



Parent Information Session

Sex Education

Barnehurst 2026



Session content

What we will cover today



Our policy

Right to withdraw

The law

Ground rules

Statutory vs non-statutory

@ Barnehurst

Importance of RSHE

Why this learning matters



RSHE = Relationships, Sex and Health Education

Informed choices

Knowledge and skills for later life.

Healthy lifestyles

Understanding health, bodies and relationships.

Trust and respect

A safe climate for honest questions.

At Barnehurst, RSHE supports pupils to make informed and responsible choices.

Statutory guidance: why RSHE matters



Key message from the Department for Education

Wellbeing

Relationships

Safety

- Make informed and ethical decisions
- Prepare for adult life and responsibilities
- Build resilience, self-worth, honesty, courage and kindness
- Recognise when something is not right



**Relationships
Education,
Relationships and
Sex Education (RSE)
and Health Education**

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, and teachers

The law

Statutory Guidance for Relationships, Sex and Health Education



Updated guidance
DfE guidance was
updated in July 2025

Science curriculum - Statutory

Relationships education - Statutory

Health Education, including puberty - Statutory

Primary sex education - non - statutory but recommended

Our policy

Agreed by school and governing body



- Create a safe framework for sensitive discussions
- Prepare pupils for puberty, health and hygiene
- Build self-respect, confidence and empathy
- Develop a positive culture around relationships and sexuality
- Teach correct vocabulary for bodies



*Year 5 Safety and the
changing body*

*Year 6 Safety and the
changing body*



At Barnehurst we use Kapow in school to teach RsHE weekly from year one to year six.

It covers five different units within each year group.....

- **Families and Relationships**
- **Health and Well Being**
- **Safety and the Changing Body**
- **Citizenship**
- **Economic Well Being**

The content of each of these units are revisited from the previous year group and then built upon. This provides a clear and consistent approach to RsHE across the school.

Each year there is also a lesson about rules within RsHE lessons and a transition lesson to prepare children for moving to their new year group.

How we make lessons safe & respectful



Our RSHE lessons follow a clear and consistent structure so that sensitive content is taught calmly, safely and age-appropriately.

Before learning begins, children are reminded of the ground rules:

- **Respect privacy** — we do not share personal stories or use names.
- **Listen to others** — we can disagree respectfully and challenge ideas, not people.
- **No judgement** — questions and misconceptions are handled sensitively.
- Choose **level of participation** — children are not put on the spot or pressured to answer personal questions.

During the lesson, teachers use an agreed format:

- Recap previous learning.
- Watch an age-appropriate animated video or use agreed teaching resources.
- Discuss key ideas and address misconceptions.
- Complete a planned activity, such as labelling, sorting true/false statements or reflecting on emotions and changes.
- Come back together to summarise what has been learned.

Only agreed RSHE resources are used, and lessons are taught by familiar adults in a respectful classroom environment.



Children may have questions during RSHE lessons, and we want these to be answered safely, accurately and age-appropriately.

- Children can use a **question box** to ask questions privately.
- Teachers review questions before answering them.
- Questions are answered using agreed, age-appropriate language.
- If a question goes beyond the lesson content, it will not be answered in front of the class.
- Personal questions or comments about families, pupils or staff are not discussed.
- This helps prevent children relying on misinformation from peers, social media or online searches.

The question box allows children to ask for clarification in a safe way, while ensuring teachers remain in control of what is discussed.



Technical Language

At Barnehurst, we use accurate, scientific vocabulary when teaching children about bodies, puberty and reproduction.

This helps children to:

- understand their bodies clearly and confidently
- ask questions using accurate language
- explain worries or concerns if they ever need help
- reduce embarrassment, confusion or misinformation
- learn that body vocabulary should be used respectfully and appropriately
- Correct vocabulary is introduced progressively across the school and links to science, health education and safeguarding.

Families may use different words at home, but in school we use correct terminology for clarity, consistency and safety.

Examples of vocabulary children may hear include:

penis, vagina, breasts, womb, menstruation, puberty, sperm, egg, fertilisation and conception

Correct vocabulary is taught calmly, factually and in an age-appropriate way.



Year Five science



- Year 5 science teaches reproduction through life cycles and habitats. Students explore sexual and asexual reproduction in plants, compare mammal and insect life cycles, and learn the basics of human development, gestation, and birth.

1. Plant Reproduction

2. Animal Life Cycles

- **Sexual Reproduction:** Focuses on the fusing of male (sperm) and female (egg) cells
- **Metamorphosis:** Compares mammal growth with amphibians (e.g., frogs) and insects (e.g., butterflies) that experience drastic bodily changes during their life cycle.
- Differentiates between animals that lay eggs (like birds and reptiles) and those that give live birth (like mammals).
- **3. Human Development**
- **Life Stages:** Tracks the stages of human growth from infancy through childhood, adolescence (puberty), and adulthood.
- **Gestation:** Introduces the gestation period of humans and other mammals.

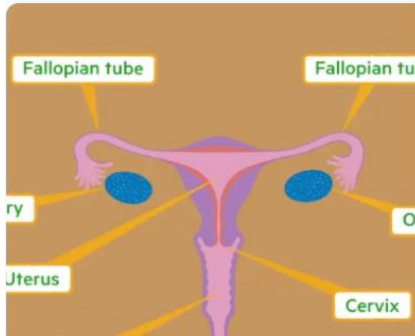
Year Five – Three Lessons



Lesson 3: Puberty

- ✓ To understand physical changes during puberty.

[Get started >](#)



Lesson 4: Menstruation

- ✓ To understand the menstrual cycle.

[Get started >](#)



Lesson 5: Emotional changes in puberty

- ✓ To understand emotional changes during puberty.

[Get started >](#)

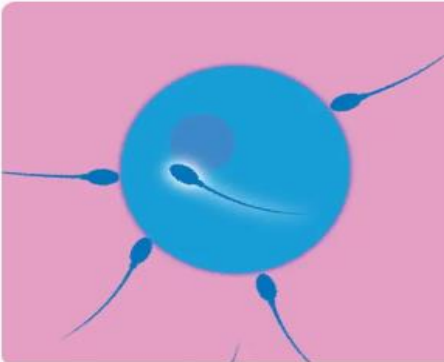
Year Six – Three Lessons



Lesson 4: Physical and emotional changes of puberty

- ✓ To understand the changes that happen during puberty.

[Get started >](#)



Lesson 5: Conception

- ✓ To understand the biology of conception.

[Get started >](#)



Lesson 6: Pregnancy and birth

- ✓ To understand the development of a baby during pregnancy.

[Get started >](#)

Vocabulary



alcohol

cervix

egg or ovum

fallopian tube

labia

ovary/ovaries

puberty

sexual intercourse

testicles/testes

vagina

vulva

bladder

conception

ejaculation

fertilisation

menstruation/period

penis

pubic hair

sperm

urethra

vaginal opening

wet dreams

breasts

cyberbullying

erection

genitals

nipples

pregnant

scrotum

sperm duct

uterus/womb

voice breaking

Does it work?



A well-planned and carefully taught RSE & PSHE curriculum can support the pupils' wellbeing in the following areas:

- **Confidence** – helping pupils understand emotions, recognise strengths and express themselves, benefiting them in school and daily life.
- **Self-regulation** – developing strategies to manage behaviour and respond to challenges by learning about emotions, choices and consequences.
- **Relationships** – teaching about friendships, communication and conflict resolution to build stronger, more respectful relationships.
- **Empathy** – encouraging understanding of different perspectives and experiences.
- **Respect** – contributing to a positive, respectful environment and helping pupils recognise the impact of their words and actions.

Those receiving good quality RsHE throughout school life are more likely to:

- Delay their first sexual experience
- Use healthy methods of contraception
- Have fewer sexual partners



Right to withdraw

From sex education, not statutory science

Parents can request withdrawal

This applies to some or all of sex education.

Barnehurst process

We use an opt-out approach. Please email the class teacher.

Before a decision

The headteacher will discuss the request and the purpose of the curriculum.

Science is different

Content taught as part of the science curriculum is statutory.



At Barnehurst

- RSHE will be taught in Year 1 - Year 6
- Sex education will be taught in Years 5 and 6
- Children will be taught by their own class teacher
- There will be two adults in each classroom
- All the lessons will take place
- **WB: 29th June 2026 year 5 and WB: 6th July 2026 year 6**
- Only use resources provided and agreed.



Questions

