



Relationships, Sex and Health Education Curriculum Parent and Guardian Consultation Review 2026

From September 2026, new statutory government guidance will take effect regarding how Relationships, Sex, and Health Education (RSHE) is taught in primary schools. While Relationships Education is already a required element, the new guidance mandates that Health Education will also become statutory for all primary-aged pupils.

As part of our commitment to adapting the curriculum to meet these new requirements, we consulted with parents and guardians on our curriculum components specifically, the placement of particular health and sex education objectives within different year groups. This consultation ran from March to April 2026.

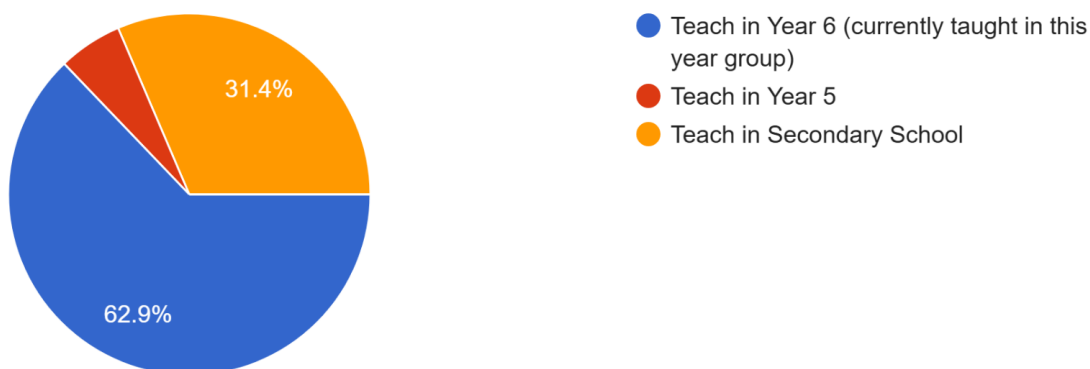
The feedback received has been invaluable in helping the school design an RSHE curriculum that is sensitive, age-appropriate and truly reflective of our school community.

The information below outlines the questions included within the consultation, the feedback provided by our parents and guardians and the subsequent decisions made by the school regarding objective placement.

Sex Education Curriculum

In which year group do you feel children are most ready to understand the biological process of how a baby is made?

35 responses



School Outcome

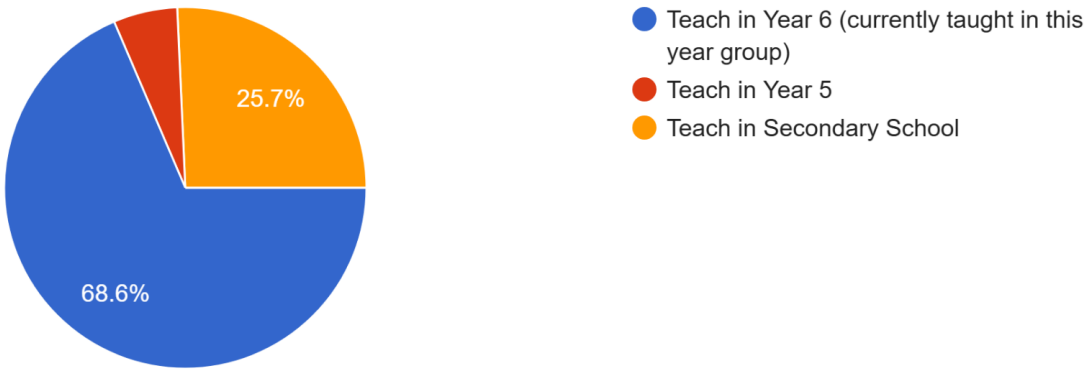
Objectives relating to the biological process of how a baby is made will be taught in **year 6** through the unit 'How do people become parents and carers?'.

Key objectives relating to topic include:

- Describing how a baby is conceived and born.
- Asking questions about conception and birth in a respectful and appropriate way.
- Reproduction happens when a sperm and egg join together to make a baby, usually through sexual intercourse (sex).

In which year group do you feel children are most ready to understand how babies develop in the womb?

35 responses



School Outcome

Objectives relating to how a baby develops in the womb will be taught in **year 6** through the unit ‘How do people become parents and carers?’.

Key objectives relating to topic include:

- Pregnancy begins when a fertilised egg grows in the uterus.
- A baby develops in the uterus for approximately nine months.

Are there any cultural or religious considerations you would like the school to be aware of when delivering these lessons?

17 responses

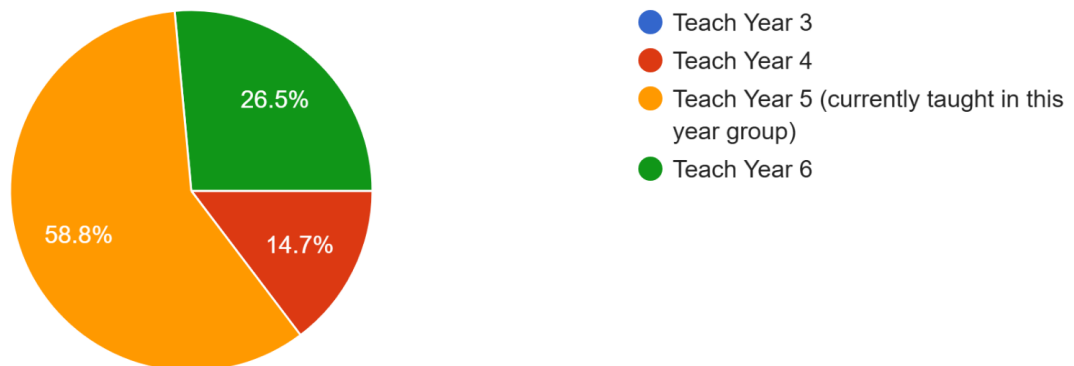
School Outcome

We are incredibly grateful to the parents and guardians who took the time to share their views. The feedback highlighted a diverse range of perspectives within our school community, particularly regarding the timing of certain topics, the use of visual resources and the importance of respecting varying religious and cultural values, such as traditional views on marriage and faith.

In shaping our final curriculum, we have carefully balanced our statutory duties with these community insights. We want to reassure parents that all lessons are strictly tailored to the developmental readiness and emotional wellbeing of our pupils, providing accurate biological facts in a safe environment. We recognise the diverse faiths and cultural backgrounds of all our families and will ensure these are respected within the classroom.

In which year group do you feel it is most appropriate for pupils to begin learning about the physical changes associated with puberty? Content: About ...ty should be discussed as a stage in this process.

34 responses



School Outcome

Objectives relating to physical changes associated with puberty will be taught gradually from **year 4 to year 5**. Puberty is part of the statutory Science National Curriculum and, from September 2026, the Health Curriculum and is a very broad topic.

Year 4 Key objectives relating to topic include:

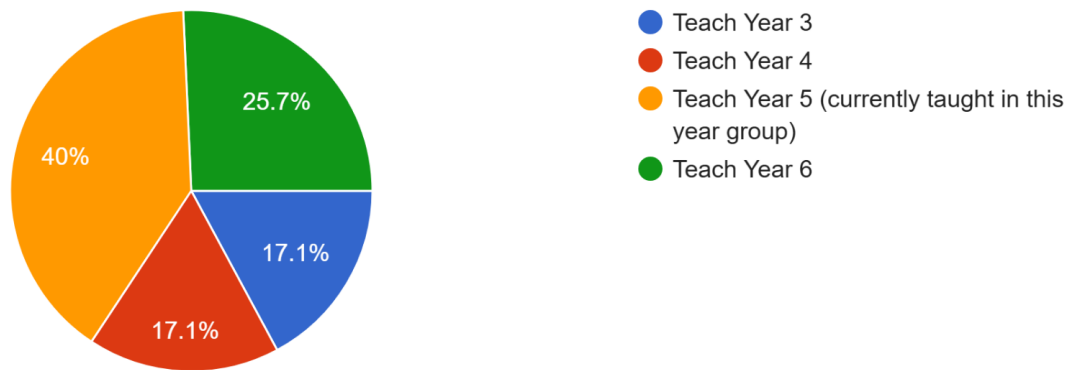
- Describing some physical changes in adolescence and beginning to be aware of the changes puberty brings.
- A baby develops in the uterus for approximately nine months.

Year 5 Key objectives relating to topic include:

- Describing in greater detail the physical changes that occur during puberty, including those specific to boys and girls in adolescence.
- To know that everyone's body changes during puberty in different ways and at different times and that making comments about these changes can be unkind and harmful.

In which year group do you feel it is most appropriate for pupils to be taught the correct names for body parts (penis, vagina, vulva, etc...)? Content...ress their own boundaries around these body parts.

35 responses



School Outcome

*Objectives relating to the correct/scientific names for body parts will be taught gradually from **year 4 to year 6**. Knowing the scientific names for body parts is incredibly important in relation to understanding the changes that happen during puberty and should be taught together.*

Year 4 Key objectives relating to topic include:

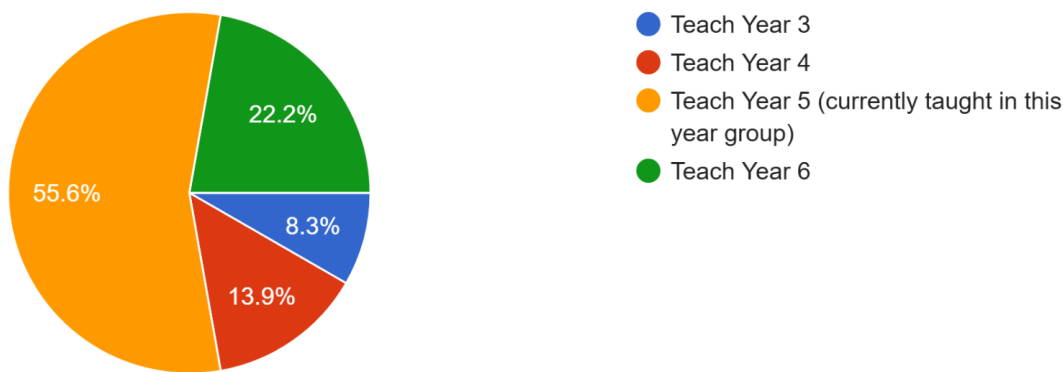
- Describing some physical changes in adolescence and beginning to be aware of the changes puberty brings.
- A baby develops in the uterus for approximately nine months.

Year 5 Key objectives relating to topic include:

- Describing in greater detail the physical changes that occur during puberty, including those specific to boys and girls in adolescence.
- To know that everyone's body changes during puberty in different ways and at different times and that making comments about these changes can be unkind and harmful.

In which year group do you feel it is most appropriate for pupils to be taught about the menstrual cycle (periods)? Content: The facts about the me...hem understand what to expect and avoid distress.

36 responses



School Outcome

Starting in **Year 5**, we will gradually introduce objectives relating to the menstrual cycle. This topic is now a statutory part of the National Health Curriculum. Following valuable feedback from our recent parent consultation, we have decided to teach these lessons to **both boys and girls** in Year 5.

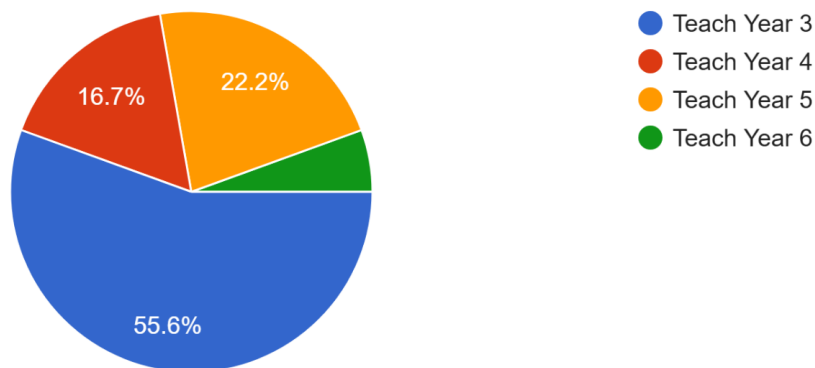
To support our pupils' physical and emotional development, we will deliver these sessions to **girls during the Autumn term**. We choose this timing because we know some pupils will have already started their menstrual cycle by this point in the school year, and we want to ensure they feel supported and informed as early as possible.

Year 5 Key objectives relating to topic include:

- Describing the stages of the menstrual cycle.
- During a period a small amount of blood leaves the body from the vagina each month.
- Periods can start unexpectedly and there are ways to manage them, such as wearing pad or period pants and asking a trusted adult for help.

In which year group do you feel it is most appropriate for pupils to be taught about managing the time they spend online? Content: The benefits of their own and others' mental and physical wellbeing.

36 responses



School Outcome

This objective is taught across the PSHE and Computing curriculum, appearing in multiple units across KS2. From the consultation it was clear that this objective needed to be taught further down the school which partly informed our decision to regularly revisit this area as the children move through KS2.

Year 3 Key objectives relating to topic include:

- *To understand how spending too much time on screens can affect my health and happiness*

Year 4 Key objectives relating to topic include:

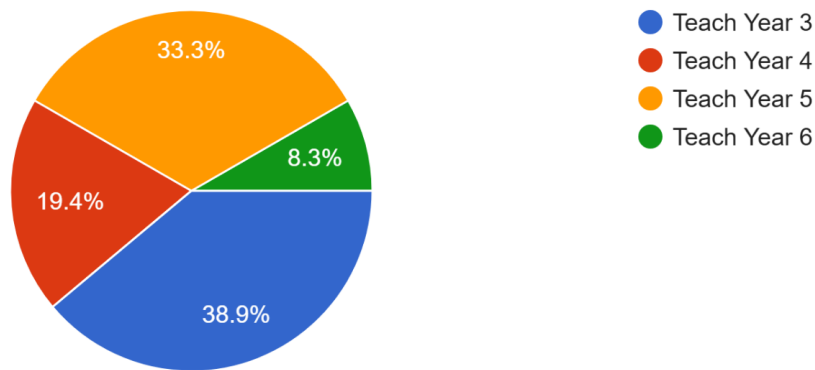
- *Sitting still for long periods (for example, lots of screen time with no breaks) is not good for their bodies and can cause low energy.*

Year 6 Key objectives relating to topic include:

- *Some activities and habits can have a negative impact on emotional wellbeing (e.g. excessive screen time, staying inside for long periods, excessive unhealthy food, extended inactivity or insufficient time with friends and family).*

In which year group do you feel it is most appropriate for pupils to be taught about the pressures to share inappropriate content online, including indece... online, and strategies for resisting peer pressure.

36 responses



School Outcome

We recognise that our pupils' online lives outside of school carry inherent risks. To support our families, we maintain an up-to-date, relevant online safety curriculum designed to equip students with the essential skills to navigate the digital world securely. Because online peer pressure is as significant as it is in the physical world, it serves as the cornerstone of our curriculum's 'Contact' component.

Year 3 Key objectives relating to topic include:

- To recognise what is appropriate and inappropriate contact online
- To know that bullying can occur online and how to report it

Year 4 Key objectives relating to topic include:

- To understand that information I put online leaves a digital footprint that can be seen by others now and in the future.

Year 5 Key objectives relating to topic include:

- To know how to make positive choices online (peer-pressure)
- To know the risks of sharing inappropriate photos & videos online (revisited in Y6)