

Relationship and Sex Education (RSE) in Years 1-6

Children need accurate information about their body, how to keep themselves safe, and how to build healthy and positive relationships at many different points in their life.

If you would like to hear more about how and what we teach your child as part of our PSHE curriculum (Personal, Social, Health Education), please join us at a parent presentation and sign up via the links below. All presentations start at 8 a.m. in the Primary Hall.

Tuesday 11th March – Audience: **Year 1, Year 2, and Year 3** parents and carers [LINK](#)

Tuesday 18th March – Audience: **Year 4 and Year 5** parents and carers [LINK](#)

Tuesday 25th March – Audience: **Year 6** parents and carers [LINK](#)

At home, talking with your child about relationships, their body, and how to keep themselves safe, works best as an ongoing conversation. Most children are curious about relationships and sex and would like to know more. Asking and answering questions helps children develop understanding. If you aren't sure how much they already know, ask them some questions back. If they ask a question at the wrong moment - promise to talk about it later and keep your promise.

Children need to learn about their body, and how their body will change over time. Your child needs to know the right words for all parts of their body. As a family, you may have other names for genitalia and other 'private parts' and that's fine. At school, we teach the names of their private parts (vulva, testicles, bottom/buttocks, nipples and penis), in the same way that we name other body parts (elbow, knee, toes). We teach that some parts should be kept private, and introduce [Talking Pants](#) to help keep them safe.

Ages and Stages

Interests and needs change with age - you may recognise some of these behaviours from different points in your child's development.

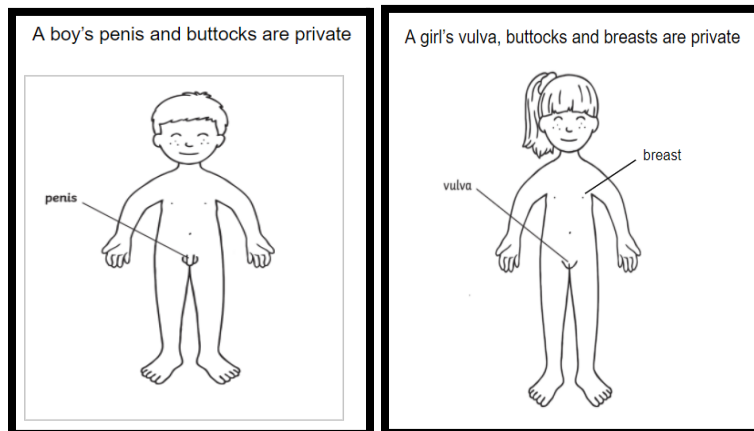
- Your child only wants to play with the same friend
- Your child only plays with friends of the same biological sex
- Their games often include relationship role-play
- They comment on body changes
- They ask you - repeatedly - how babies are made
- They are curious about differences between boys and girls
- They don't think about being naked
- They would be embarrassed to be seen naked
- They would be very embarrassed to see you naked
- They find it hard to separate from you
- They want to spend less time with you and more time with friends
- You now get a grunt instead of a farewell hug

Below is a rough guide to the ages at which children show interest in their body, develop a sense of privacy and experience physical changes as they move through school.

Infancy: Up to two years

Toddlers can start to learn names for all visible parts of the body, including private parts. They may start to show curiosity about physical differences.

Age appropriate consent should be part of these conversations, so that all children can recognise when a touch is safe and welcome - and when it is not.



Two to five years old

Children are taught that their body belongs to them.

They have a right to privacy - for example, when going to the toilet.

They can be shown how to say no when they don't want to be touched.



They are taught that we do not show or share parts of our body covered by underwear or swimwear, and that nobody has the right to touch their private parts. They will be taught what to do, what to say, and who to tell if they ever feel unsafe or unsure about a touch.



Five to eight years old

Children recognise that we all change and grow in different ways. They develop their understanding of consent, privacy and respect for others. They are interested in the different ways in which babies are made and born. They learn that some families look like theirs and some look different. They learn that every family belongs in our school.



Nine upwards

Children need to know about puberty before these big changes occur.

It should not be a mystery.

Some will start puberty earlier than their friends and some much later.

We teach girls about boys' changes, and we teach boys about girls' changes.

Boys need to know about involuntary erections and wet dreams, so that they know what to expect. Girls need to know about periods and how to access sanitary products.

We continue to help all students develop their understanding of what makes a relationship healthy and positive, including consent, safety and respect.

Your child may start to challenge the status quo within the family.

They may experience significant and complex upsets within their friendship group.

All of this is normal - but that doesn't make it any easier for them, or for you.

Your child will need age-appropriate and trusted information at different stages of their physical, sexual and emotional development. Please be realistic about the possibility that your child may either seek out or be shown content not produced or marketed for children. It's infinitely preferable to find books or other sources of information that you feel comfortable sharing with your child.

Helpful books

Not every child wants to talk to their family about puberty, sex and relationships - but a book can be a bridge to conversation and shared curiosity. Search online bookstores or visit our excellent libraries and ask for recommendations. I've flagged some old favourites here, but there are now so many great books to share with your child - or to nonchalantly leave lying around your home.



Carol Battram March 2025