



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Thursday 21st May 2026

Dear Parent/Carer,

Re: Year 3 – 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 3 pupils is 'Valuing Difference and Keeping 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Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the Science national curriculum.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 8th 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 3: SCHEME OF WORK - VALUING DIFFERENCE AND KEEPING SAFE

Key Vocabulary: unique, body, private, male, female, penis, scrotum, vulva, vagina, uterus, consent, personal space, boundaries, uncomfortable, safe, unsafe, secret, trusted adult, help, respect, online, message, photo, camera

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Body Differences</p>	<p>Learning Intention To understand that all bodies are unique and to know some of the differences between male and female bodies.</p> <p>Learning Outcomes I can talk about how people's bodies are similar and different I can name the private parts of the body using scientific words I know it's never okay to make fun of someone's body</p>	<p>It's OK to be different, Todd Parr Slides: male and female bodies Body difference matching cards</p>	<p>Relationships education Respectful relationships (RR5, RR8, RR9) Health Education General wellbeing (GW7) Developing bodies (DB3) Science curriculum (S1)</p>
<p>Lesson 2 Personal Space and Consent</p>	<p>Learning Intention To understand personal space, body boundaries and what to do if someone makes us feel uncomfortable</p> <p>Learning Outcomes I can say what personal space means and why it matters I know it's okay to say "No" to touch that I don't like I know how to get help if something makes me feel unsafe</p>	<p>Unwanted touch scenarios PANTS cards</p>	<p>Relationships education Families and people who care for me (F6) Being safe (BS1, BS3, BS4, BS5, BS6, BS7) Respectful relationships (RR2, RR3, RR7, RR11)</p>
<p>Lesson 3 Families and People Who Help Us</p>	<p>Learning Intention To understand that families can be different and to know who I can talk to if I feel upset, worried or unsafe</p> <p>Learning Outcomes I can name some different kinds of families I can talk about how family members help and care for each other I can name at least two people I could talk to if I needed help</p>	<p>Families pictures Who can I talk to? worksheet The Family Book, Todd Parr</p>	<p>Relationships education Families and people who care for me (F1, F2, F3, F4, F6) Respectful, Kind Relationships (RR11) Being safe (BS4, BS6, BS7)</p>
<p>Lesson 4 Staying Safe and Getting Help – Online</p>	<p>Learning Intention To understand how to stay safe online and what to do if someone makes us feel uncomfortable or unsafe in a message, photo or video</p> <p>Learning Outcomes I can explain why my body is private online as well as offline I know what to do if someone sends or asks for something that makes me feel worried or confused I can name a trusted adult I could talk to if something online didn't feel right</p>	<p>Advice Scenarios Advice Scenarios Teacher Guide Pictures of staff and the school safeguarding team</p>	<p>Relationships education Online safety and awareness (OS 1, 2, 3, 4, 5, 6) Being safe (BS 1, 2, 3, 4, 5, 6) Health Education Wellbeing Online (WO 1, 4, 5, 8, 10, 11)</p>