

Ashbourne Primary School

Headteacher: Paula Chisholm

Co-Headteacher: Heather Davis

Chair of Governors: Ashley Tabony



22nd April 2025

Relationships and sex education (RSE)

Since September 2020, Relationships Education has been compulsory for all pupils receiving primary education.

The Department of Education has always recommended that primary schools should have a sex and relationships education programme tailored to the age and the physical and emotional maturity of the children and Ashbourne Primary School has always elected to do this. We have a comprehensive Social and Health Education (PSHE) scheme of work that incorporates Relationships and Sex Education (RSE) and Health Education) which parents have recently been consulted on. Our PSHE/RSE leader is Mrs Emberley.

As always, we feel it is important that parents are aware of what is taught in each year group.

Year group	Relationships and sex education (RSE)
R	Everyone is unique and special Expressing feelings when changes happen Respecting the changes that I see in myself and other people Asking for help if I am are worried about change
1	Understanding that changes happen as we grow and this is ok Knowing how my body has changed since I was a baby Identifying the parts of the body that make boys different to girls and use the correct names for these Respecting my body and know which parts are private
2	Recognising cycles of life in nature Growing form young to old Recognising how my body has changed since I was a baby Recognising the physical difference between boys and girls and the correct names for parts of the body and appreciate that some parts of my body are private Understanding there are different types of touch and tell you which ones I like and don't like Being confident to say what I like and don't like
3	Understanding how babies grow and develop and what a baby needs to grow. Identifying the external and internal changes in our bodies at puberty Recognising stereotypical ideas about family life
4	Internal and external parts of male and female bodies that are necessary for making a baby. Understanding that having a baby is a personal choice Describing how a girl's body changes, in order for her to be able to have a baby when she is older. Physical and emotional changes that they will experience during puberty.

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	Changes that have been and may continue to be outside of my control that I learn to accept. Expressing fears and concerns that are outside of my control and know how to manage these feelings positively.
5	Self-image and how my body image fits into that Developing self-esteem Describing how boys' and girls' bodies change during puberty Importance of looking after myself physically and emotionally Understanding that sexual intercourse can lead to conception and that is how babies are usually made Identifying what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
6	Explaining how girls' and boys' bodies change during puberty and understand the importance of looking after ourselves physically and emotionally Awareness of self-image and body image and becoming aware of the pressures to conform to gender and body stereotypes Qualities that are important for relationships The influence of the media when forming views on sex and relationships Describing how a baby develops from conception through the nine months of pregnancy, and how babies are born Consider when an adult may be ready for parenthood

Parents have a legal right to withdraw their children from 'sex education' but not the 'relationships' lessons. They also do not have the right to withdraw from those aspects that are taught as part of the science curriculum. Please complete the attached form or write to us if you wish to withdraw your child.

There is a parent pack in school containing a number of books that you can borrow to prepare/support your child at home. The full scheme of work for PSHE/RSE can be found on our website:

<https://www.ashbourneprimary.co.uk/pshe/>

Kind regards,

Paula Chisholm
Headteacher

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Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			