



Sudbourne
Primary School

RSHE at Sudbourne Primary School

Parent Workshop
15.05.2025

Aims and content

- What is RSHE?
- How does RSHE link to the Science curriculum?
- Objectives from Relationships and Health Education
- LGBTQ+ guidance
- What will be taught?
- Parent access
- Withdrawal process
- Answering questions

What is RSHE?



Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

RSHE stands for:

- Relationships, Sex, and Health Education
- It is sometimes referred to as RSE and Health Education
- At Sudbourne, we are required to teach RSHE in line with the DfE guidance (2020)

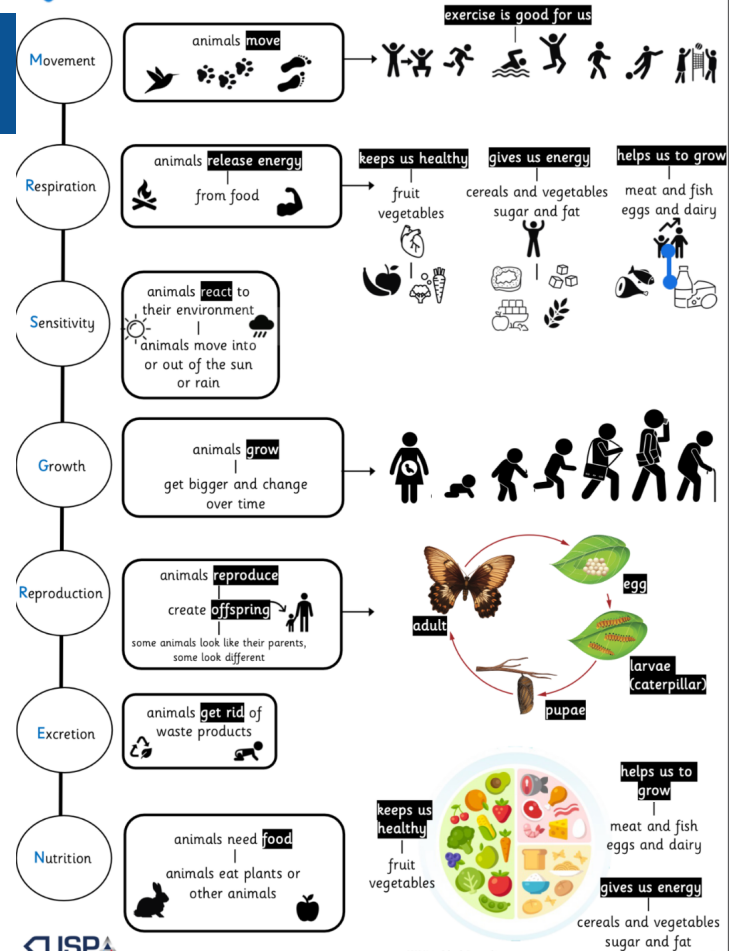


Is there any Sex Education within the compulsory Science curriculum?

Science - Phase 1

Animals including humans

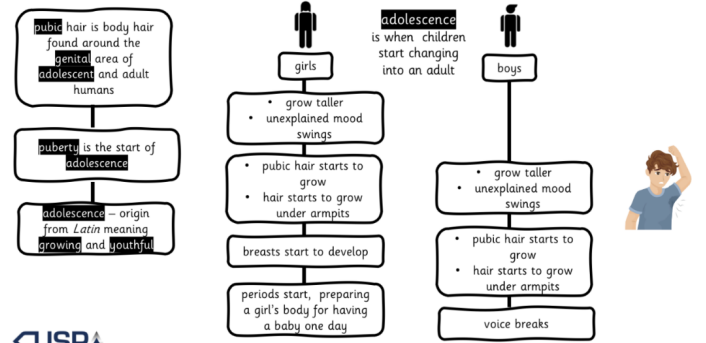
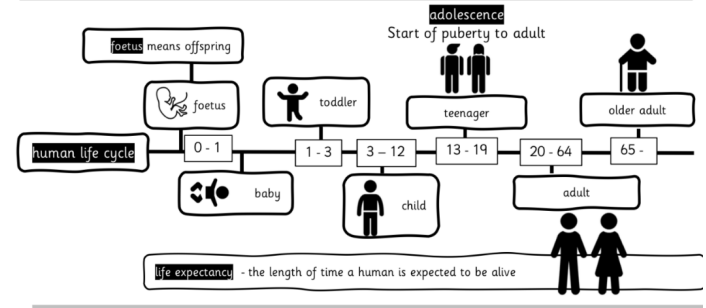
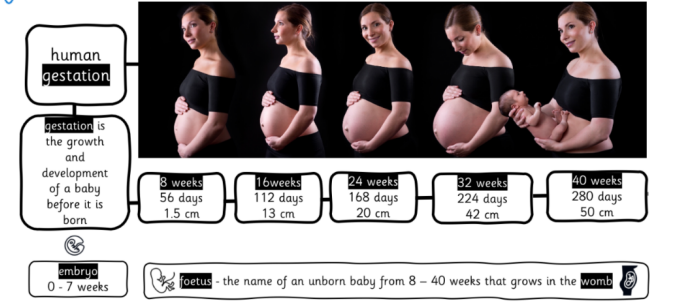
- knowing and locating the main body parts of a human, focusing on the five senses
- knowing and explaining that animals, including humans, have offspring which grow into adults
- knowing and explaining simple life cycles of animals, including humans



Science - Phase 3

Animals including humans

- explaining the changes humans go through to old age
- using a timeline to show stages of growth and development of humans, including puberty
- explaining the difference in gestation periods of humans to other animals, such as an elephant or butterfly



Science - Phase 3

Living things and their habitats

- explaining the differences in the life cycles of a mammal (dog), an amphibian (frog), an insect (ladybird) and a bird (chicken)
- explaining the life process of sexual and asexual reproduction in some plants and animals - mentions fertilisation on a cellular level but not sexual intercourse

INTRODUCE
Living things and their habitats
Year ____ Term ____

Mammals

Dog

- sexual reproduction
- give birth to live babies
- babies fed with mother's milk
- young grow bigger
- adolescents mature into adults

Amphibians

Frog

- sexual reproduction
- eggs laid in water
- embryos** form in eggs
- larvae** hatch with gills
- all amphibian larvae called **tadpoles**
- physically change as they mature
- grow legs and lungs
- young grow into adults

Insect

Ladybird

- sexual reproduction
- eggs laid
- now **larvae** hatch
- larva feed and grow
- transform into a **pupa**
- a biochemical change occurs
- body of the larva broken down and reformed into an adult
- hatch from pupa as an adult

Birds

Chicken

- sexual reproduction
- lay eggs
- most eggs kept warm in a nest
- an **embryo** grows from fertilised eggs
- unfertilised eggs don't produce chicks
- chicks hatch
- young grow more feathers
- mature into adults

Animals

insects and amphibians go through a transformational change called **metamorphosis**

meta morph osis

Greek: change shape action or state

Plants

sexual reproduction

makes a version of itself (not identical)

both **male** and **female** parents needed

flowers have the parts to combine genetic information (pollen - sex cells)

sexual reproduction
pollination

plant life cycle

asexual reproduction (prefix a = not or without)

asexual means **not** sexual reproduction and only one plant needed

clone = identical version

tuber

thickened underground part of the stem - a store of nutrients

able to grow into an identical plant

runner

specialised stem that extends from a plant called a **stolon**

above ground and produces an identical plant

rhizome

a continuous underground stem that grows new shoots at intervals

bulb

an underground store of nutrients

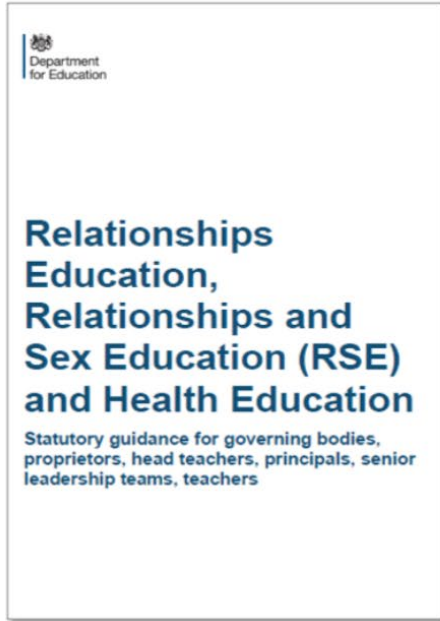
can grow into new plants



What is taught in RSHE?

Relationships Education (statutory)

What are the *statutory* expectations for Primary Relationships Education?

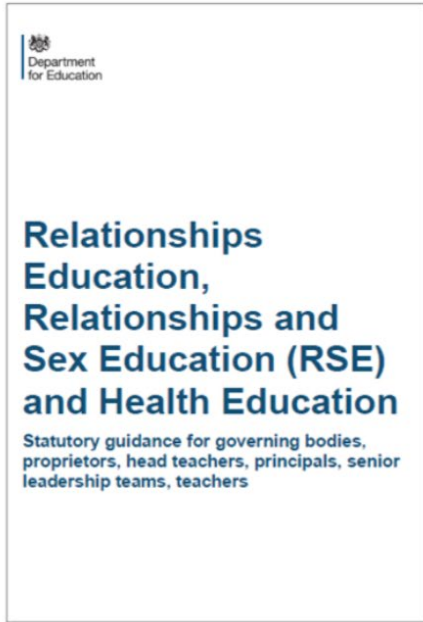


- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

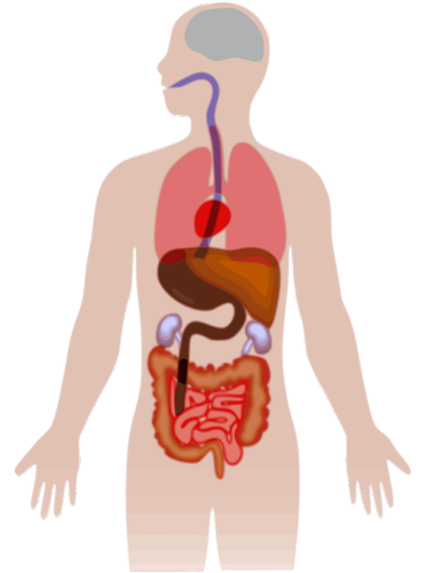


Health Education (statutory)

What are the *statutory* expectations for Primary Health Education?



- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (Puberty)

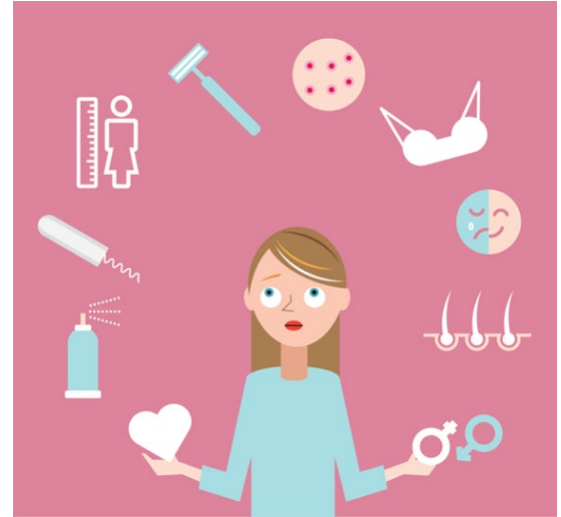


Health Education (statutory)

What should children know about puberty?

(This is statutory in Health Education and parents cannot withdraw their children from it)

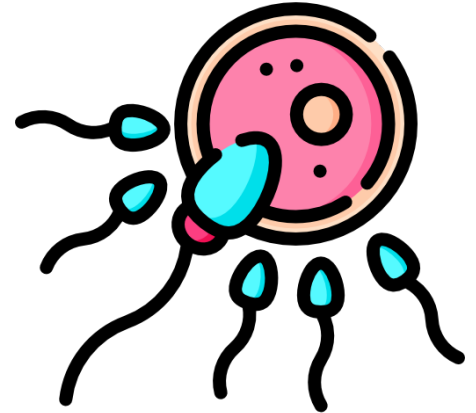
- Correct names for parts of the body, including genitalia
- How their bodies will change during puberty
- How to manage these changes / practicalities
- Why these changes need to happen
- How and where to ask for help if needed



Sex Education (discretionary)

Sex Education
is discretionary
at Primary...
what exactly
does the
guidance say?

The Department continues to *recommend* that *all* primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils... drawing on knowledge of the human life cycle set out in National Curriculum Science – ‘*how a baby is conceived and born*’



LGBTQ+ - The Department for Education's Guidance

Schools must ensure that they comply with the relevant provisions of the **Equality Act 2010** under which **sexual orientation** and **gender reassignment** are amongst the **protected characteristics**. The Equality Act encourages schools to meet the diverse needs of children and to improve outcomes for all pupils regardless of background. Part of the Equality 'duty' is to teach children about rights and responsibilities, acceptance, empathy and understanding of others.

All pupils should be taught LGBTQ+ content at a timely point as part of this area of the curriculum, and this content should be **fully integrated** into the curriculum rather than delivered as a standalone unit or lesson.

LGBTQ+ - Sudbourne's Approach

Sudbourne's key message: Kindness and respect for all, irrespective of their age, gender, race, faith, ability, family composition, sexual identity, or sexual orientation.

- Through our Jigsaw curriculum, we teach children to be kind, understanding and respectful of others even if they are perceived as different.
- We teach children that people have rights but there are also responsibilities that go with these.
- We teach children that there are laws to protect them and others from being hurt or abused and help protect them from bullying, such as the Equality Act 2010.
- We also help to clarify (age-appropriately) questions that children may have about the world.

LGBTQ+ - What we don't do

- We do not teach or encourage children to be LGBTQ+.
- Our lessons focus on reproduction. We do not teach about what individuals (including LGBTQ+ people) do sexually or how their relationships function.
- By answering children's questions age-appropriately, we do not sexualise children, destroy their innocence, or encourage them to experiment. There is a wealth of well-researched peer-reviewed evidence that supports this.
- We do not undermine 'family values'.



Nursery

Lesson	Content	Animations/diagrams	Statutory?	Notes
Nursery				
Lesson 1 - My body	Naming body parts	None	Yes	
Lesson 2 - Respecting my body	Making healthy choices for your body	None	Yes	
Lesson 3 - Growing up	Explaining different developmental stages of life, ranging from baby to elderly	None	Yes	
Lesson 4 - Growth and change	Understand and respect the changes that they see in other people	None	Yes	
Lesson 5 - Fun and fears	Discussing the transition to Reception	None	Yes	
Lesson 6 - Celebration	Considering memories, best bits of Nursery	None	Yes	

Reception

Lesson	Content	Animations/diagrams	Statutory?	Notes
Reception				
Lesson 1 - My body	Naming body parts	None	Yes	
Lesson 2 - Respecting my body	Making healthy choices for your body	None	Yes	
Lesson 3 - Growing up	Explaining different developmental stages of life, ranging from baby to elderly	None	Yes	Children may like to bring in baby photos to share with the class. Children could also bring in photos of family members when they were younger to help them understand how we change as we grow older.
Lesson 4 - Fun and fears 1	Discussing the transition to Year 1	None	Yes	
Lesson 5 - Fun and fears 2	Discussing any worries about Year 1	None	Yes	
Lesson 6 - Celebration	Considering memories, best bits of Reception	None	Yes	

Year 1

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 1				
Lesson 1 - Life cycles	Understand the life changes of animals and humans	None	Yes	
Lesson 2 - Changing me	How have I changed over my life?	None	Yes	
Lesson 3 - My changing body	How has my body changed since I was a baby?	None	Yes	Children may like to bring in baby photos to share with the class.
Lesson 4 - Boys' and girls' bodies	Identifying the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	None	Yes	Teaching children the correct names for body parts is important to safeguard them and allow them to communicate clearly about their body. The vulva is the opening and outside parts of a female's 'private parts' and the vagina is the part just inside. It will be reminded that these parts of the body are private.
Lesson 5 - Learning and growing	Understanding that we learn and grow over time	None	Yes	
Lesson 6 - Coping with changes	What changes have happened in my life? How can I cope with change?	None	Yes	

These lessons will be taught in year group.

Year 2

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 2				
Lesson 1 - Life cycles in nature	Life cycles of animals and humans	None	Yes	
Lesson 2 - Growing from young to old	Understanding the natural process of growing from young to old and understand that this is not in our control	None	Yes	Children may like to bring in photos of older relatives to share with the class.
Lesson 3 - Changing me	Recognising how bodies change from young to old	None	Yes	
Lesson 4 - Boys' and girls' bodies	Recognising the physical differences between boys and girls, using the correct names for parts of the body (penis, testicles, vulva, vagina, anus). Appreciating that some parts of the body are private	None	Yes	Teaching children the correct names for body parts is important to safeguard them and allow them to communicate clearly about their body. The vulva is the opening and outside parts of a female's 'private parts' and the vagina is the part just inside. It will be reminded that these parts of the body are private.
Lesson 5 - Assertiveness	Understanding there are different types of touch and learning how to communicate which ones they like and don't like	None	Yes	
Lesson 6 - Looking ahead	Thinking about changes moving into Year 3	None	Yes	

These lessons will be taught in year group.

Year 3

Lesson	Content	Animations/diagrams	Statutory?	Notes
Year 3				
Lesson 1 - How babies grow	Changes from birth to fully grown, the understanding that as mammals it is the female that has the baby	None	Yes	
Lesson 2 - Babies	How babies develop in the mother's uterus	None	Yes	Questions about how the baby gets there will be answered in a factual and age appropriate way, e.g. "A baby grows from a tiny egg (ovum) that the mother already has inside of her."
Lesson 3 - Outside body changes	How bodies change on the outside	Diagrams A and B (skin tone will vary)	Yes	
Lesson 4 - Inside body changes	How boys' and girls' bodies change during puberty	Age 7-9. animations A and E Diagrams A, B, C, D, F (skin tone will vary)	Yes	Diagram E (showing sperm meeting egg) will not be shown in this lesson. This lesson does mention that the male body creates sperm and the female body produces eggs, however it does not attempt any explanation of how the sperm and the egg come together. It is likely that the question may come up, though. In that case, teachers will explain that this is something children will learn about later. This will be framed in an upbeat, positive way.
Lesson 5 - Family stereotypes	Understanding and challenging stereotypes about what a family looks like	None	Yes	Inline with the Equality Act 2010, sexual orientation and gender reassignment are amongst the protected characteristics. Therefore, a theme of kindness and acceptance for all families will underpin this lesson.
Lesson 6 - Change	Moving forward into a new class next year	None	Yes	

These lessons will be taught in year group.

Year 4

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 4				
Lesson 1 - Unique me	Personal characteristics are inherited from biological parents through genetic information in the egg and the sperm	None	Yes	Teachers will explain to children that the mother's egg meets the father's sperm when a baby is made at conception. If children ask how this happens, teachers will tell them that they will learn about this next lesson or they can discuss it with parents/carers.
Lesson 2 - Having a baby	Internal and external parts of male and female bodies necessary for reproduction	None Diagrams: C, D, E, F	No	Sexual intercourse will be discussed in the context of conception rather than pleasure, however it will be discussed that this is a positive part of a relationship. Contraception will not be covered in this lesson. All discussions around sexual intercourse will be underpinned by a theme of consent.
Lesson 3 - Girls and puberty	How and why a girl begins menstruating and what changes may come with this	Age 7-9, animation A Diagram G	Yes	Puberty/menstruation comes under health education so is therefore statutory. This lesson will mention conception but how conception takes place will not be covered.
Lesson 4 - Circles of change	Big life changes e.g. parental relationship changes	None	Yes	
Lesson 5 - Accepting change	How life changes might feel	None	Yes	
Lesson 6 - Looking ahead	Moving forward into a new class next year	None	Yes	

These lessons will be taught in year group.

Year 5

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 5				
Lesson 1 - Self and body image	Self-image, self-esteem	None	Yes	
Lesson 2 - Puberty for girls	How and why a girl begins menstruating and what changes may come with this	Animation A (from 7-9 YO section) Diagrams: C, D, E, F	Yes	Puberty/menstruation comes under health education so is statutory. This includes explaining that if pregnancy occurs (i.e. the egg is fertilised by the sperm), the woman will not get her period. However, how conception happens will not be discussed.
Lesson 3 - Puberty for boys	How boys' bodies change during puberty	Animation G (from 7-9 YO section) - includes erection	Yes	Puberty/menstruation comes under health education so is statutory. How conception happens, and protected/unprotected sex will not be covered..
Lesson 4 - Conception	How a baby is conceived through sexual intercourse	Animation H - includes erection, intercourse and ejaculation Diagram H (skin tone will vary)	No	<p>Consent will be a big part of the discussion around the conditions needed for sexual intercourse to occur.</p> <p>The animation refers to unprotected sex. At this point, teachers will explain that people can choose to have sex so that the sperm and egg don't meet, however this will not be covered in further detail.</p> <p>Other methods of conception: Children will learn that when couples aren't able to conceive through sexual intercourse, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF. Or people can choose to adopt. These concepts will be clarified in simple terms in order to give children an awareness and to be inclusive of all families.</p>
Lessons 5 and 6 - Looking ahead	Discussing changes in teenage years. Discussing changes next year in new class		Yes	Consent will be mentioned again in these lessons.

These lessons will be taught in year group.

Year 6

Lesson	Content	Animations/Diagrams	Statutory?	Notes
Year 6				
Lesson 1 - Self-image	Self-image, self-esteem	None	Yes	
Lesson 2 - Puberty	How girls' and boys' bodies change during puberty	Animations A (female reproductive system) and G (male reproductive system including erection) Diagrams A, B, C, D (skin tone will vary)	Yes	Children will have separate boy/girl talk. Masturbation will be simply explained as a time when a person touches their own private parts for pleasure. Puberty/menstruation comes under health education so is statutory. This includes explaining that if pregnancy occurs (i.e. the egg is fertilised by the sperm), the woman will not get her period. However, how conception happens will not be discussed in this lesson as this is sex education.
Lesson 3 - Babies: conception to birth	How a baby develops from conception and how it is born	Animation H - includes erection, intercourse and ejaculation Diagram H (skin tone will vary)	No	Children will learn about different ways babies can be born. Teaching about birth is classified as non-statutory sex education for schools in England.
Lesson 4 - Boyfriends and girlfriends	Attraction, relationships, mutual respect	None	Yes	Contains discussion around sexting.
Lesson 5 - Real and ideal self	Self-esteem, body comparison and negative 'body-talk'	None	Yes	
Lesson 6 - The year ahead	Preparing for transition to secondary school	None	Yes	

These lessons will be taught in year group.

Animations

The video player shows a thumbnail for 'Introducing The Female Reproductive System' with a large white letter 'A' overlaid on an anatomical diagram of the female reproductive system. The video duration is 01:07. Below the player is a red button labeled 'Open in Window' and the text 'Animation A'.

© Jigsaw PSHE

Open in Window

Animation A

The video player shows a thumbnail for 'Introducing The Male Reproductive System' with a large white letter 'E' overlaid on an anatomical diagram of the male reproductive system. The video duration is 01:00. Below the player is a red button labeled 'Open in Window' and the text 'Animation E'.

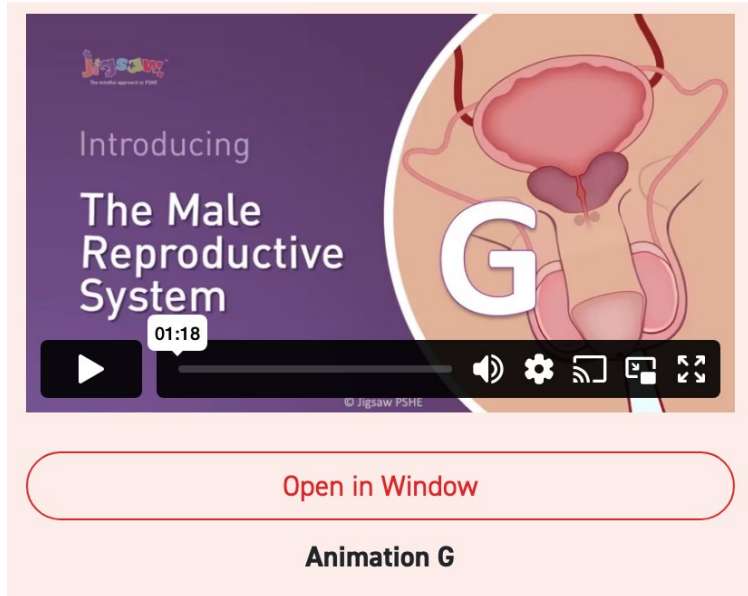
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Open in Window

Animation E

Shown in Year 3, 4 and 5 (statutory health education)

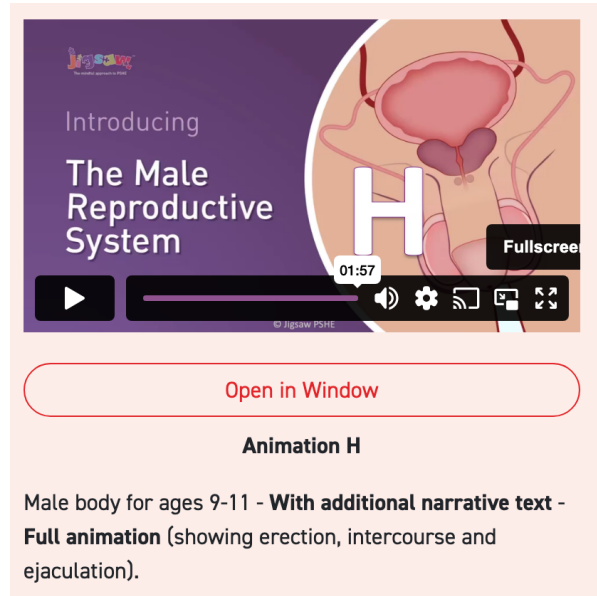
Animations



Shown in Year 5 and 6 (statutory health education)

Includes erection and ejaculation

Animations



The screenshot shows a video player interface. The video title is "Introducing The Male Reproductive System". The video is currently at 01:57. The player controls include a play button, a progress bar, a volume icon, a settings gear, a share icon, a fullscreen icon, and a close icon. The video content shows a diagram of the male reproductive system with a large white letter 'H' overlaid. A "Fullscreen" button is visible in the top right corner of the video player.

[Open in Window](#)

Animation H

Male body for ages 9-11 - **With additional narrative text** - **Full animation** (showing erection, intercourse and ejaculation).

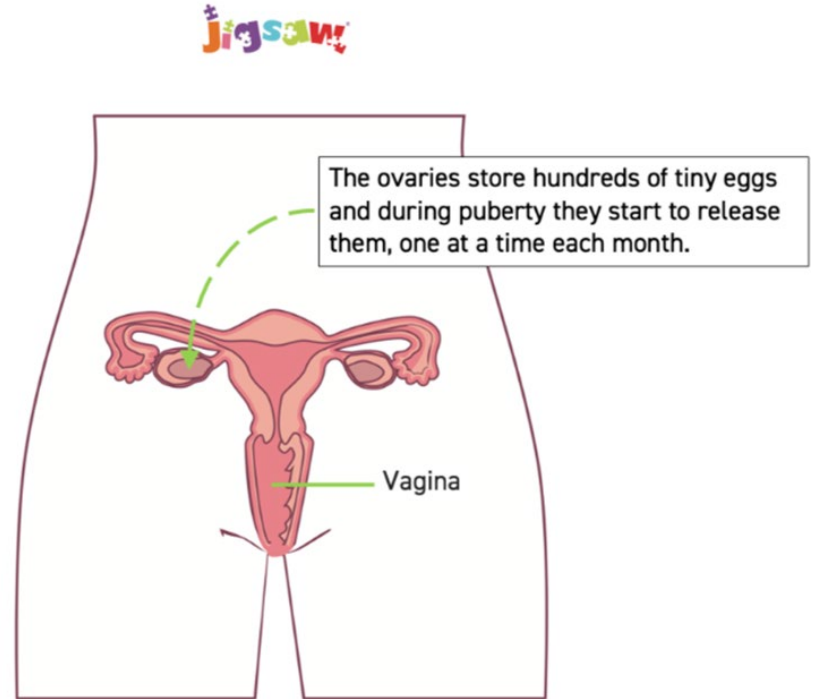
Shown in Year 5 and 6 (discretionary sex education)

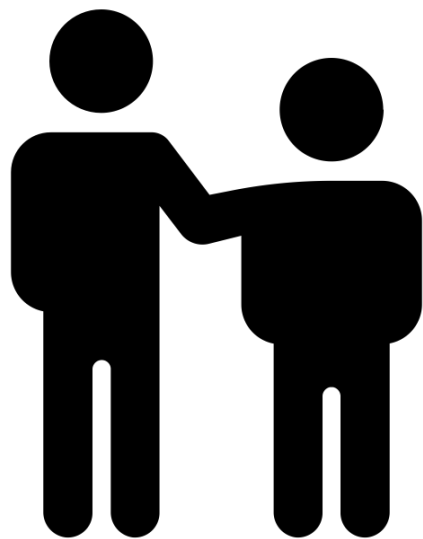
Includes erection, intercourse and ejaculation

Diagrams

Our teaching is supported by carefully chosen, age-appropriate diagrams from Jigsaw, included where we feel it is beneficial to the children's understanding.

Please see the handout for each diagram and when it will be shown.





Parents/Carers and RSHE

Parent access to materials and plans



Contact the office for access to the
Jigsaw materials.
admin@sudbourne.com

Lesson	Content	Animations/diagrams	Statutory?	Notes
Reception				
Lesson 1 - My body	Naming body parts	None	Yes	
Lesson 2 - Respecting my body	Making healthy choices for your body	None	Yes	
Lesson 3 - Growing up	Explaining different developmental stages of life, ranging from baby to elderly	None	Yes	Children may like to bring in baby photos to share with the class. Children could also bring in photos of family members when they were younger to help them understand how we change as we grow older.
Lesson 4 - Fun and fears 1	Discussing the transition to Year 1	None	Yes	
Lesson 5 - Fun and fears 2	Discussing any worries about Year 1	None	Yes	
Lesson 6 - Celebration	Considering memories, best bits of Reception	None	Yes	

Our parental guidance document explains how lessons have been adapted from the Jigsaw content inline with our RHSE policy.

Discretionary Lessons

In today's internet culture, children and young people are **increasingly exposed** to content surrounding sex and relationships. Therefore, we consider it important for them to be taught about these topics in an **age-appropriate way** within a **safe environment** in order to educate them, empower them and safeguard them.

We encourage you to **closely read the guidance** to enable you to make an informed decision regarding whether your child takes part in the discretionary lessons.

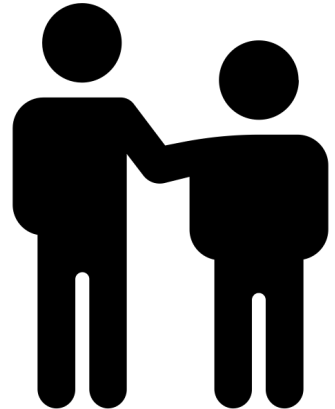
We would welcome further conversations about this if you would like.

Withdrawing children from Sex Education

1. Parent/carer reviews content and chooses to withdraw
2. Parent/carer writes to Ms Kingshott and Miss Campbell-Harris to withdraw
3. Ms Kingshott and Miss Campbell-Harris meet with parent/carer
4. Miss Campbell-Harris creates register of children who are being withdrawn from Sex Education this academic year

How can I support my child?

- Familiarise yourself with the content and consider what questions your child may have.
- Have conversations beforehand if you feel it would be beneficial for your child.
- Be open and positive in conversations. Follow their lead.
- Consider buying a book to read together and support discussions in an age-appropriate way.





Questions