Parents and Carers RSE Consultation

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Written by GHLL team, GLA Trust and Hayley Hancock

The GLA Trust – Infant Schools

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Northway Infant School – Where Children Shine

Headteacher:Danielle Morley

Reception – Year 2

Rowanfield Infant School – Dream Drive Duty Dazzle

Headteacher: Shona Riddell

Reception – Year 2

Churchdown Village Infant School

Promoting Lifelong Learning

Headteacher: Emma Williams

Reception – Year 2

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The GLA Trust – Junior and Primary Schools

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Headteacher: Shona Riddell

Year 3 – Year 6

Headteacher: Hayley Hall

Reception – Year 4

Headteacher: Emma Davis

Reception – Year 5

Headteacher: Danielle Morley

Year 3 – Year 6

Headteacher: Emily Watton

Reception – Year 6

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The GLA Trust – Primary Schools

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Bishops Cleeve Primary Academy

Headteacher: Shona Swan

Reception - Year 6

Longford Park Primary Academy

Headteacher: Andrea Preedy

Reception - Year 6

Springbank Primary Academy EPIC

Headteacher: Emma Wale

Reception - Year 6

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The aim of this presentation:

- The importance of RSHE
- The school's legal obligations of teaching RSHE
- Your rights as a parent/carer
- Explain what and how it will be taught
- Consult with you regarding our policy

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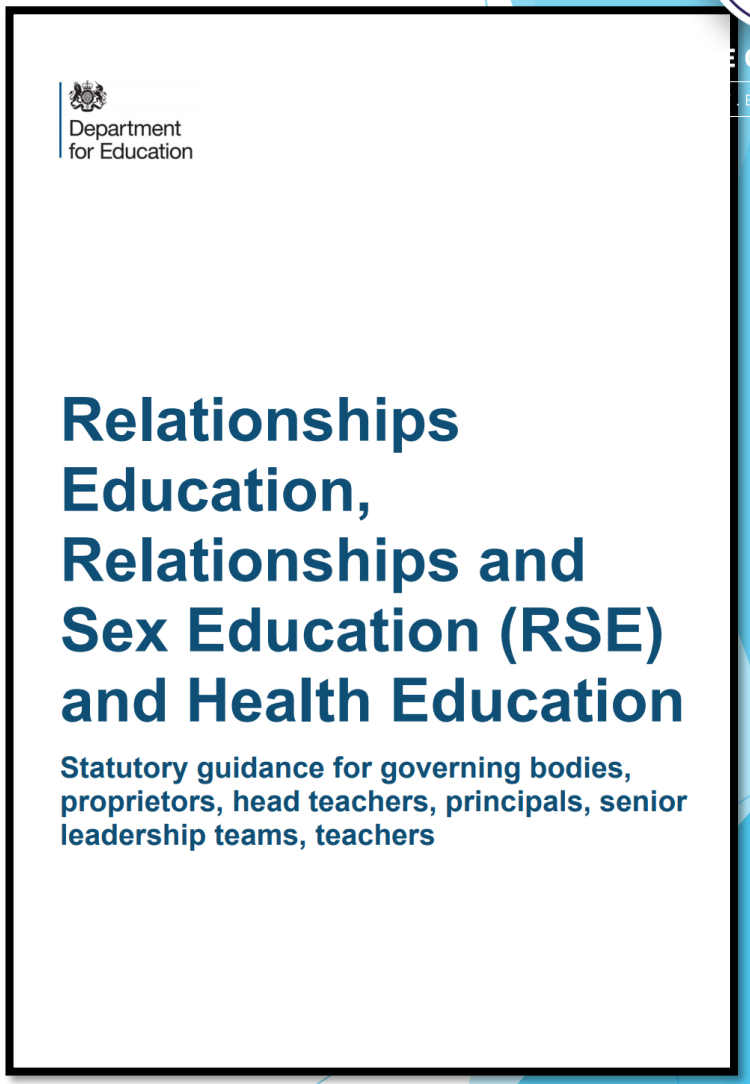
RSE Timeline

- 2019 - RSHE Final Statutory Guidance Released
- 2020 - RSHE becomes statutory from the 1st September (delayed implementation due to Covid)
- 2021 - RSHE becomes statutory from the summer term of 2020/21
- 2023/24- RSHE statutory guidance is under review. (Schools to continue to use the previous framework).
- 2025-The latest review published and will be implemented from September 2026



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What is RSE?

Relationships and Sex Education

- Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.
- It should equip children and young people with the information, skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

The importance of this has been recognised and will become a compulsory subject along with Health Education in both Primary and Secondary settings.

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GLA RSE policy

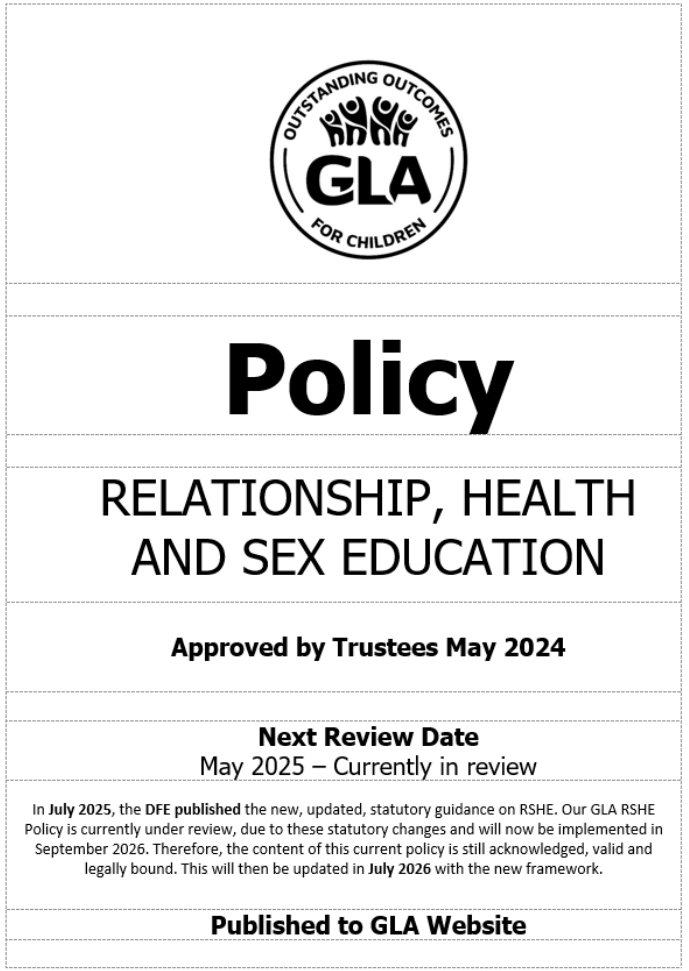
- You will find a copy of our Trust's RSHE policy on the GLA Website.

The consultation approach will include:

- Staff
- Trust leads
- Parents
- Children's voice (In some schools)

It will be monitored throughout the year by the school's PSHE lead/ RSHE lead and will be reported to the Trust.

- Please send us any views you have via the parent consultation form sent to you via your usual school's communication method.



Policy

RELATIONSHIP, HEALTH AND SEX EDUCATION

Approved by Trustees May 2024

Next Review Date
May 2025 – Currently in review

In **July 2025**, the **DFE published** the new, updated, statutory guidance on RSHE. Our GLA RSHE Policy is currently under review, due to these statutory changes and will now be implemented in September 2026. Therefore, the content of this current policy is still acknowledged, valid and legally bound. This will then be updated in **July 2026** with the new framework.

Published to GLA Website

Today's Considerations

- The internet
- Computer games and apps
- Television
- Social media
- Other media
- Friends
- Family
- School

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Relationships: What messages might they be exposed to?

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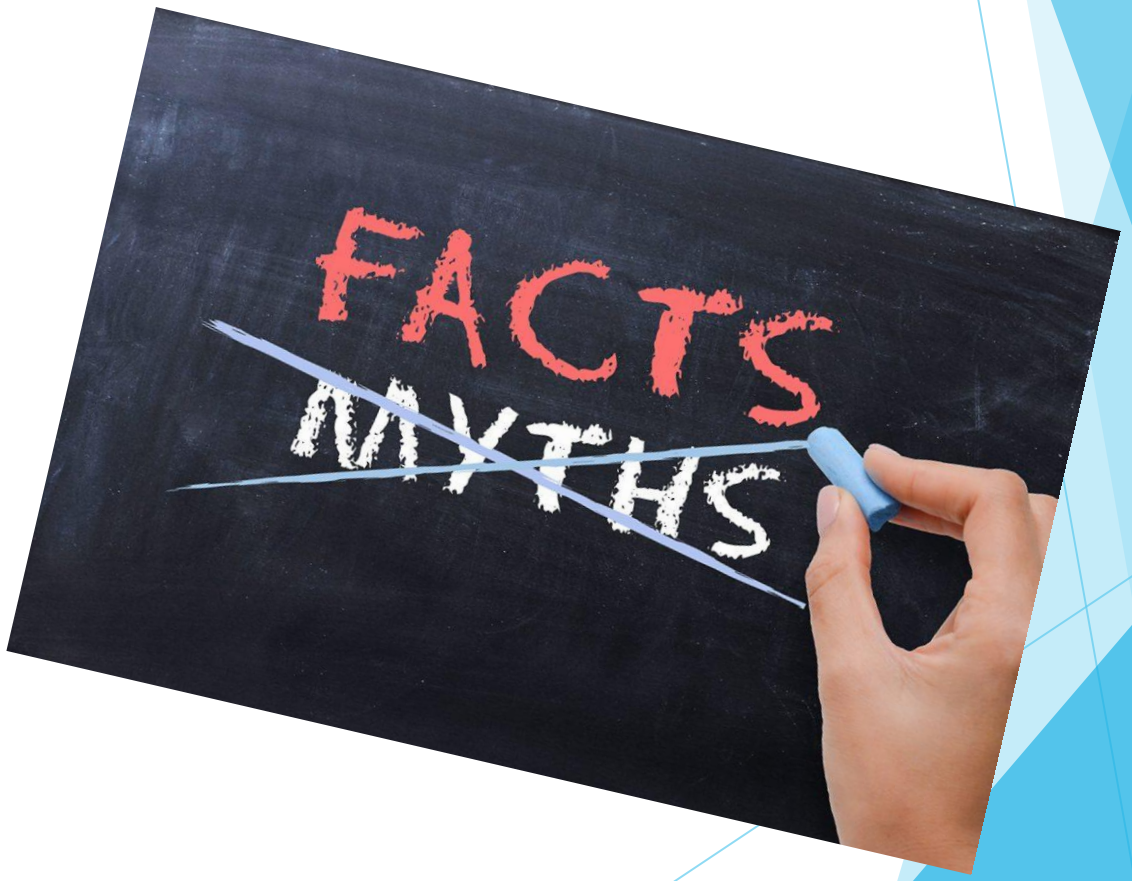

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What do schools have to teach?

Primary Education	Secondary Education
Relationships Education Health Education Sex Education	Relationships Education Health Education Sex Education

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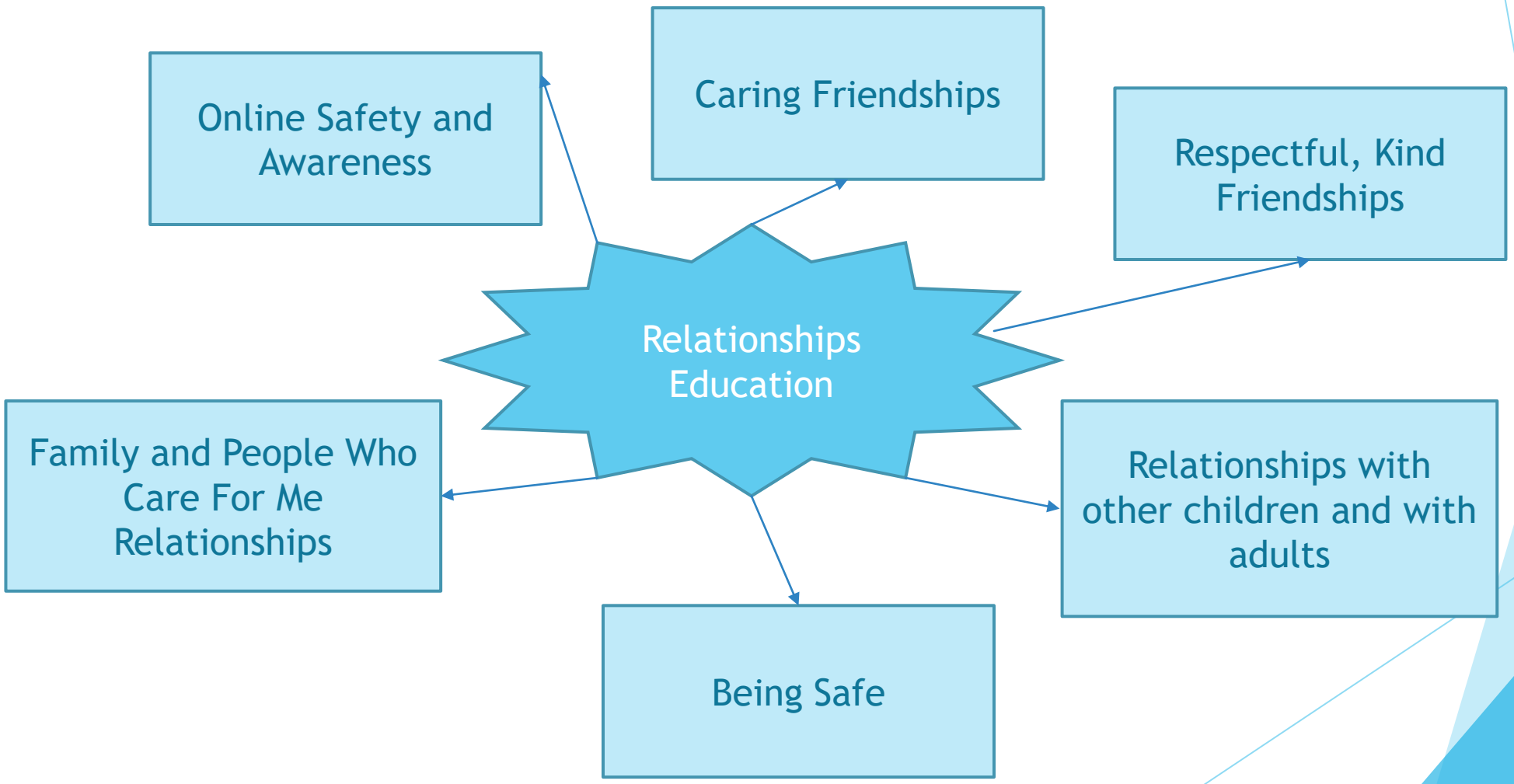
What is Relationships Education?

- **Relationships Education** - teaching about the fundamental building blocks and characteristics of positive relationships



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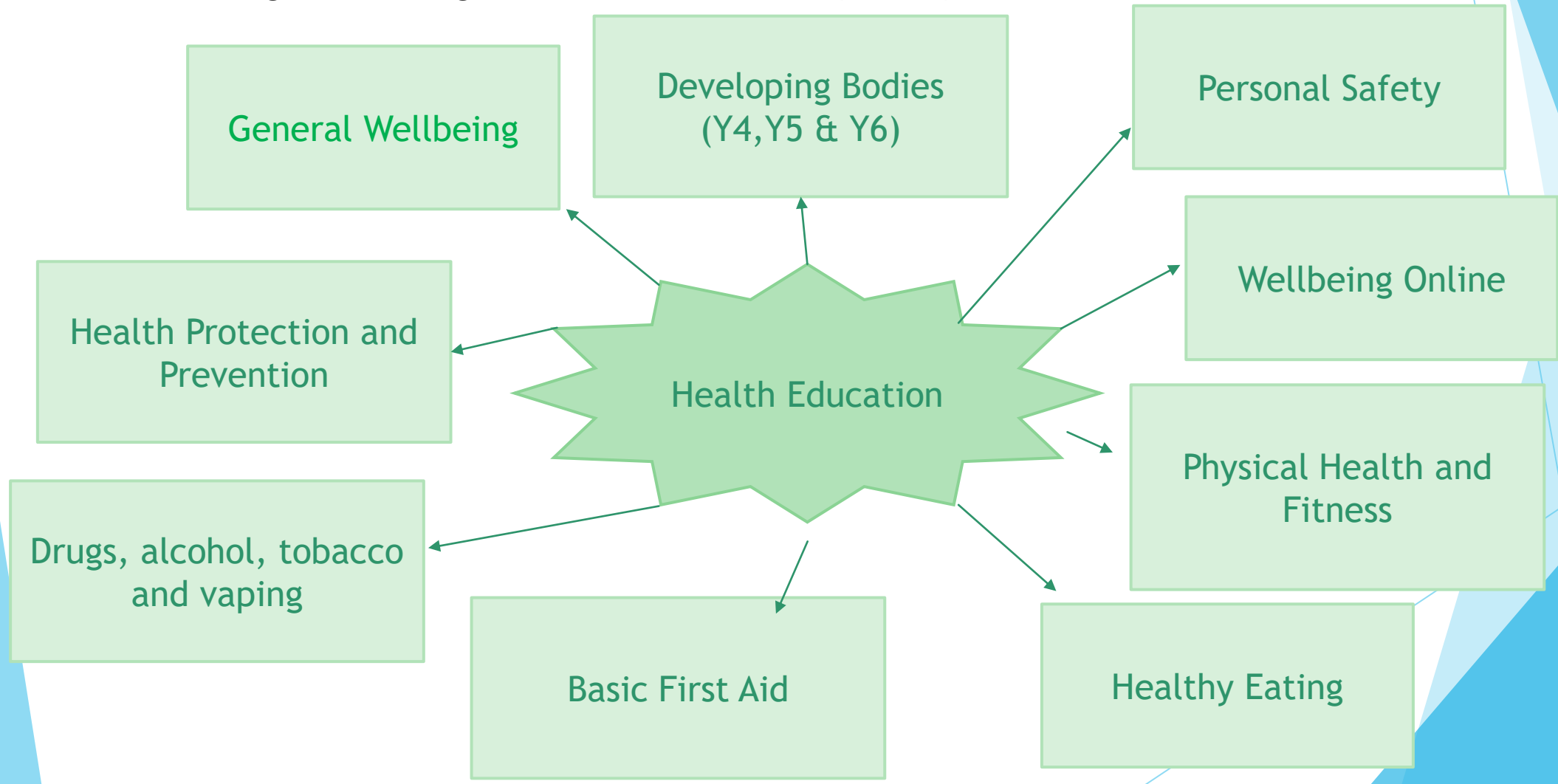
What is Health Education?

- **Health Education** - teaching about physical health and mental wellbeing and being able to make healthy lifestyle choices.



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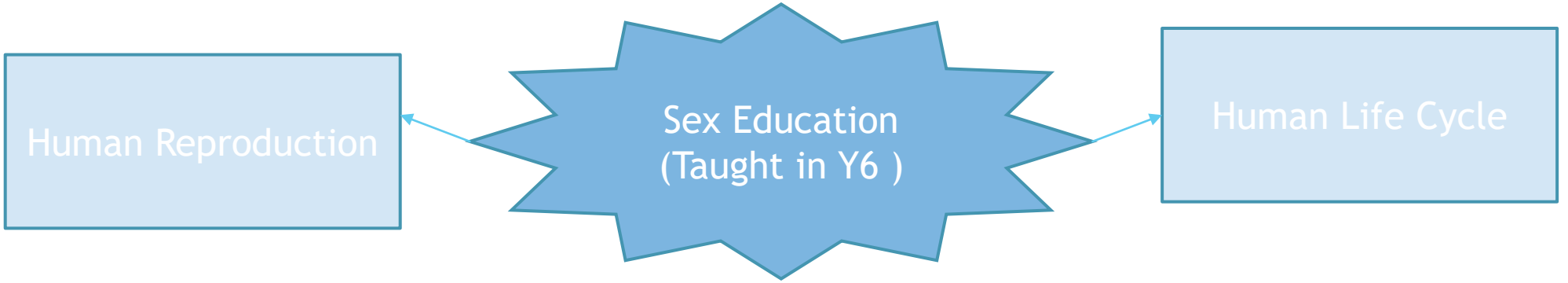
What is Sex Education?

- **Sex Education -** teaching children how human reproduction occurs, including how a baby is conceived and born. This draws on knowledge of the human life cycle set out in the national curriculum for **Science**.



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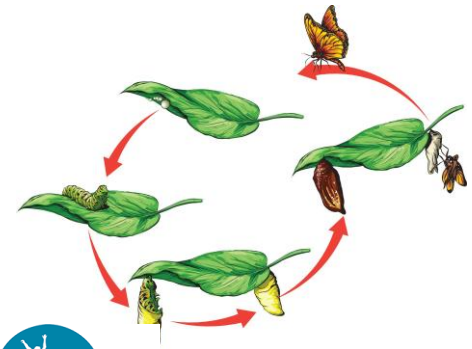
Links to other subjects

- Science - includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.
- Computing - includes how to use technology safely, responsibly, respectfully and securely, how to keep personal information private, and where to go for help and support.
- PE - aims to ensure that children are physically active for sustained periods of time and activities and lead healthy, active lives



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Resources to help you as parents

There is a range of resources available to help parents/carers deal with some of the questions related to relationships that may arise. If you feel you are not sure how to deal with anything, please just ask your child's teacher.

In the meantime, here is a small selection of recognised sources that may be of help.

- GHLL website www.ghll.org.uk in the RSE resources and online safety
- BBC teach – The Big Talk **Children from across the UK pose anonymous questions provided by their peers around relationship and sex education to a number of trusted adults.** These short films were created in consultation with a PSHE education expert and are designed for use with children aged 9-12.Topics covered include: Body image, Puberty, Respect, Sexual health, Online safety, Healthy relationships, Understanding gender identities
- NSPCC https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources
- BBC operation Ouch! Puberty https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty

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DFE Guidance for parents

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.

Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

Department for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

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We are clear that parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role and have told us that they see building on what pupils learn at home as an important part of delivering a good education.

DFE Guidance

Parent information leaflets have been produced for both primary and secondary. They are available to download form the DFE website

https://educationhub.blog.gov.uk/2025/07/new-rshe-guidance-what-parents-need-to-know/

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Dealing with Parental Concerns

We know that some parents may have strong views about what should be taught to their children and when. The new guidance is very clear about what needs to be covered but there are some adaptations that we make as a school to suit the needs of our children.

We want to know your views and, to help capture these effectively, have developed a questionnaire for you to complete. Within the questionnaire, we ask recommended questions such as:

- What was your RSE teaching like and what would you like it to be like for your children?
- What do you value? Which values do we have in common? How do these build on the ethos of our school?
- Which topics do you want more help with at home? Which topics are high priority?
- Are there any beliefs or practises relevant to puberty, relationships and sex education that are important in your culture / faith and we might not be aware of?

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Vocabulary for Early Learning

- From a safeguarding point of view, the importance of the children being able to name body parts is paramount.
- The vocabulary we have included has been used from the new statutory 2026 guidance and Learning resources and from the Science Curriculum.
- OFSTED supports using medical/scientific terms for genitalia e.g. vulva/vagina, penis.
- If needed, this enables children to describe abusive behaviours accurately.

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Reception

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Through our RSE units we cover:

-Keeping ourselves safe and clean with PANTs from the NSPCC.

https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/

-Consent- Aardman support video

-To know who to talk to if I feel unsafe.

Vocabulary

- Penis, testicles, anus, scrotum, and nipples
- Vulva ,vagina , anus, breasts and nipples

Year 1 and Year 2

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Through our RSE units we cover:

-Being Unique, Becoming independent

-Body parts , personal hygiene, Similarities and differences

-Keeping ourselves safe and clean with PANTs from the NSPCC.

-Consent- Aardman support video

-To know who to talk to if I feel unsafe.

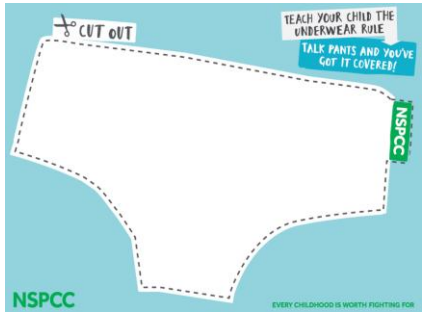
Vocabulary

- Penis, testicles, anus, scrotum, and nipples
- Vulva ,vagina , anus, breasts and nipples

Year 1 and Year 2 Teaching Resources

Your Body

- Your body belongs to you.
- Get your PANTS ready!
- Follow your teacher's instructions and talk about which parts of your body are private.



People you can trust

- Who do you trust most in the world?
- Trusted people are different for everyone.
- Write down a list of the people you trust.

Good and bad touch

- Touch can be **good** or **bad**.
- People touch you for different reasons.
- Sometimes touch feels bad, but is necessary.
- You should never be asked to keep secrets about touch.

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Stories as resources.

- Part of the party – Inclusive story about a Koala who used her voice.
- Tango makes three- Story about two male penguins who bring up their baby penguin.
- The Pirate Mums- Inclusive story about two Mums and their adventures with their son.
- The Prince and the Knight- Story to support falling in love.

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Year 3

Through our RSE units we cover:

-Similarities and differences and the reproductive organs.

-Being Unique

-Personal hygiene- hand & respiratory, infections- eBug resources https://www.e-bug.eu/

-Keeping ourselves safe- NSPCC

-Knowing who our trusted adults are and asking for help

-Consent- Aardman film

Vocabulary

- Lungs, heart, brain, kidney, stomach, Penis, testicles, anus , scrotum, nipples, vulva ,vagina , anus and breasts. Microbes, infection, hygiene, consent, trust
- It maybe possible that Lesbian, gay, bisexual maybe used if the children wish to discuss under the topic of being unique and types of love.

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Year 4

Through our RSE units we cover:

-Menstruation cycle

-Changes

-Responsibilities

-Personal hygiene, eBug

-Keeping ourselves safe- NSPCC Download PP 7-9 years

-Challenging stereotypes.

Vocabulary

- Penis, testicles, anus, scrotum, nipples vulva ,vagina , anus, breasts respiratory system, circulatory system, digestive system, puberty, adolescence, period, menstruate, menstruation. Trusted adult, consent,
- LGBTQIA+, Lesbian, gay, bisexual , transgender and heterosexual, stereotype, gender specific.

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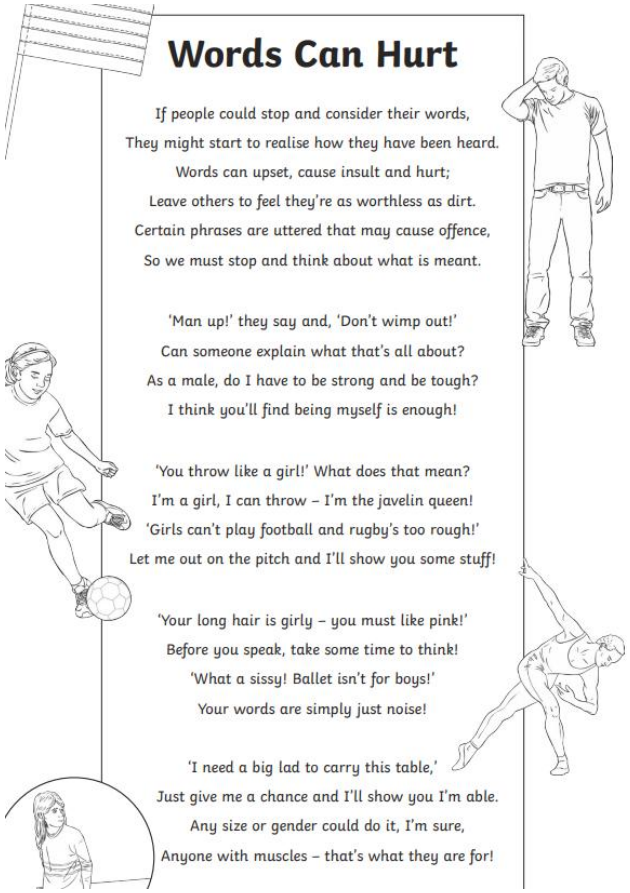
Year 4 Teaching Resources



Words Can Hurt

If people could stop and consider their words,
They might start to realise how they have been heard.
Words can upset, cause insult and hurt;
Leave others to feel they're as worthless as dirt.
Certain phrases are uttered that may cause offence,
So we must stop and think about what is meant.

'Man up!' they say and, 'Don't wimp out!'
Can someone explain what that's all about?
As a male, do I have to be strong and be tough?
I think you'll find being myself is enough!

'You throw like a girl!' What does that mean?
I'm a girl, I can throw – I'm the javelin queen!
'Girls can't play football and rugby's too rough!'
Let me out on the pitch and I'll show you some stuff!

'Your long hair is girly – you must like pink!'
Before you speak, take some time to think!
'What a sissy! Ballet isn't for boys!'
Your words are simply just noise!

'I need a big lad to carry this table,'
Just give me a chance and I'll show you I'm able.
Any size or gender could do it, I'm sure,
Anyone with muscles – that's what they are for!

So what can WE do?

- Choose language that doesn't offend, demean or devalue others.
- Tell a teacher if you hear offensive language even being used as a joke.
- Be inclusive – make a point of bringing others into your group.
- Choose friends based on the content of their character, not their colour, race, religion or sexuality

What is LGBT?

Lesbian – A woman attracted to people of the same gender.

Gay – A person attracted to people of the same gender.

Bisexual – A person attracted to people of any sex or gender identity.

Transgender – A person whose gender is different to the one assigned/assumed at birth

In 2010 the British Government passed a law that made it illegal to treat people differently based on their characteristics including their age, gender, religion, sexual orientation, race, whether they are married or not...

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Year 5

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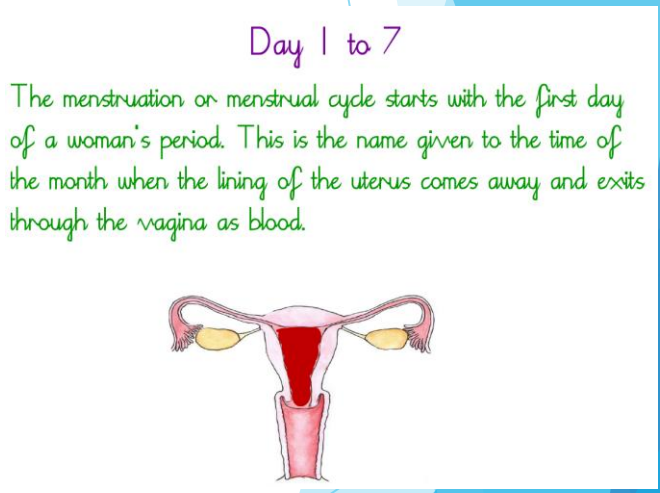
Through our RSE units we cover:

Changing adolescent body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes, hygiene and genetic inheritance.
- about menstrual wellbeing including the key facts about the menstrual cycle

Vocabulary

- Puberty
- Male
- Female
- Breasts
- Nipples
- Penis
- Testicle
- Scrotum
- Vagina
- Cervix
- Pubic area
- Sex (gender)
- Menstruation
- Reproduce
- Ovaries
- Fallopian tubes
- Oestrogen
- Testosterone
- Progesterone
- Erection
- Genetics
- Chromosomes



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Year 5

Through our RSE units we cover:

Changing adolescent body

- Resources

BBC operation ouch! – don't panic about puberty

- https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty

Consent video – Aardman Consent

Year 6

Sex Education - You have the right to withdraw your child from the Intercourse lesson

Through our GHLL RSE units we cover:

Please visit our website for the full lesson coverage and resources.

- Changes physical and emotional
- Sexual intercourse and life cycle
- Relationships
- Birth and new baby.
- To know basic biology of human reproduction

Vocabulary

- Penis
- Testicle
- Vulva
- Ova
- Ovum
- Fallopian Tube
- Uterus
- Sperm
- Scrotum
- Nipples
- Vagina
- Puberty
- Homosexual
- Heterosexual
- Erection
- Ejaculation
- Conception
- Labour
- Contraction
- Cervix
- Umbilical Cord
- Placenta
- Amniotic fluid
- Foetus
- Sexual Intercourse
- Sex
- LGBT
- gay
- Lesbian
- Bisexual
- transgender

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Year 6 Resources

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How a baby is created

A male and a female take their loving relationship to the next stage of their relationship.

The male's penis becomes erect, and with consent, it enters the female's vagina.

This is called sexual intercourse.

Sperm is ejaculated from the penis and into the female's vagina.

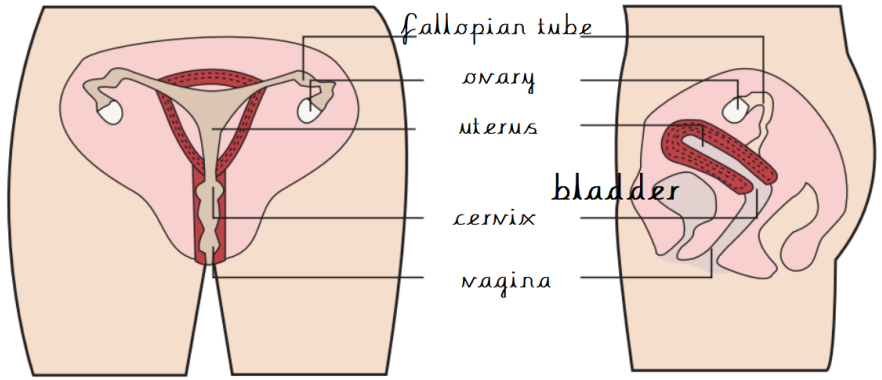
The sperm swims up into the woman's uterus and fallopian tubes.

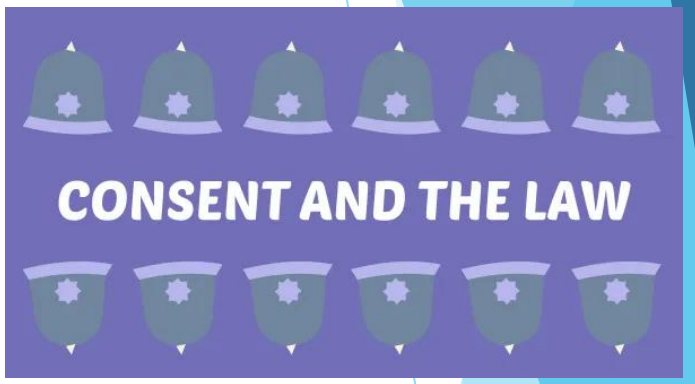
If the sperm meets an egg it may join with it. The egg has been fertilized by the sperm, and a baby will begin to grow. This process is known as conceiving a baby.

They baby will take up to 9 months to grow inside a woman's womb.

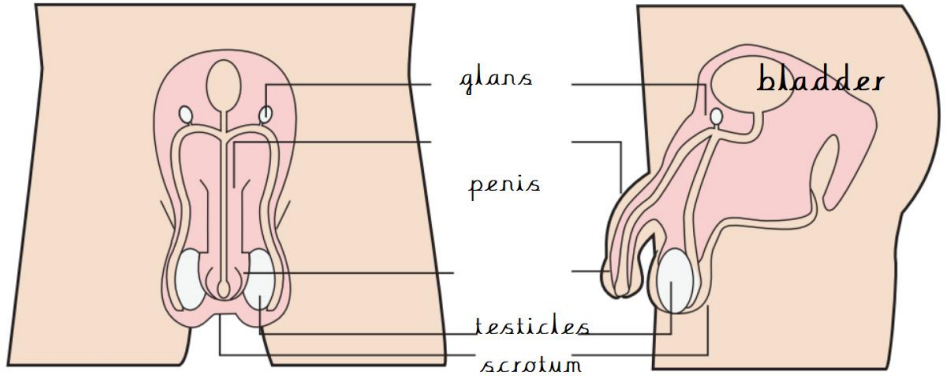
The miracle of birth

Female Reproductive Organs





Male Reproductive Organs



The Journey from Conception to Birth

Use this blank template to create a comic strip that shows the journey of conception to birth.

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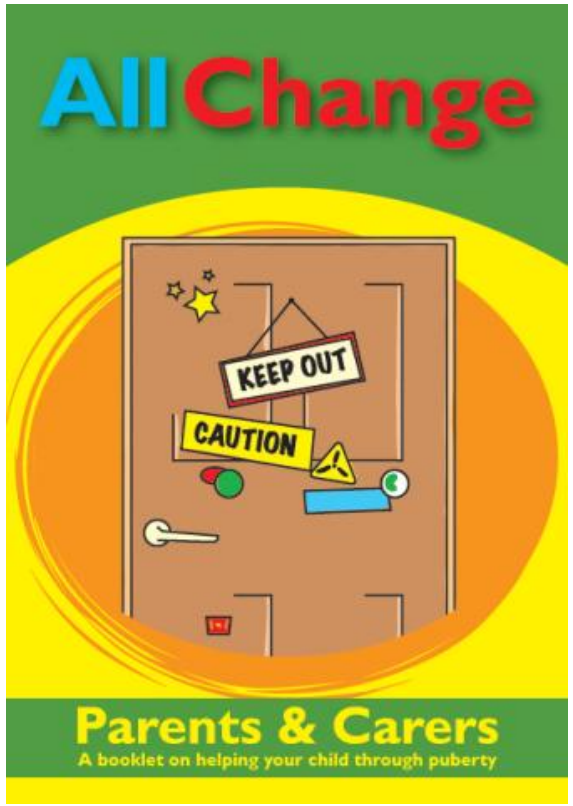
Year 6 Parent Support

- Useful leaflets give information about the physical and emotional changes of puberty with helpful suggestions for parents and carers on how to help young people through this time of their lives.



Some effects on young people due to brain development and reorganisation at puberty:

- More questioning of everything, more unconventional thinking and more open to new ideas and change.
- More creative.
- More passionate and increased emotional intensity with mood alteration and mood swings.
- Increased desire for intimate romantic and sexual relationships.
- Sensation seeking, an increased desire for risk with a lower ability to assess risk.
- Less ability to reason.
- Greater conflict with authority and authority figures.
- About a 20% decrease in ability to gauge emotion from the faces of others, so less able to read social situations.
- Less able to imagine how others feel, put themselves in others' shoes or to empathise with others.
- Less ability to organise themselves, to plan/forward plan and prioritise.
- Greater concern over self and self-image.
- Less sense of who they are and self-esteem issues.
- Young people's brains get a bigger "hit" from nicotine, alcohol and other drugs, so earlier consumption of these can increase the likelihood of dependence.

Top tips for helping your child through this time

Children and young people have lots of questions about puberty and sex (see a range of these at the back of this booklet). These have been collected from lots of children.

Help them express their feelings in a positive way. Try never to say: 'You can't feel like that' or 'Don't feel that way' or 'Stop feeling like that'.

We cannot help our feelings – they are a biological response to events and thoughts. What we can control, however, is how we behave: so children and young people need to be guided through how to acknowledge their feelings and to learn how to behave in a way that is acceptable to those around them when they have strong feelings.

Young people may worry that they are different from others.

Whether that's being slower or quicker to develop physically or because they have a learning or physical disability, or they are gay or lesbian and worry that there's no-one else like them. Acknowledge that this may feel difficult for them, reassure that you are there for them and that on most occasions their difficult feelings WILL get better. Encourage them to feel good about themselves and their bodies from birth and into adulthood.

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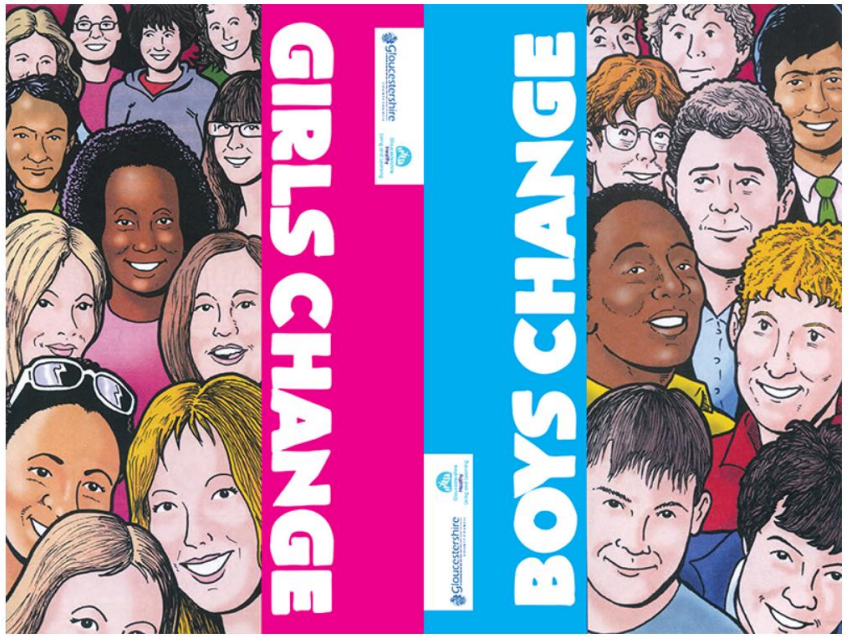
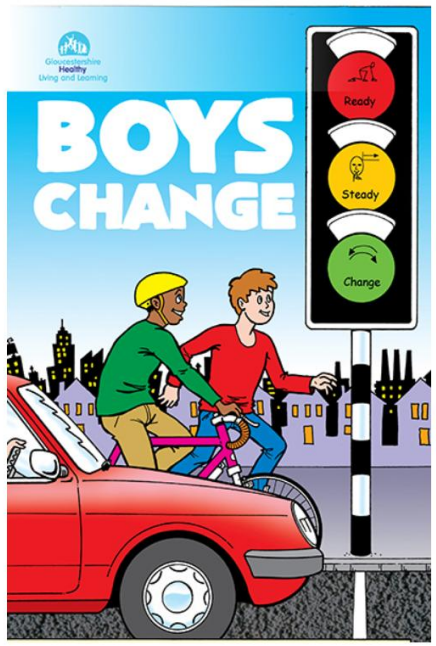
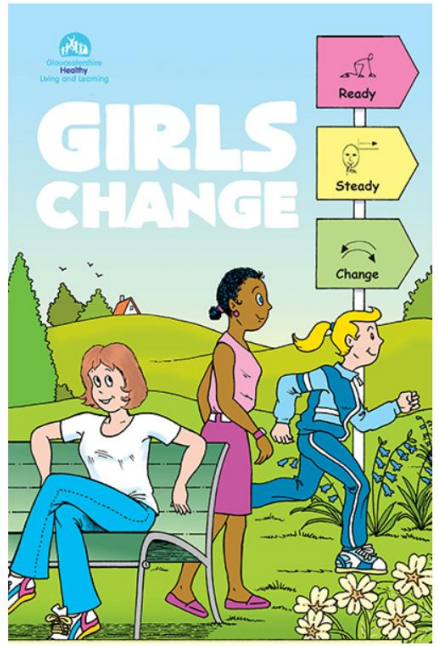
Year 6 Parent Support

- GHLL will be providing school with puberty booklets called Boys Change, Girls change. These also come as widget text to support children with SEND. These booklets will come home in an envelope and for you to share and discuss with your child at a convenient time and appropriate level. If you feel this is not the appropriate, then keep the booklet and share again over the summer holiday or when your child starts Secondary school.



Puberty Booklet for SEND Pupils





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Year 6 Parent Support

- Useful Website to support same sex families or parents supporting children with LGBT changes. https://www.stonewall.org.uk/
- We will be using a mixture of the short clips and full clips. Please watch these and let us know if you do not want your child Y6 child watching the full version.
- BBC Puberty Y5 BBC iPlayer - Operation Ouch! - Series 4: 10. Dont Panic About Puberty (Special)
- BBC How are babies madePSHE KS2: Operation Ouch! How are babies made? Sex - BBC Teach
- BBC Y6 Full version PSHE KS2: Operation Ouch! How are babies made? (full programme) - BBC Teach

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DIFFERENT FAMILIES. SAME LOVE.

What next?

- As a school we are consulting you about our proposed delivery and policy for RSHE
- The policy will be available for you to read on the GLA website. https://www.glatrust.org.uk/docs/Policies_and_Procedures/Pupils_Parents_Carers/Relationship_Health_And_Sex_Education_Policy.pdf
- We invite all parents and carers to submit comments or questions via the schools parent questionnaire. This maybe in paper format if you can not access Microsoft forms.

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