** – Learning to cope with challenges and setbacks.
-  **Friendship** – Building positive, respectful relationships.

What will my child learn in SCARF lessons?



For each year group, there are six suggested themed units which provide a complete PSHE and wellbeing curriculum. They are:

Me and My Relationships

Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

Valuing Difference

Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying, both online and in real life, respecting the rights of others, and know their responsibilities as a upstander.

Keeping Myself Safe

Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, positive ways to interact online, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

Rights and Responsibilities

Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older, alongside the need to respect the rights of others and to respect their environment.

Being My Best

Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.

Growing and Changing

Has age-appropriate plans to cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.

Relationships & Sex Education



Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults.

At Risby we believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way, the majority of which is covered in Health Education and National Curriculum Science. Therefore, we often refer to this subject as RSE: Relationships and Sex Education.

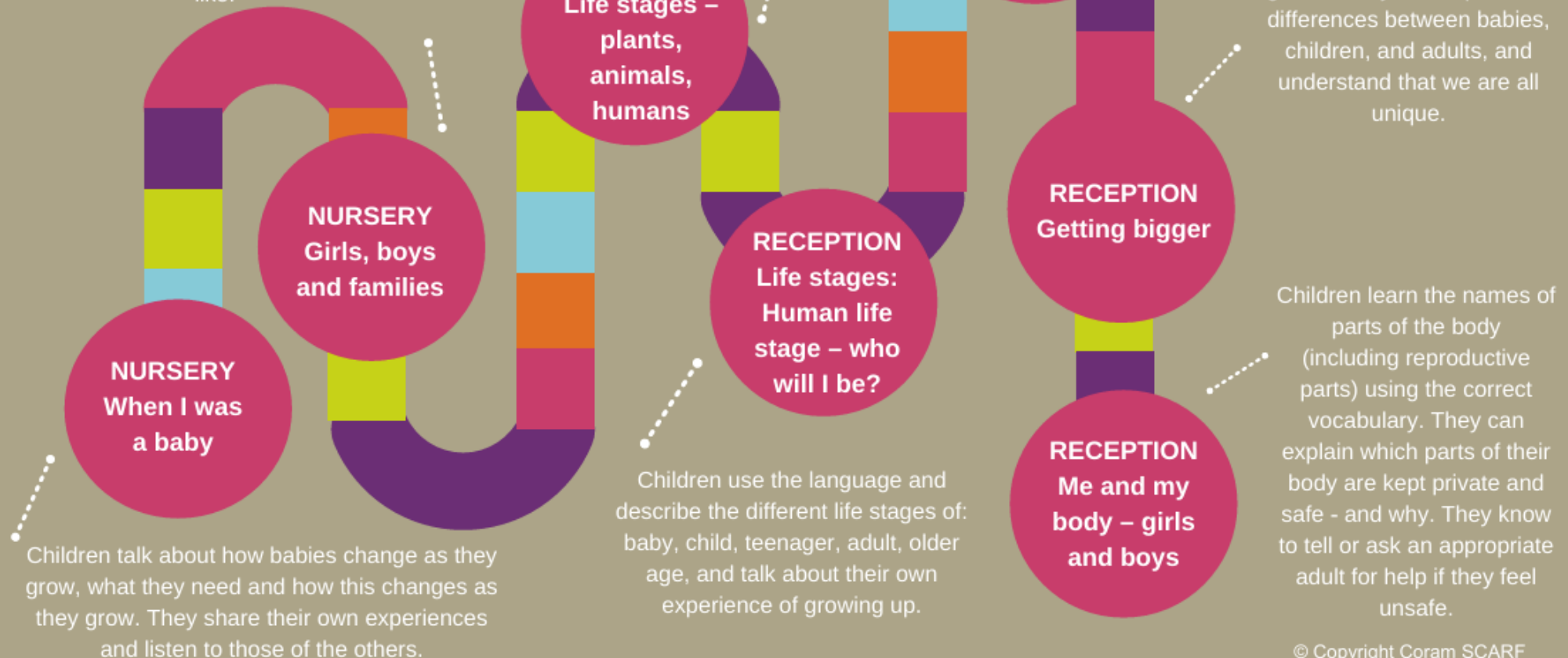
Learning Journey Growing and Changing Early Years

coram SCARF

Children notice the similarities and differences between males and females. They begin to play inclusively with their friends, regardless of their sex (if not already doing so). They think differently and more openly about what a family may look like.

Children understand that animals and humans change in appearance over time. They use relevant vocabulary such as egg, seed, baby, grow, change, old, and young (and the names for young animals). They make observations and ask questions about living things.

Children are introduced to the basics of human reproduction (not sexual intercourse). They understand that a baby is made by a woman and a man, and grows inside a woman's tummy/womb. They recognise that every family is different and talk about the similarities and differences between themselves and others.

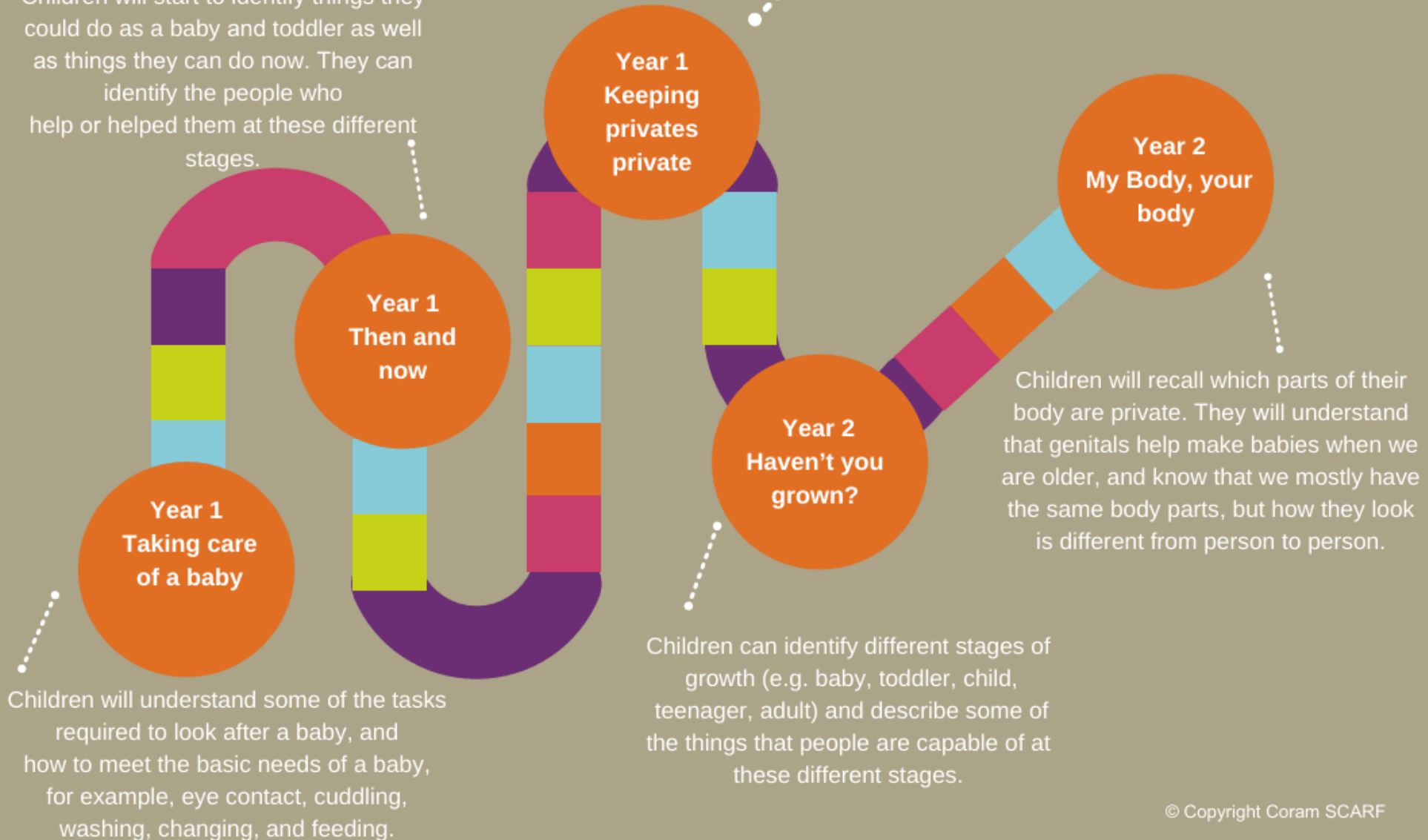


Learning Journey Growing and Changing Key Stage 1

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Children will be able to identify parts of the body that are private and ways in which they can be kept private. They can identify people that it's ok to talk to about their private parts.

Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.



**Learning Journey
Growing and Changing
Lower Key Stage 2**



Children recall that babies come from the joining of an egg and sperm; and are introduced to some puberty changes, including menstruation, using the correct vocabulary.

**Year 3
My changing
body**

**Year 4
My feelings
are all over the
place!**

Children understand how the onset of puberty can have an emotional as well as physical impact, recognise that this may lead to conflict with parents and learn how to compromise.

**Year 4
All change!**

Children will explain how human reproduction (not sexual intercourse) occurs, know how and why periods and wet dreams occur, and how to manage both successfully.

**Year 4
Preparing for
changes at
puberty**

Children recall parts of the body that males and females have in common and those that are different, using the correct terminology for genitalia, and explain why puberty happens.

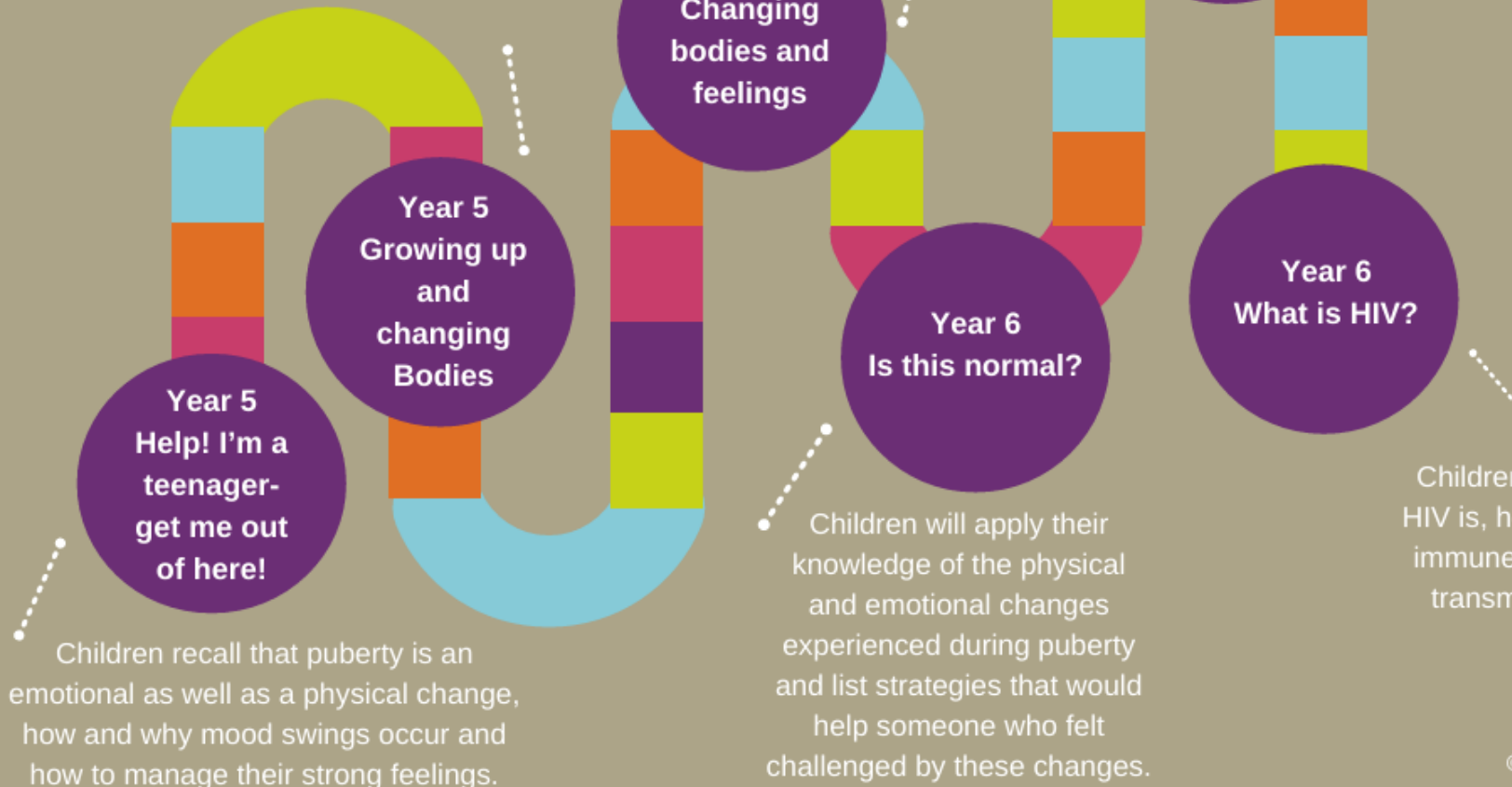
Learning Journey Growing and Changing Upper Key Stage 2

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Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.



Our role as parents

DfE RSHE Statutory Guidance (2025)

Paragraph 31:

"Primary schools should... include offering parents support in talking to their children about sex education and how to link this with what is being taught in school ..."





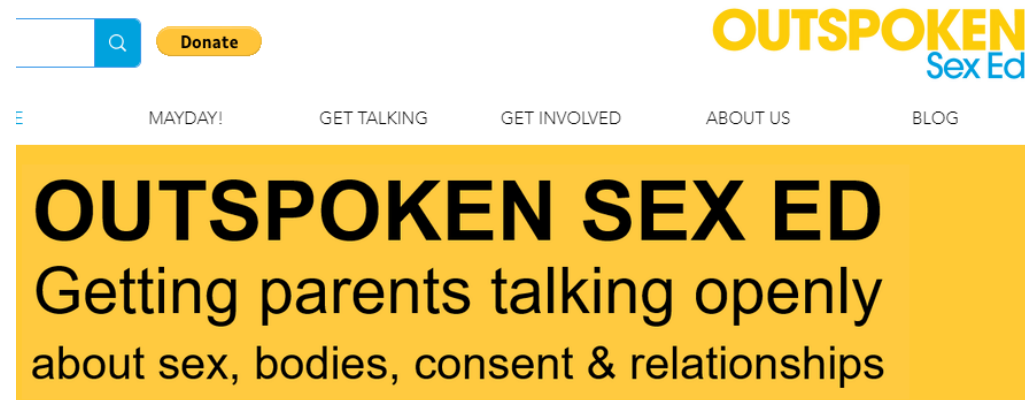
[BBC Teach Operation Ouch](#)



[Amaze Junior](#)



[Sarah Sproule](#)



[Outspoken Sex Ed](#)