

# Relationships and Sex Education (SRE)

Information for parents and carers



# What is SRE in primary schools?

Sex and Relationships Education (SRE) is part of our PSHE curriculum at Willingham Primary School. It is about supporting children to grow up **safe, confident and respectful**. It helps children to understand themselves, their feelings and their relationships with others, and promotes kindness, respect and responsibility. SRE supports children's physical, emotional and social development in an age-appropriate and carefully planned way, complementing the guidance and values taught at home. Our approach is designed to help children feel reassured, informed and able to keep themselves safe as they grow..

# Why it is important?

We teach Sex and Relationships Education because it helps children to:

- Stay **safe** and know how to seek help
- Understand and manage their **feelings and relationships**
- Learn about **respect, kindness and personal boundaries**
- Build confidence and self-esteem
- Be prepared for the **physical and emotional changes** they will experience as they grow

# What children learn in EYFS

Children learn to:

- Recognise and talk about their feelings
- Develop positive friendships
- Learn about their own body in a very basic way (for example, knowing body parts)
- Begin to understand the idea of personal space and boundaries
- Know who they can talk to if they are worried or upset

**The focus is entirely on wellbeing, safety and relationships.**

# What children learn in Key Stage One

In Key Stage 1, learning focuses on:

- Knowing the correct names for basic body parts
- Understanding feelings and emotions
- Understanding personal hygiene
- Learning about friendships and kindness
- Knowing the difference between safe and unsafe touches
- Understanding that families can look different

Teaching is simple, factual and often taught through stories and discussion.

# What children learn in Key Stage Two

In Key Stage 2, children gradually build on earlier learning:

- Respectful friendships and relationships
- Personal boundaries and consent (in an age-appropriate way)
- Keeping safe online and in the wider world
- Understanding changes during puberty (Year 5/6)
- Knowing who to talk to if they are worried

Lessons about puberty focus on **physical and emotional changes**, hygiene and reassurance. They are factual and sensitive.

**Relationships Education and Health Education are statutory** in primary schools.

**Sex Education is not statutory** at primary level.

Any teaching about the human body is:

- ✓ Age-appropriate
- ✓ Scientifically accurate
- ✓ Focused on safety and wellbeing

Parents will be informed in advance when puberty is taught and are welcome to discuss content with the school.

# Working with parents

We value working in partnership with parents and carers.

If you have any questions or concerns, please contact the school — we are always happy to talk. Please speak to/ email either your child's class teacher or Sarah Boyle (PSHE lead)

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