



14th May 2026

Dear Parents and Carers,

Relationship and Health Education and Sex Education (RSE) Programme

As a part of your child's education at Hampton Junior School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. Please visit the school's website for more detail about our PSHE curriculum and our Relationships and Sex Education (RSE) policy. The Sex Education content is taught in Lesson 5 of the Year 6 RSE unit.

The relationship and sex education aspects of the PSHE curriculum is taught throughout the school in the summer term. This is taught in an age-appropriate and structured manner with key topics repeated and developed in greater depth as your child progresses across the school. The key topics include: changing relationships, the physical and emotional changes of puberty, growing up, personal hygiene, naming sexual organs, sex and reproduction and staying safe both on and off-line. The topics will be taught by your child's class teacher and will focus on the following objectives:

Year 3

Differences between male and females and naming body parts, exploring different types of families, what are gender stereotypes, considering touch and knowing that a person has the right to say what they like and dislike and the importance of consent, staying safe on and off-line.

Year 4

Exploring the human lifecycle, body changes during puberty, understanding that children change into adults so they are able to reproduce, developing a positive body image, considering media messages.

Year 5

The emotional and physical changes occurring in puberty, the importance of physical hygiene during puberty, knowing they have the right to be safe, to protect their body from inappropriate and unwanted contact and the importance of consent.





Year 6

The emotional and physical changes occurring in puberty, understanding how puberty and reproduction are linked, the process of conception and pregnancy, physical and emotional behaviour in relationships, developing a positive body image, knowing they have the right to be safe and to protect their body from inappropriate and unwanted contact, the importance of consent and staying safe on and off-line.

The teaching of Relationships Education and Health Education (which includes learning about the changing adolescent body and puberty) is a legal requirement for all schools and parents will not be able to withdraw their child from any aspect of Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Sex Education is not statutory in primary schools but schools are expected to provide a programme of age-appropriate sex education. Parents have the right to request to withdraw their child from any aspects of Sex Education other than those which are part of the science curriculum (life processes common to humans and other animals include nutrition, growth and reproduction and about the main stages of the human life cycle). If you would like to request a withdrawal, please send an email to the office (office.hjs@hpp.school) and arrange a meeting with Mr James to discuss this process. Please find attached guidance from the Department of Education regarding the teaching of Relationships and Health Education in schools.

If you have any questions about the content of these sessions, please speak to your child's class teacher, who will be happy to share the resources being used with you.

Mr T Wootton and Miss D Peaty
PSHE Subject lead

