



# Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Thursday 21<sup>st</sup> May 2026

Dear Parent/Carer,

## Re: Year 1 – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately four age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools across the UK, and its purpose, which is presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Kapow' that we use for our Personal, Social and Health Education (PSHE) lessons. This year, we will be using the updated 'Christopher Winter Project: Teaching RSE with Confidence in Primary Schools 2026' which has been fully reviewed and updated in line with the 2025 DfE Relationships Education guidance.

The programme for Year 1 pupils is 'Growing Up, Staying Safe'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the science national curriculum. We would strongly urge parents to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Monday 8<sup>th</sup> June** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents/carers before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon  
Headteacher

# YEAR 1: SCHEME OF WORK - GROWING UP, STAYING SAFE

**Key Vocabulary:** friend, kind, different, lonely, private parts, body, penis, vulva, grown-up, help, safe, proud, family, talk, screen, camera, online, trust, feelings, scared, happy, cross, calm, excited, unsure

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p><b>Lesson 1</b> Different Friends</p>	<p><b>Learning Intention</b> To learn how to be a kind and welcoming friend, even when people are different to us.</p> <p><b>Learning Outcomes</b> I know that friends can be different from me. I can say one way to be kind to a new friend.</p>	<p>Talking object <b>Yr 1 – Lesson 1 – Story card</b> Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one. Paper and coloured pencils</p>	<p><b>Relationships education</b> Caring friendships (CF 2, 3) Respectful, Kind relationships (RR5)</p>
<p><b>Lesson 2</b> Growing and Changing</p>	<p><b>Learning Intention</b> To understand how we grow and change. To learn the correct names for private parts of the body.</p> <p><b>Learning Outcomes</b> I can name something I can do now that I couldn't do as a baby. I know the right names for the private parts. I know that some parts of my body are private.</p>	<p>Talking object <b>Year 1 - Lesson 2 – Social Story</b> Story bag containing one of the Drawings of Newborn Babies (you can use either), soap, flannel, school jumper <b>Drawings of newborn babies</b> <b>Lifecycle picture cards</b> <b>Lifecycle whiteboard summary</b></p>	<p><b>Relationships Education</b> Being safe (BS2, BS3) <b>Health Education</b> Developing bodies (DB3) <b>Science Curriculum</b> (S1)</p>
<p><b>Lesson 3</b> Body Safety (Online and Off)</p>	<p><b>Learning Intention</b> To understand that our private body parts are private, even when we are using screens or video calls.</p> <p><b>Learning Outcomes</b> I know what private means. I know that no one should ask to look at or touch my private parts. I know I can speak to a trusted adult if I feel unsure or unsafe.</p>	<p>Talking object <b>Drawings of babies</b> <b>Year 1 – Lesson 3 – Social Story</b> A jumper (to represent Jai), a pair of trousers and a smartphone or tablet Drawing materials</p>	<p><b>Relationships education</b> Respectful, Kind relationships (RR2) Online safety and awareness (OS1) Being safe (BS2, 3, 6, 7)</p>
<p><b>Lesson 4</b> Families &amp; Care</p>	<p><b>Learning Intention</b> To know that families can be different To identify adults we can talk to when something doesn't feel right.</p> <p><b>Learning Outcomes</b> I know that families can look different. I know it's okay to talk to someone if something makes me feel worried or upset. I can name a safe adult I could talk to.</p>	<p>Talking object <b>Year 1 Lesson 4 Social Story</b> Story bag - containing ball and school jumper <b>Families pictures</b></p>	<p><b>Relationships education</b> Families and people who care for me (F2, F3, F4, F6) Respectful, Kind Relationships (RR1) Being safe (BS1, BS6, BS7)</p>