

Rudyard Kipling Primary School and Nursery



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Monday 1st June 2026

Dear RKPS Families,

This half term, the children will be having lessons on relationships and sex education.

The lessons we are delivering have been developed by Brighton & Hove City Council in partnership with schools, local charity Safety Net and using national guidance. The lessons will be adapted to meet pupils' needs. Due to its importance, Relationships and Health Education is compulsory in primary schools.

You can find out more about statutory relationships and health education here:

[https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships_Education_RSE_and_Health_Education.pdf)

At Rudyard Kipling Primary School, we teach sex education in an age appropriate and safe way. In our school, we think this learning is important to keep our children safe and to support them to develop skills, knowledge and understanding that they need now and in the future.

Key learning questions that will be covered by each year group have been attached to this letter. There is also an information leaflet about why we teach Relationship and Sex Education at Rudyard with further details. The key learning questions along with our PSHE policy can also be found [here](#) on the school website. The government states that parents can withdraw their children from any non-statutory content.

Parents and carers have the right to withdraw their child from sex education, although in our school this will be small parts of lessons as shown below with **. If you would like to withdraw your child, please contact the school.

If you have any questions about the topic, please email the school using admin@kipling.brighton-hove.sch.uk

This PSHE topic will be most successful when it is followed up at home as children may often have further questions parents and carers are best placed to answer. Some books you may find useful if your child does happen to have any questions are:

'Who has what?' By Robie Harris

'Amazing you!' By Gail Saltz

'Let's talk about where babies come from' By Robie Harris (KS2)

'What's happening to me? (girls edition) By Susan Meredith and Nancy Leschnikoff

'What's happening to me? (boys edition) By Alex Frith and Nancy Leschnikoff

In addition, the website amaze.org/parents has a section for parents and carers which you may find quite handy.

Year group	Lesson 1	Lesson 2	Lesson 3	Lesson 4
R	What can we do to look after our bodies? Can you label all the parts of our bodies including personal and private parts? *	What do we need to grow up healthy? Why do we need friends?	How can we look after ourselves and our bodies at school?	
1	What makes a family? How do babies grow into children?	What keeps our bodies healthy as we grow?	Can you label all the parts of the bodies including personal and private parts? * How do we keep our bodies safe?	
2	Are any two bodies the same size and shape? What do we love about our bodies? Why is it wrong to tease someone about how they look?	**Why are there differences between most girls' and most boys' bodies? Why do all animals including humans have male and female body parts?	What makes a good friend? Does it matter if our friends are boys or girls? Is there more than one way	
3	What are the names of female and male personal and private body parts and what do they do? Do bodies come in all shapes and sizes?	How can we feel good about ourselves? Should we all look the same? How do I pick myself up if I feel down?	What is a family? Are all families the same? How do families change?	What is a healthy relationship? When does friendship feel good?
4	What happens to my body as I grow and change from a child to a grown up?	How do the changes at puberty affect how young people might feel?	What friendship skills will I need as I grow and change? How can I keep healthy and safe as I grow and change?	**How do human babies begin? What are the different ways that
5	What causes embarrassment? How can we manage the ups and downs in friendships? Why is trust important in friendships?	What does puberty mean? How do children grow and change into young adults?	What is puberty like for most girls and most boys? What is exciting about growing up? How can we grow confidence to talk about puberty and ask questions?	What do young people need to do to look after themselves during puberty?(hygiene)
6	What is body image? How do images in the media affect how we feel about ourselves?	When do friendships feel positive online and face to face? How can I stay safe online?	How can I stay safe online? What is safe to share online? How can I find out information about growing up safely?	**What is the difference between a grown up relationships and friendship? How do human babies start? How are human babies born?

* Progression of language introduced from YR for private personal parts

YR- vulva, vagina penis

Y1- vulva, vagina, penis, testicles, anus

Y2/3- vulva, vagina, clitoris, penis, testicles, anus, breasts,

Y4/5/6- vulva, vagina, clitoris, uterus/womb, penis, testicles, anus, breasts

Yours sincerely

Euan Hanington

Headteacher

Natalie Goozee

PHSE co-ordinator