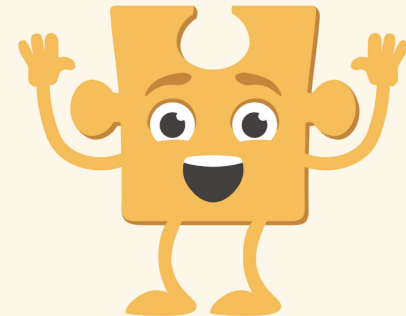


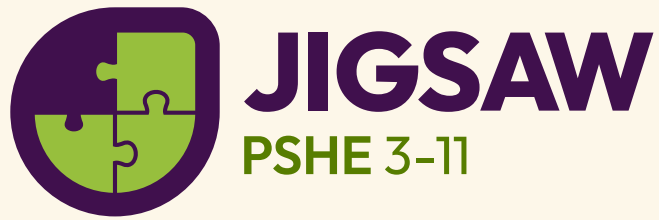
JIGSAW
PSHE 3-11



**Dunalley Primary
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Learning and achieving
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Welcome!

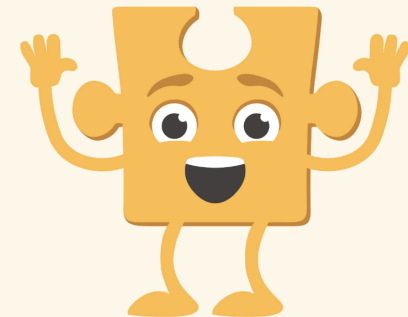




**Dunalley Primary
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Learning and achieving
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Relationships, Sex and Health Education
(RSHE) in Primary Schools
Information for parents and carers






June 2026



SESSION OUTLINE

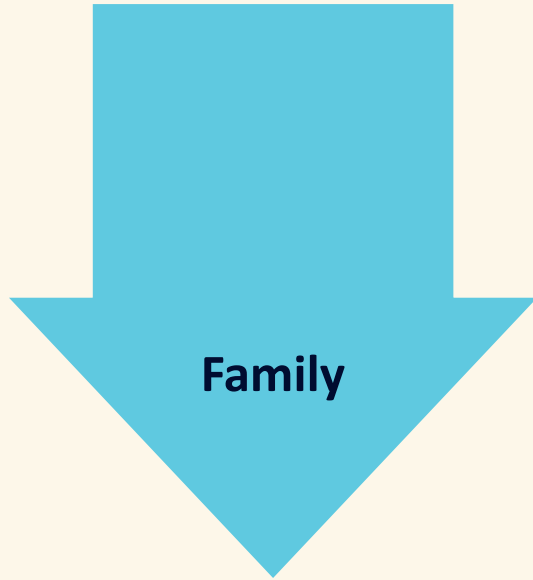
RSHE – A home and school partnership



-  DfE RSHE Guidance (2025)
-  What does the guidance mean for you as parents/carers?
How we support parents
-  RSHE lessons within Jigsaw PSHE 3-11 – some examples
-  How we manage questions from children
-  Any questions?

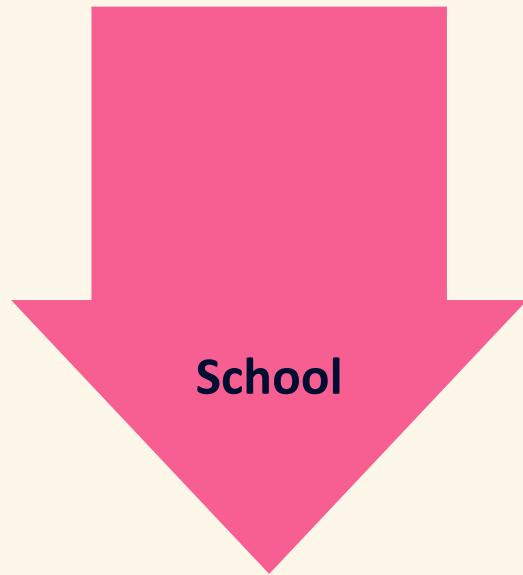
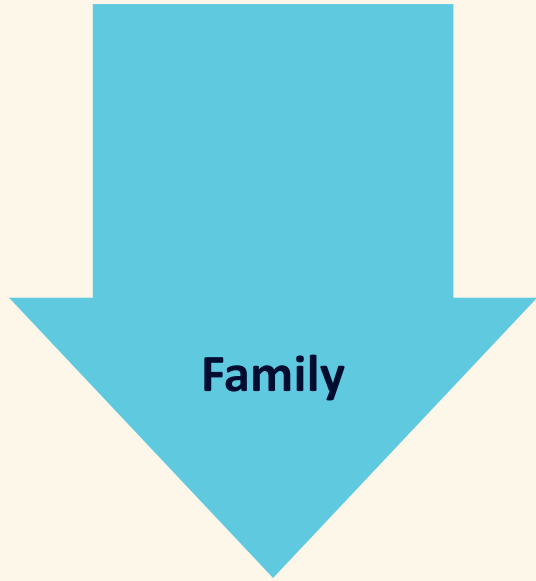
WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

Today's world is very different to when we were young.



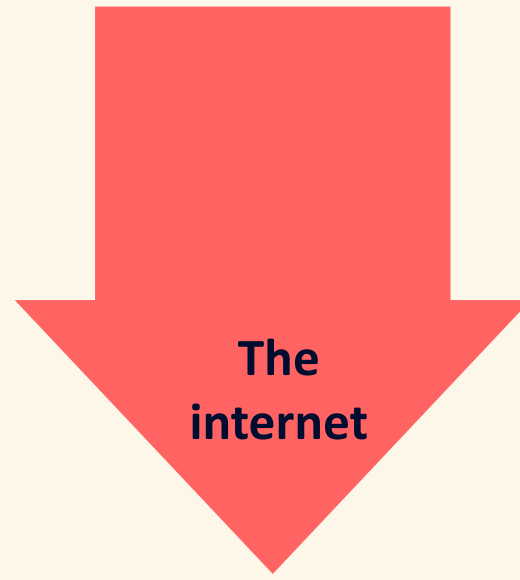
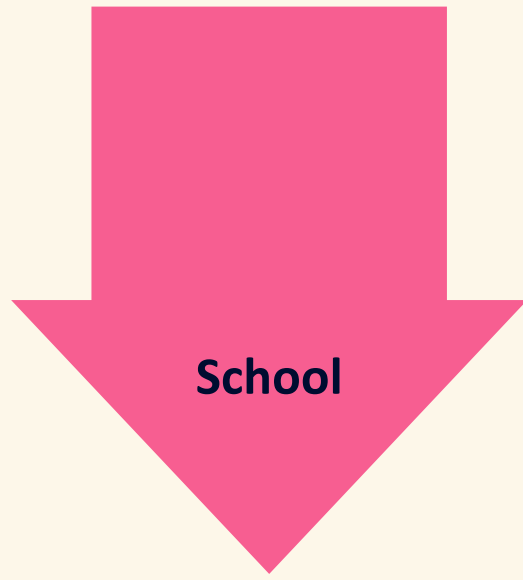
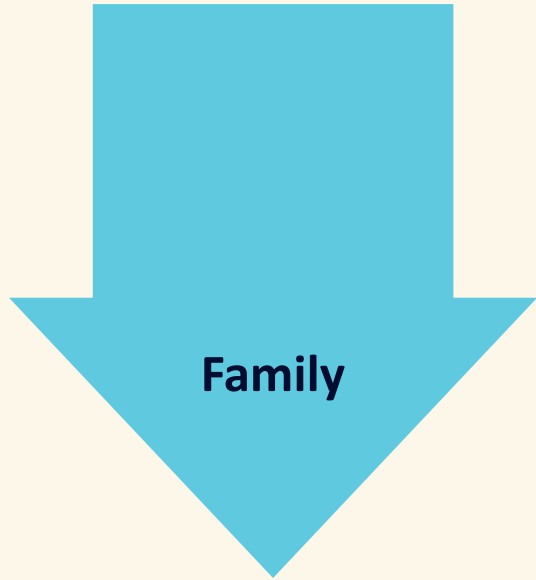
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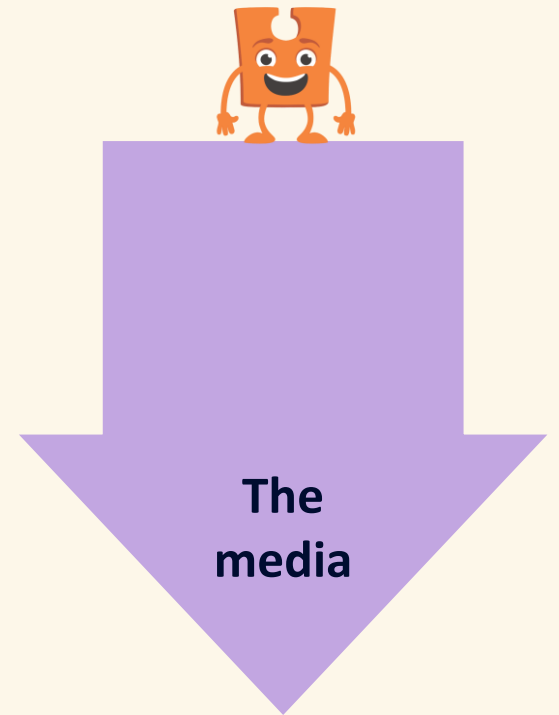
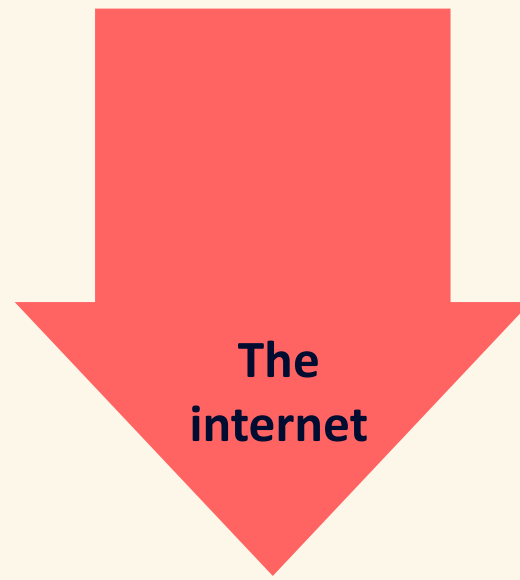
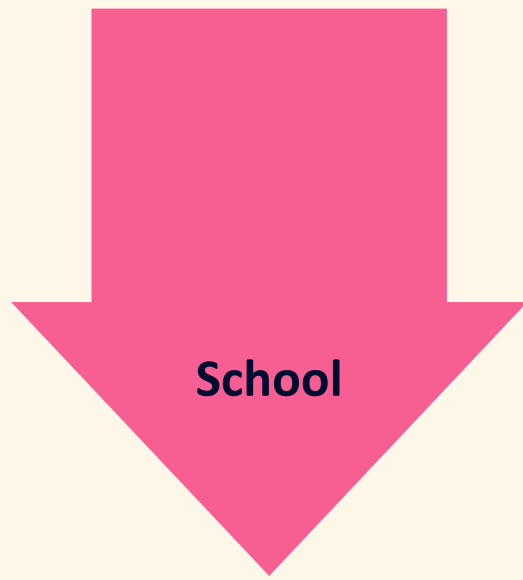
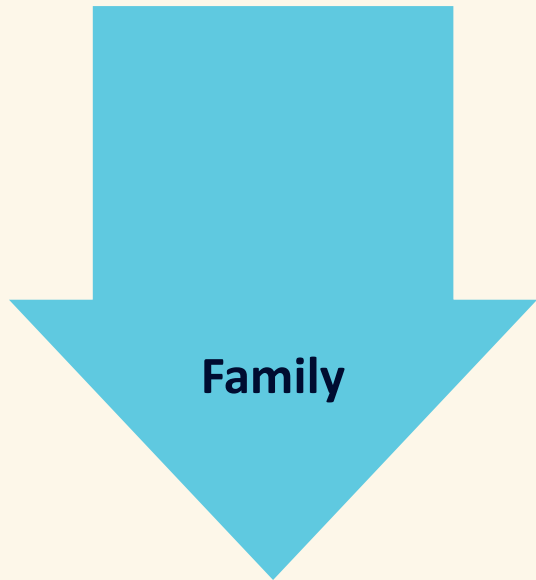
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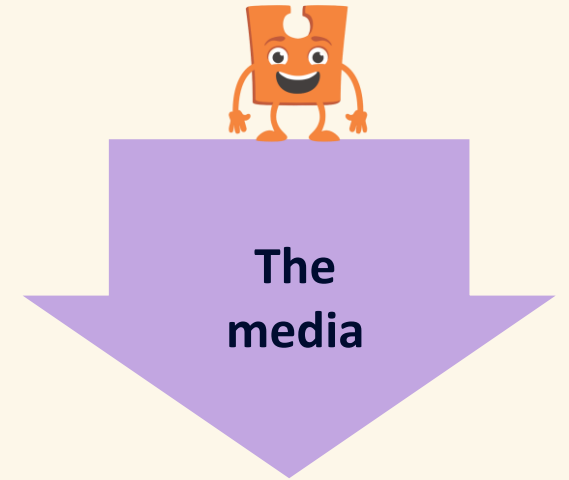
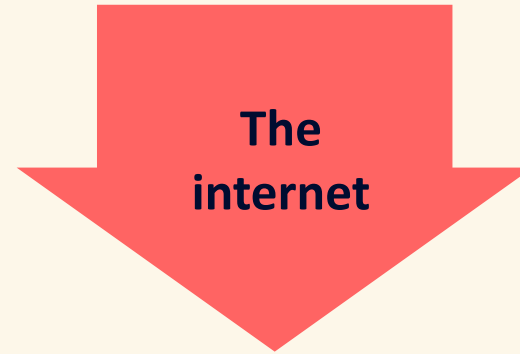
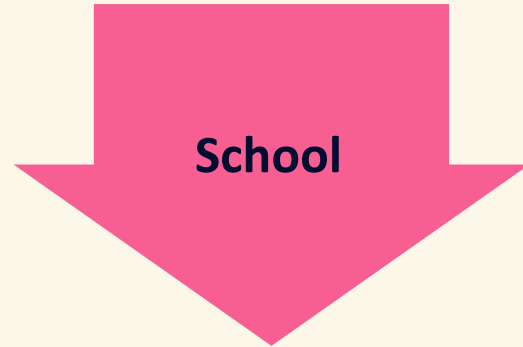
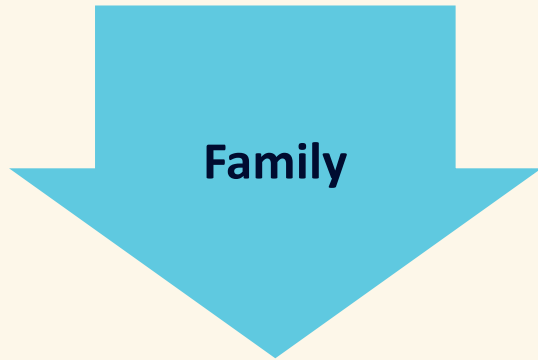


WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

Today's world is very different to when we were young.



REMEMBER...



When it comes to relationships, **children's heads are not empty** – they may have picked up inaccurate information, myths and half-truths from lots of different sources.

Our focus should be on **building healthy attitudes and positive relationships**, so children can make good decisions later in life and become kind, caring adults.

We mustn't let our adult knowledge of relationships and sex prevent us **seeing things from a child's perspective**.

WHAT DO ALL RHSE LESSONS PROVIDE FOR YOUR CHILD?



- Safeguarding
- Age-appropriate content
- Accurate information e.g. names for body parts



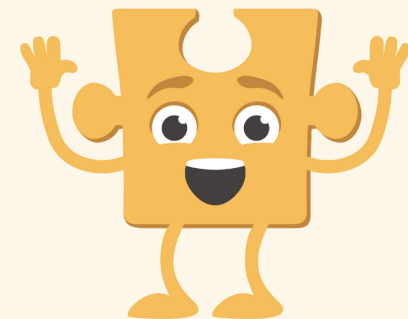
- A safe and supportive environment
- The chance to ask questions
- The chance to discuss common issues and worries
- The chance to see and celebrate what healthy, respectful relationships look like



- How to recognise when relationships are not healthy
- Where to find out more
- Where to get help



DfE RSHE STATUTORY
GUIDANCE (2025)
for English schools



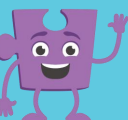
DfE RSHE GUIDANCE (2025)

What do schools have to teach?

For **Primary schools**, the guidance is split into 2 main sections:

- **Relationships Education** (with further guidance on Sex Education)
- **Health and Wellbeing Education**

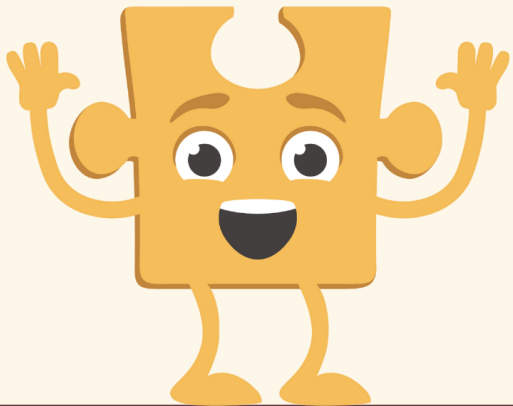
Becomes statutory in September 2026



RELATIONSHIPS EDUCATION: THE AIMS

‘The focus for primary relationship education should be on teaching the skills and knowledge that form the **building blocks of all positive relationships**, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.’

(Guidance para 24)



STATUTORY RELATIONSHIPS CONTENT



✓ Families and people who care for me

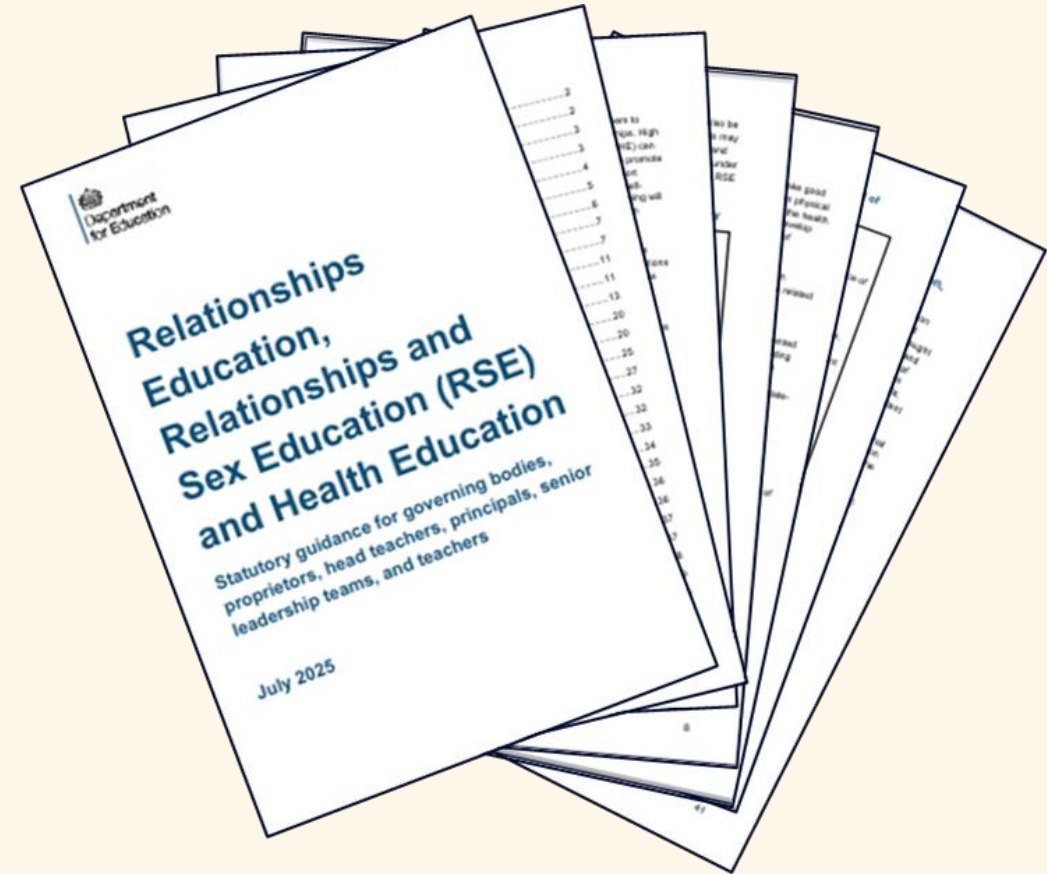
✓ Caring friendships

✓ Respectful , kind relationships

✓ Online safety and awareness

✓ Being Safe

✓ *Sex Education (non-statutory)*



STATUTORY RELATIONSHIPS CONTENT



✓ Families and people who care for me

✓ Caring friendships

✓ Respectful , kind relationships

✓ Online safety and awareness

✓ Being Safe

✓ *Sex Education (non-statutory)*

‘Primary relationships education should be anchored in an understanding of positive relationships but should also equip children to keep themselves and others safe, and to recognise and report risks and abuse, including online.’
(Guidance para 27)

‘Building children’s understanding and skills at primary is essential for preparing them for more complex content at secondary.’
(guidance para 25)



SEX EDUCATION IN PRIMARY SCHOOLS

Sex education is learning about human reproduction. It is defined as those lessons covering sexual intercourse, conception, the stages of pregnancy and birth. It includes the emotional impact of having a baby as well as the physical facts.

Sex education is **not** learning about different types of sexual activity.






SEX EDUCATION IN PRIMARY SCHOOLS

‘Sex Education is not compulsory in primaries, and parents have the right to withdraw their children from sex education as part of RSHE, **but we recommend that primaries teach sex education in years 5 and/or 6.**’

(Guidance para 30)

At Dunalley, we will be delivering sex education lessons in line with the guidance as we feel they are an important part of high-quality relationships education for children. This is in line with our historic curriculum and teaching.

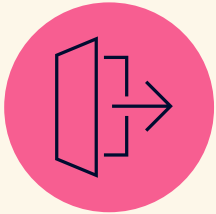
SEX EDUCATION IN JIGSAW PSHE 3-11

-  Sex Education lessons are found in the Year 5 and 6 'Changing Me' puzzle which is delivered in the summer term.
-  The content covers sexual intercourse, conception, the stages of pregnancy and birth (human reproduction).
-  The emotional impact of having a baby and the joy of pregnancy and birth is explored alongside the physical facts.

YOUR RIGHT TO WITHDRAW



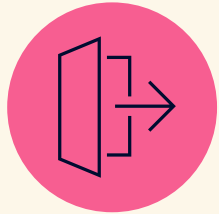
Our school delivers Sex Education lessons in Years 5 and 6 as we feel they are an important part of Relationships education for children.



YOUR RIGHT TO WITHDRAW



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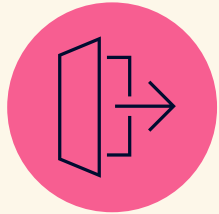
Parents/carers can withdraw their child(ren) from Sex Education lessons delivered as part of RSHE.



YOUR RIGHT TO WITHDRAW



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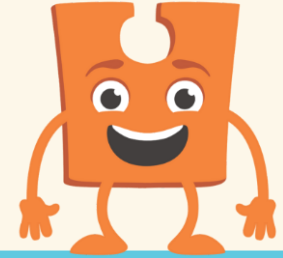
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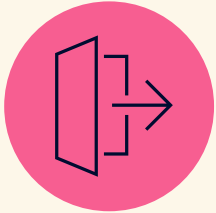
Parents cannot withdraw their child(ren) from any other Relationships or Health and Wellbeing lessons.



YOUR RIGHT TO WITHDRAW



Our school delivers Sex Education lessons in Years 5 and 6 as we feel they are an important part of Relationships education for children.



Parents/carers can withdraw their child(ren) from Sex Education lessons delivered as part of RSHE.



Parents cannot withdraw their child(ren) from any other Relationships or Health and Wellbeing lessons.



The school will engage with and support parents in their decisions regarding their child's participation in Sex Education lessons.

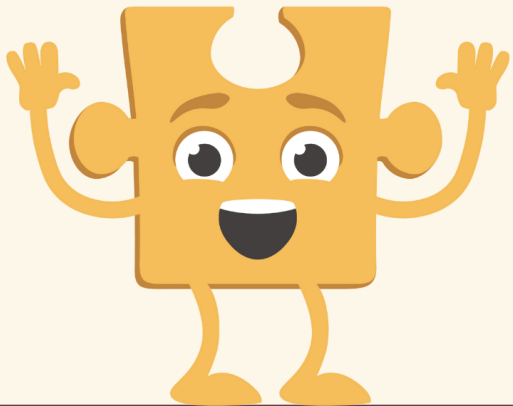
ACCESSING MATERIALS

- Parents/carers can request to see all the materials taught to their child(ren) in the RSHE (Jigsaw) curriculum.
- From September, we will give parents access on a term by term basis so you can access materials your children will be taught that term.
- For Y5 and Y6 parents, we will follow the usual procedure to contact you in the Summer term in case you wish to withdraw your child from the Sex Education lesson.

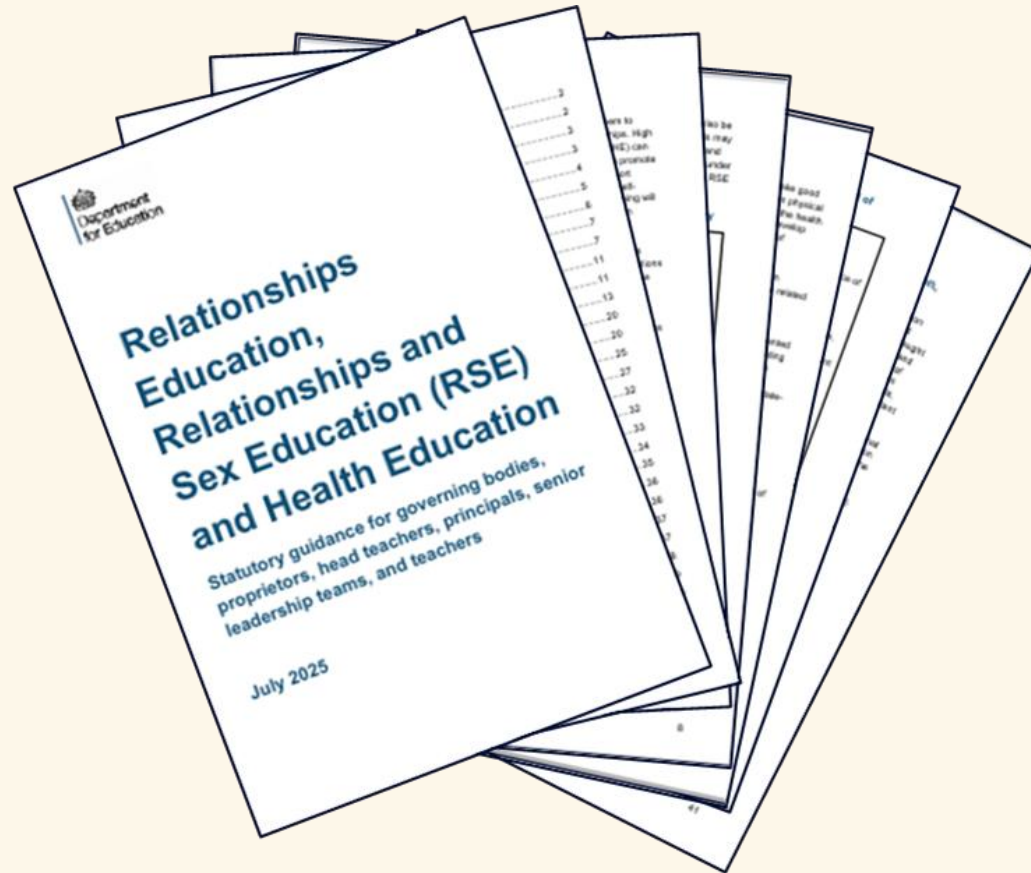
HEALTH AND WELLBEING EDUCATION: THE AIMS

‘The aim of teaching about health and wellbeing is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed.’

(Guidance para 37)



STATUTORY HEALTH AND WELLBEING CONTENT



✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs, Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

✓ Personal Safety

✓ Basic First Aid

✓ Developing Bodies

STATUTORY HEALTH AND WELLBEING CONTENT



‘Health education in primary starts with the benefits and importance of physical activity, good nutrition and sufficient sleep, and supports pupils to develop emotional awareness.

Schools should emphasise the relationships between physical health and mental wellbeing, and the benefits of physical activity and time spent outdoors.’

(Guidance Para 40)

✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs, Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

✓ Personal Safety

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✓ Developing Bodies

DEVELOPING BODIES: WHAT CHILDREN WILL LEARN



Curriculum content related to puberty and menstruation should be complemented by sensitive arrangements to help girls prepare for and manage menstruation, including with requests for period products.

(Guidance para 39)

Statement 1

About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.

Statement 2

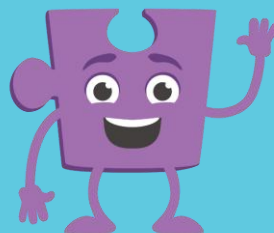
The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all these parts of the body are private and have skills to understand and express their own boundaries around these body parts.

Statement 3

The facts about the menstrual cycle, including physical and emotional changes. Whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

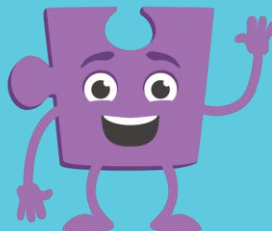
WHAT DOES THIS GUIDANCE MEAN FOR PARENTS AND THEIR CHILDREN?

- Schools are able to create **safe spaces** where children can have **meaningful discussions**.
- They will ensure teaching remains **age-appropriate**.
- Building on positive early relationships forms the **foundation for understanding respect and kindness** in all relationships.
- Children will learn **how to be safe**, and to **know how to ask for help** if they need it.



WHAT DOES THIS GUIDANCE MEAN FOR PARENTS AND THEIR CHILDREN?

- Changes come in to place from September 2025
- A new policy has been drafted and shared with governors, pupils (via school council) and parents





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Any questions?





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Thank you!

