



Relationships and Sex Education (RSE)

Parents' Information – 2026



Agenda:

1. What do we need to teach within the Relationships and Sex Education (RSE)?
2. What will Year 6 be learning about?
3. What teaching resources will support this learning?

Relationships and Sex Education (RSE)



At primary level...

- Develop confidence in talking, listening and thinking about feelings and relationships
- Are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for help and support
- Are prepared for puberty
- Understand how relationships with others change as they get older

Guidance for schools:



- Relationship and Health Education, including puberty, is compulsory in all primary schools. Sex education is not compulsory.
- However, the Department for Education (DfE) continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical maturity of the pupils. It “should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born”.

Right to be excused from sex education (commonly referred to as the right to withdraw)



- Parents have the right to request that their child be withdrawn only from any sex education delivered in primary schools.
- Essentially, this means that learning about relationships and puberty is statutory. There is no right to withdraw your child from Relationships Education or Health Education. Learning about how a child is conceived is non-statutory and therefore you have the right to withdraw your child.

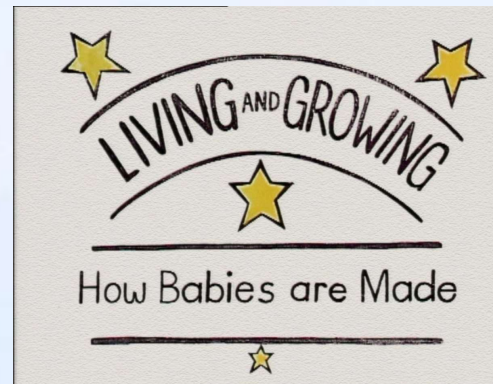
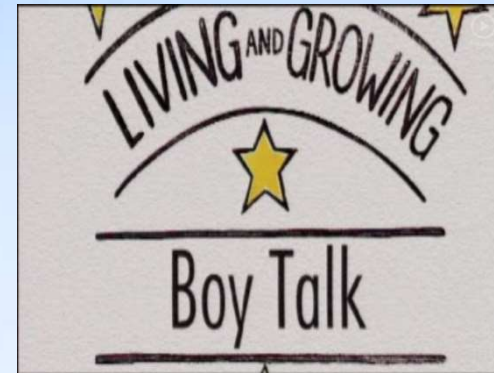
Year 6



The key questions covered during the unit of work are:

- How do I feel about myself?
- What changes will happen to my body through puberty?
- Can I explain the changes to a girl's and boy's body during puberty? Can I think about my personal hygiene habits and how these may change as I get older?
- How are babies made?

What teaching resources will support this learning?



Girls and boys are separate and have the chance to ask anonymous questions.

What you can do to support your child...



- Giving time for your child to talk to you about sensitive topics if they want to; be open and honest!
- Talk to your child's class teacher if you have any concerns and questions at all.

Appendix



- Government guidance for Relationships and Sex Education:
- <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>