



JIGSAW
PSHE 3-11

Relationships, Sex and Health Education (RSHE) in Primary Schools

Information for parents and carers






December 2025



SESSION OUTLINE

RSHE – A home and school partnership



-  DfE RSHE Guidance (2025)
-  What does the guidance mean for you as parents/carers?
How we support parents
-  RSHE lessons within Jigsaw PSHE 3-11 – some examples
-  How we manage questions from children
-  Any questions?

RELATIONSHIPS – HAVE A THINK!



Where and when did you learn about different types of relationships?



Where and when did you learn about puberty?

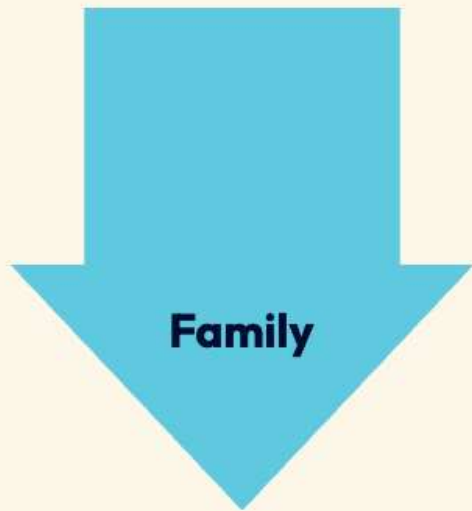


Who or what influenced you?



WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

Today's world is very different to when we were young.



Family:

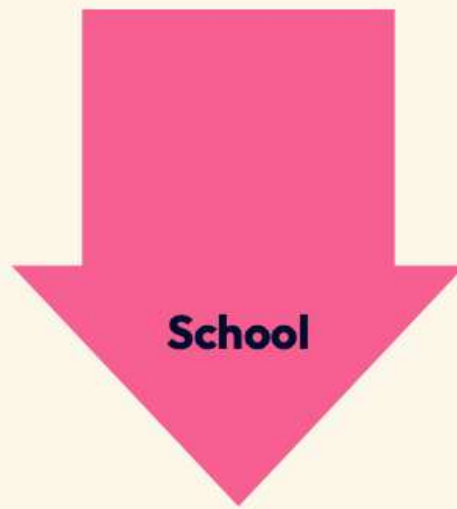
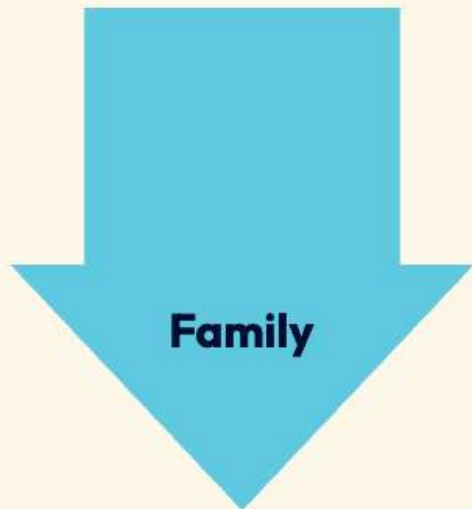
From birth, small children learn about relationships through their family interactions with parents, siblings, grandparents and wider family

Also, close family friends.

Hopefully these relationships are close and loving so children grow up feeling safe and secure.

WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

Today's world is very different to when we were young.



School:

When they get into school, they learn to form relationships with people they don't know – both with adults (Teachers/TA's/other school staff) and other children.

Friendships form and they learn how to make friends and start to see how friendships may change with time – falling out and moving friendship groups.

The Government has introduced an obligation for schools to teach about relationships - and more.

WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

Today's world is very different to when we were young.

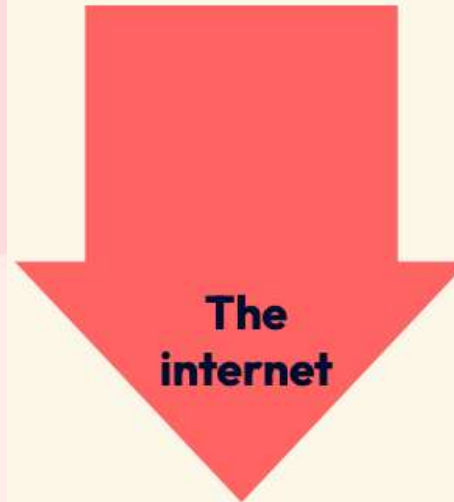
The Internet:

Access to online media and websites gives children more indication of what relationships may look like between people.

Not all of the information they see may be useful or safe.

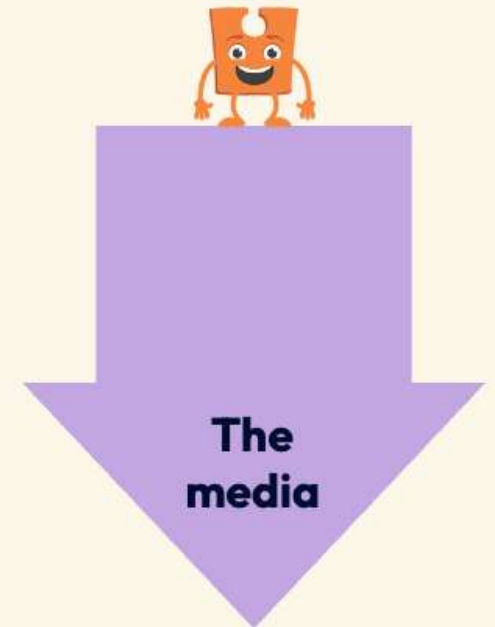
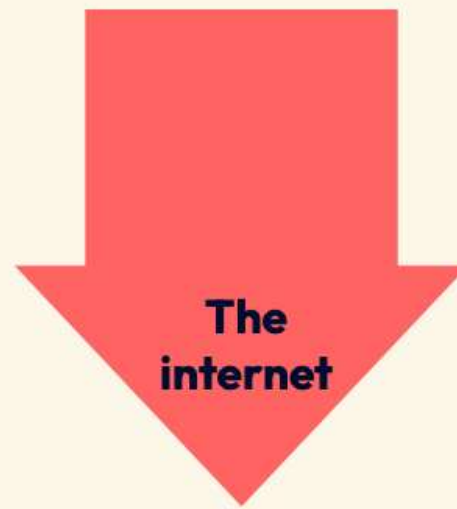
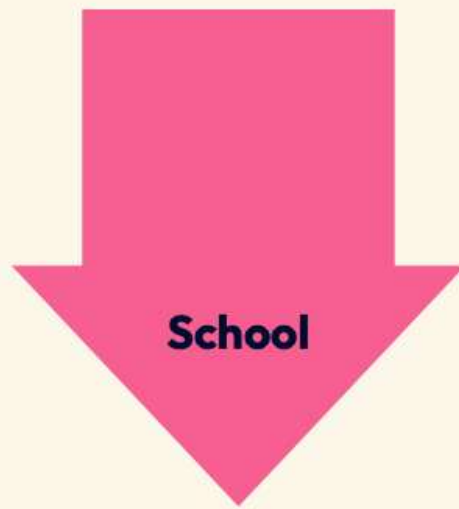
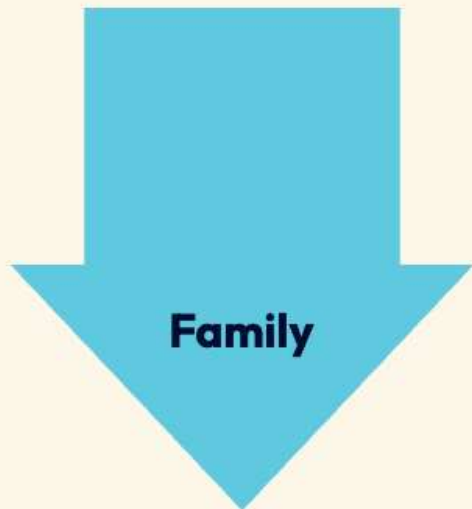
Some of these interactions may be positive, but others may give a more negative impression.

How adults relate to each other as friends, as romantic partners, as intimate partners – opinions on the Internet vary widely and can be confusing.



WHERE DO CHILDREN TODAY LEARN ABOUT RELATIONSHIPS?

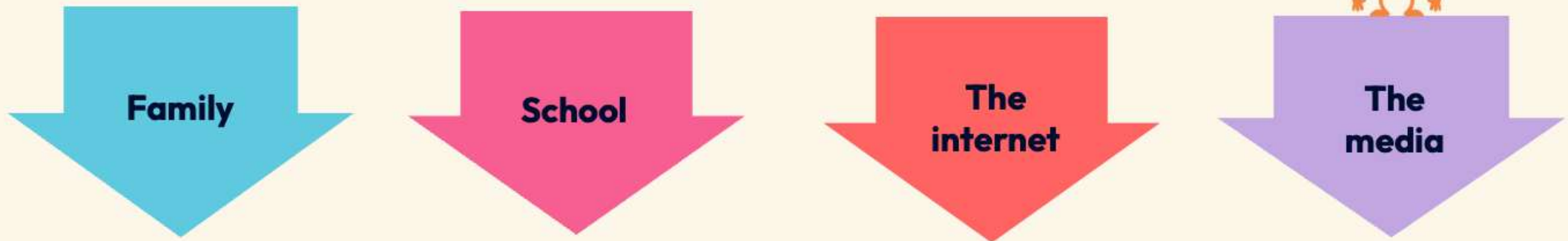
Today's world is very different to when we were young.



Media – social media like TikTok and Instagram; TV; Music

Social media is full of people with differing opinions of what a relationship is. Some of these may be toxic and negative, others will be more positive and demonstrate respect, tolerance and love.

REMEMBER...



When it comes to relationships, **children's heads are not empty** – they may have picked up inaccurate information, myths and half-truths from lots of different sources.

Our focus should be on **building healthy attitudes and positive relationships**, so children can make good decisions later in life and become kind, caring adults.

We mustn't let our adult knowledge of relationships and sex prevent us **seeing things from a child's perspective**.

WHAT DO ALL JIGSAW LESSONS PROVIDE FOR YOUR CHILD?



- Safeguarding
- Age-appropriate content
- Accurate information e.g. names for body parts



- A safe and supportive environment
- The chance to ask questions
- The chance to discuss common issues and worries
- The chance to see and celebrate what healthy, respectful relationships look like



- How to recognise when relationships are not healthy
- Where to find out more
- Where to get help





DfE RSHE STATUTORY GUIDANCE (2025) for English schools

In England, this statutory guidance was published in July 2025. It replaces the guidance that has been in place since 2020 and is due to come into force from **1st September 2026**.



DfE RSHE GUIDANCE (2025)

What do schools have to teach?

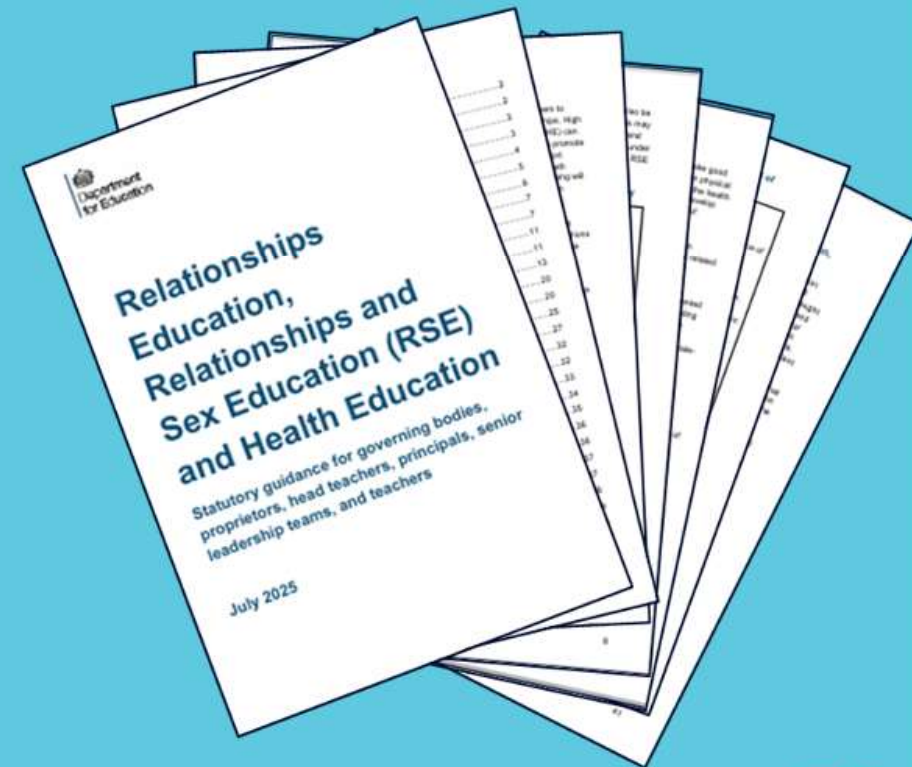
For **Primary schools**, the guidance is split into 2 main sections:

- **Relationships Education** (with further guidance on Sex Education)
- **Health and Wellbeing Education**

Becomes statutory in September 2026

Both sections contain elements which are statutory.

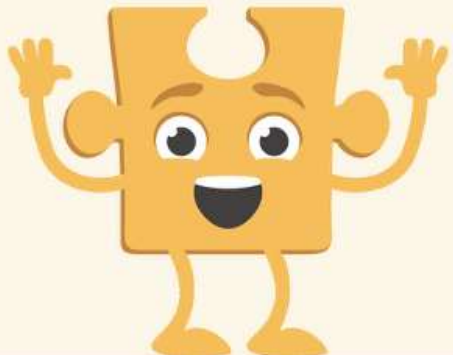
This means that schools must teach these lessons and parents cannot take their children out of the lessons.



RELATIONSHIPS EDUCATION: THE AIMS

'The focus for primary relationship education should be on teaching the skills and knowledge that form the **building blocks of all positive relationships**, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe.'

(Guidance para 24)



Statutory Relationships content

This is split into 5 sections which are statutory for Primary schools to teach. Each section is further subdivided into a number of statements – there are 37 in total which must be delivered across Years 1-6 at primary school.

Many of the statements will be revisited across more than one year group and the content will adjust to the age of the children as they mature and grow.

STATUTORY RELATIONSHIPS CONTENT



✓ Families and people who care for me

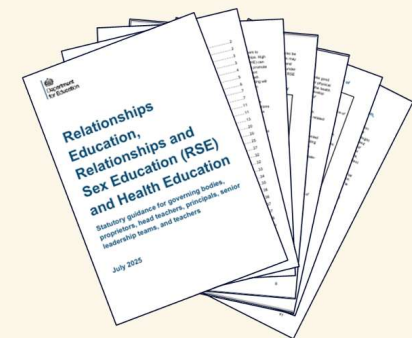
✓ Caring friendships

✓ Respectful, kind relationships

✓ Online safety and awareness

✓ Being Safe

✓ Sex Education (non-statutory)



STATUTORY RELATIONSHIPS CONTENT



✓ Families and people who care for me

✓ Caring friendships

✓ Respectful, kind relationships

✓ Online safety and awareness

✓ **Being Safe**

✓ *Sex Education (non-statutory)*

‘Primary relationships education should be anchored in an understanding of positive relationships but should also equip children to keep themselves and others safe, and to recognise and report risks and abuse, including online.’

(Guidance para 27)

‘Building children’s understanding and skills at primary is essential for preparing them for more complex content at secondary.’

(guidance para 25)

SEX EDUCATION IN PRIMARY SCHOOLS

Sex education is learning about human reproduction. It is defined as those lessons covering sexual intercourse, conception, the stages of pregnancy and birth. It includes the emotional impact of having a baby as well as the physical facts.

Sex Education for Primary

Sex Education is part of the Relationships curriculum but, unlike the other sections is not statutory to teach in Primary schools.

SEX EDUCATION IN PRIMARY SCHOOLS

Sex education is learning about human reproduction. It is defined as those lessons covering sexual intercourse, conception, the stages of pregnancy and birth. It includes the emotional impact of having a baby as well as the physical facts.

Sex education is **not** learning about different types of sexual activity.

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Jigsaw lessons are always age-appropriate.

In line with the guidance, Jigsaw lessons on Sex Education now can be found in the Year 5 and Year 6 Changing Me curriculum, delivered in Summer term 2.






SEX EDUCATION IN PRIMARY SCHOOLS

‘Sex Education is not compulsory in primaries, and parents have the right to withdraw their children from sex education as part of RSHE, **but we recommend that primaries teach sex education in years 5 and/or 6.**’

(Guidance para 30)

Our school will be delivering sex education lessons in line with the guidance as we feel they are an important part of high-quality relationships education for children.

SEX EDUCATION IN JIGSAW PSHE 3-11

-  Sex Education lessons are found in the Year 5 and 6 'Changing Me' puzzle which is delivered in the summer term.
-  The content covers sexual intercourse, conception, the stages of pregnancy and birth (human reproduction).
-  The emotional impact of having a baby and the joy of pregnancy and birth is explored alongside the physical facts.

YOUR RIGHT TO WITHDRAW



Our school delivers Sex Education lessons in Years 5 and 6 as we feel they are an important part of Relationships education for children.



Parents/carers can withdraw their child(ren) from Sex Education lessons delivered as part of RSHE.



Parents cannot withdraw their child(ren) from any other Relationships or Health and Wellbeing lessons.



The school will engage with and support parents in their decisions regarding their child's participation in Sex Education lessons.

ACCESSING MATERIALS

- Parents/carers can request to see all the materials taught to their child(ren) in the RSHE (Jigsaw) curriculum.
- There is a Parent Portal which gives parents access to all teaching materials online. You can request access at any time. Speak to the school if you would like to do this.
- If you want to discuss withdrawing your child(ren) from sex education lessons, then you can make an appointment to discuss this with the school.

Parent Access has been designed in a way that will enable schools in England to meet the expectations set out by the Secretary of State for Education in her letter to schools in March 2023 around the sharing of published programmes used for RSHE.

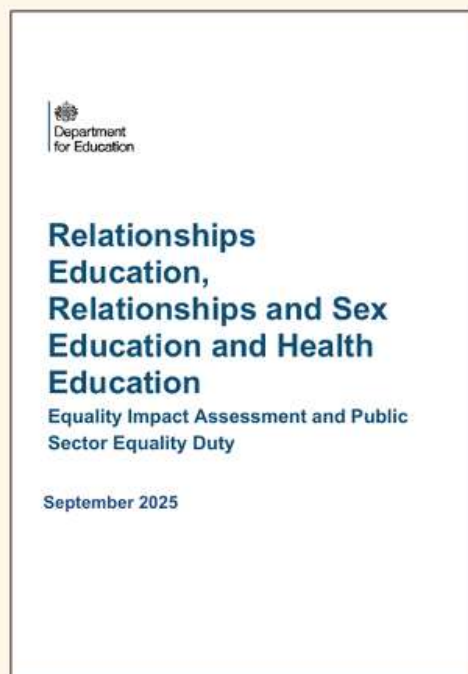
Instructions:

1. Click '**Request Access Code**' (if below) to generate your unique code, whereafter this page will refresh. You only need to generate it once per academic year.
2. Click '**Download**' to retrieve your generated PDF or highlight and copy the code from the page.

[Request Access Code](#)

PROTECTED CHARACTERISTICS

Jigsaw PSHE 3-11 materials will continue to reflect and celebrate difference in our communities and comply with the relevant provisions of the Equality Act 2010.



Religion and Belief

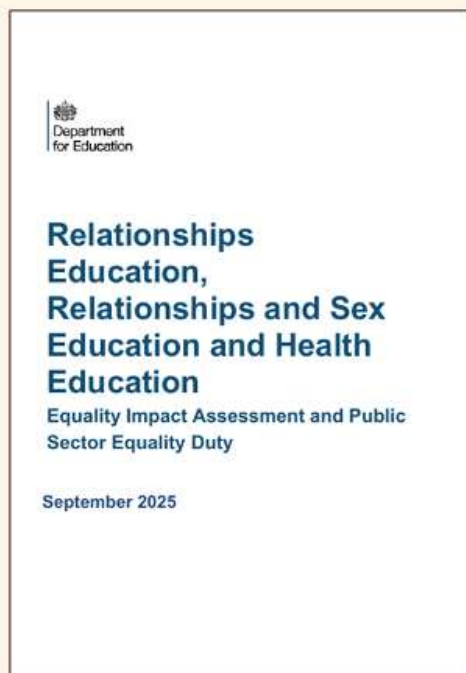
‘RSHE should be sensitive to the religious backgrounds of pupils.’ (Guidance para 73)

‘All schools may teach about faith perspective...’

‘...Schools should be clear when they are delivering content that reflects religious belief.’ (Guidance para 74)

PROTECTED CHARACTERISTICS

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LGBT

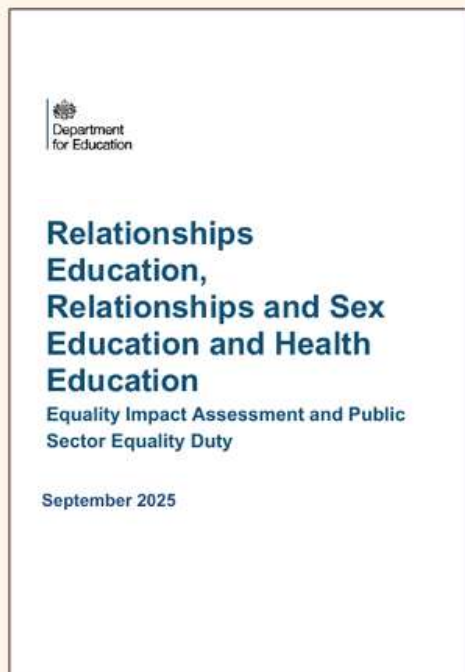
‘Pupils should understand the importance of equality and respect throughout their education.’ (Guidance para 67)

‘We strongly encourage primary schools to teach about healthy loving relationships and to include same-sex parents along with other family arrangements when discussing families.’ (Guidance para 68)

‘Schools should be clear that bullying or disrespectful language or behaviour is never appropriate.’ (Guidance para 71)

PROTECTED CHARACTERISTICS

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Gender Questioning children

We are currently waiting for guidance to be released specifically about supporting children who may be questioning their gender.

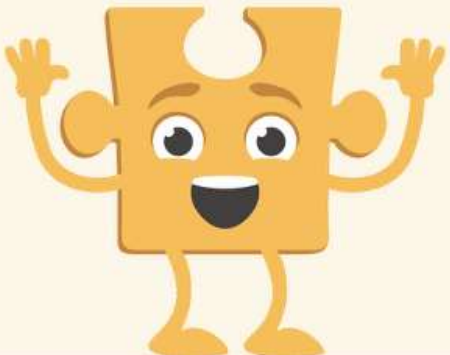
However, there are **no specific lesson requirements** to cover this in the current primary curriculum.

The emphasis in Jigsaw lessons is on teaching about different types of relationships, respecting differences and the themes of acceptance, tolerance and respect.

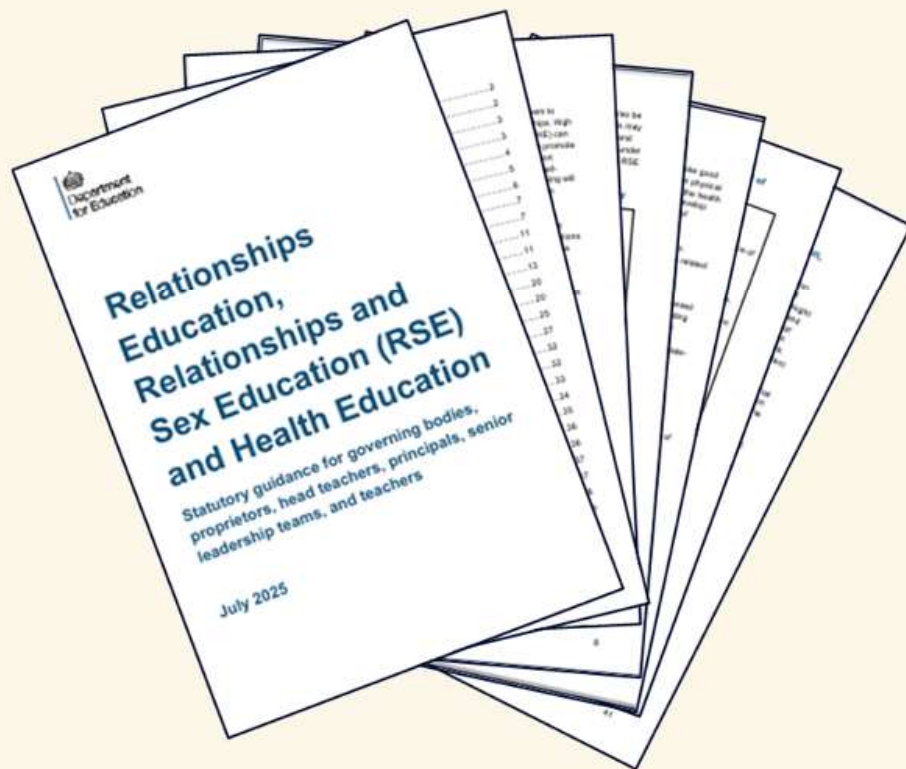
HEALTH AND WELLBEING EDUCATION: THE AIMS

'The aim of teaching about health and wellbeing is to enable pupils to make good decisions about their own health and wellbeing, to understand the links between physical and mental health, to recognise when things are not right in their own health or the health of others and to seek support when needed.'

(Guidance para 37)



STATUTORY HEALTH AND WELLBEING CONTENT



✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs, Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

✓ Personal Safety

✓ Basic First Aid

✓ Developing Bodies

STATUTORY HEALTH AND WELLBEING CONTENT

‘Health education in primary starts with the benefits and importance of physical activity, good nutrition and sufficient sleep, and supports pupils to develop emotional awareness.

Schools should emphasise the relationships between physical health and mental wellbeing, and the benefits of physical activity and time spent outdoors.’

(Guidance Para 40)



✓ General Wellbeing

✓ Wellbeing Online

✓ Physical Health and Fitness

✓ Healthy Eating

✓ Drugs, Alcohol, Tobacco and Vaping

✓ Health Protection and Prevention

✓ Personal Safety

✓ Basic First Aid

✓ Developing Bodies

Health and wellbeing content:

The content covers a wide range of health and wellbeing content – all of which is statutory to teach. This means parents cannot withdraw their children from these lessons.

Content includes exploring physical health, such as the importance of a balanced diet, physical activity and sleep; personal safety (including road, railway and water safety) and some age-appropriate drug education – particularly looking at alcohol, tobacco and vaping.

It is also strongly linked to emotional awareness – how children can look after their own wellbeing both online and offline, and some basic first aid.

These lessons also include the category called developing bodies which are lessons on puberty and menstruation. We will look at these lessons in more detail next.

DEVELOPING BODIES: WHAT CHILDREN WILL LEARN



Curriculum content related to puberty and menstruation should be complemented by sensitive arrangements to help girls prepare for and manage menstruation, including with requests for period products.

(Guidance para 39)

Statement 1

About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.

Statement 2

The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all these parts of the body are private and have skills to understand and express their own boundaries around these body parts.

Statement 3

The facts about the menstrual cycle, including physical and emotional changes. Whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

DEVELOPING BODIES: WHAT CHILDREN WILL LEARN



Curriculum content related to puberty and menstruation should be complemented by sensitive arrangements to help girls prepare for and manage menstruation, including with requests for period products.

(Guidance para 39)

These lessons do not include any mention of sexual activity.

Class Teachers in Years 5 and 6, as well as our Pastoral Worker (Mrs Challenger) have period products in school if a children should request them. Key Stage 2 toilets also have sanitary bins for pupils.

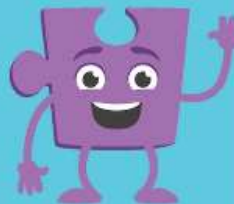
These elements of puberty and menstruation are part of the curriculum and parents cannot withdraw children from these lessons

Statement 3

The facts about the menstrual cycle, including physical and emotional changes. Whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.

WHAT DOES THIS GUIDANCE MEAN FOR PARENTS AND THEIR CHILDREN?

- Schools are able to create **safe spaces** where children can have **meaningful discussions**.
- They will ensure teaching remains **age-appropriate**.
- Building on positive early relationships forms the **foundation for understanding respect and kindness** in all relationships.
- Children will learn **how to be safe**, and to **know how to ask for help** if they need it.





JIGSAW TEACHING MATERIALS

Relationships Education

JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

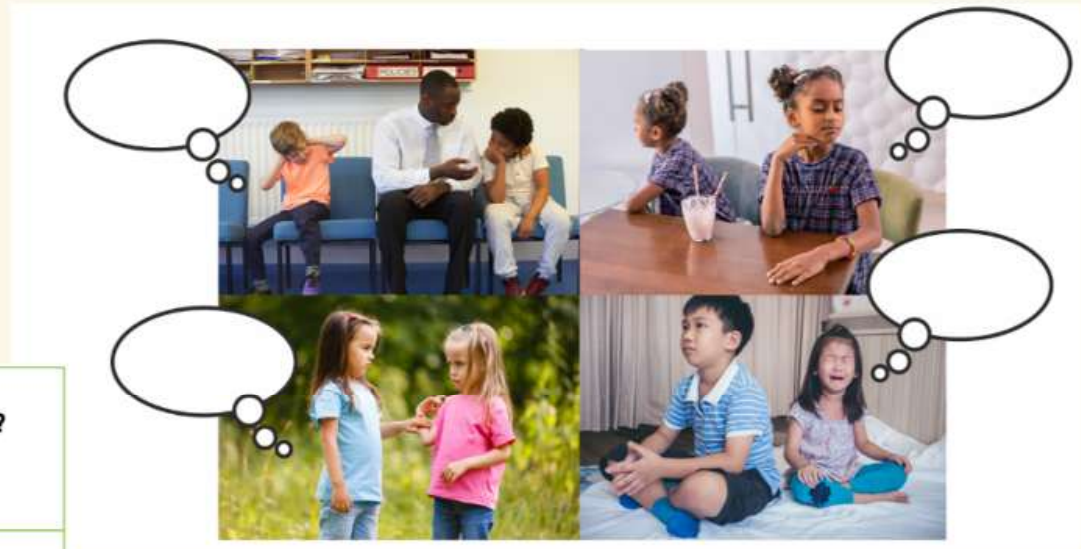
Key Stage 1 – Life Cycles




**Baby
to Adult**



JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

Key Stage 1 – Friendships



	<p>Stop Think about how you're feeling. Angry? Upset? Disappointed? Let down? Try to calm these feelings so you can think about what's gone wrong.</p>
	<p>Get Ready Look at each other's point of view. Listen to how the other person sees it. Talk calmly about how you see it. Work out what's gone wrong.</p>
	<p>Mend the Friendship Say sorry if you need to (even if it's hard). Agree how to put it right. Do something fun together. Have a special 'make friends' sign, gesture or phrase (touch little fingers, say "make friends, make friends...").</p>



JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

Key Stage 1 - Different types of family



Key Stage 1 – different types of family.

The guidance asks schools to recognise and value the many different types of family there are including those with same-sex parents, single parent families, those led by Grandparents, extended families, step-families, foster families etc.

In KS1 this is tackled through using a wide range of images so children can see families that look like theirs and recognise that there are other types also.

This imagery occurs throughout the scheme of work in all the different puzzles.

JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

Key Stage 2 - Jealousy

Situation Cards



JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

Key Stage 2 – online safety and awareness



How might fake or AI-generated content be risky or harmful?

The SMARTT rules

S – SAFE

Keep personal information like pictures, names, passwords or address offline and protect your information and others' by making strong passwords. Follow your home or school system for reporting problems.

M – MEETING

People you meet online are still strangers, so don't arrange to meet them in real life or through another app or game. Always tell an adult if someone asks you to do this.

A – ACCEPTING

It's really easy to quickly accept invitations by clicking links, opening e-mails, clicking on pictures etc. This is how many online viruses are spread so always check with a safe adult before you do this.

R – RELIABLE

It's really difficult to tell what information is reliable and helpful online, and to know if the people you meet online are really who they say they are too. Keep your chatting online to friends and family you know in real life where you can, and check with an adult before you talk to anyone new, or use a new app.

R – RIGHTS + RESPONSIBILITIES

Remember that you need to treat people with respect and kindness online in the same way as if you were chatting face-to-face with them. Think before you post, share or reply to someone in case it may be unkind or unhelpful.

T – TELL

If something online is worrying you or a friend, tell a trusted adult. If it is making you feel uncomfortable, listen to your instinct and talk to someone who can help you work out if something is not right, and what you can do next.

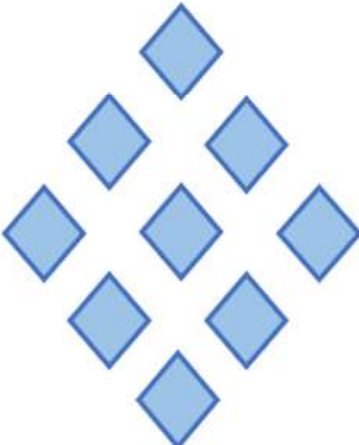
JIGSAW MATERIALS – RELATIONSHIPS EDUCATION

Key Stage 2 – Sex Education


Jigsaw

Before a couple decides to have a baby, they should _____


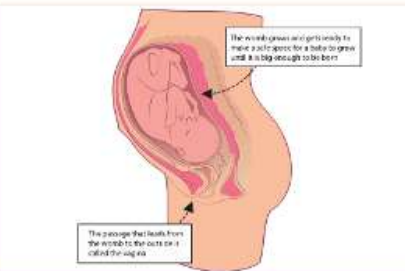
Most important



Least important



Conception : (kun-SEP-shun)



Jigsaw



JIGSAW TEACHING MATERIALS

Health and Wellbeing Education

JIGSAW MATERIALS

HEALTH AND WELLBEING EDUCATION

Key Stage 1 – Road Safety



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JIGSAW MATERIALS

HEALTH AND WELLBEING EDUCATION

Key Stage 1 – Physical Health



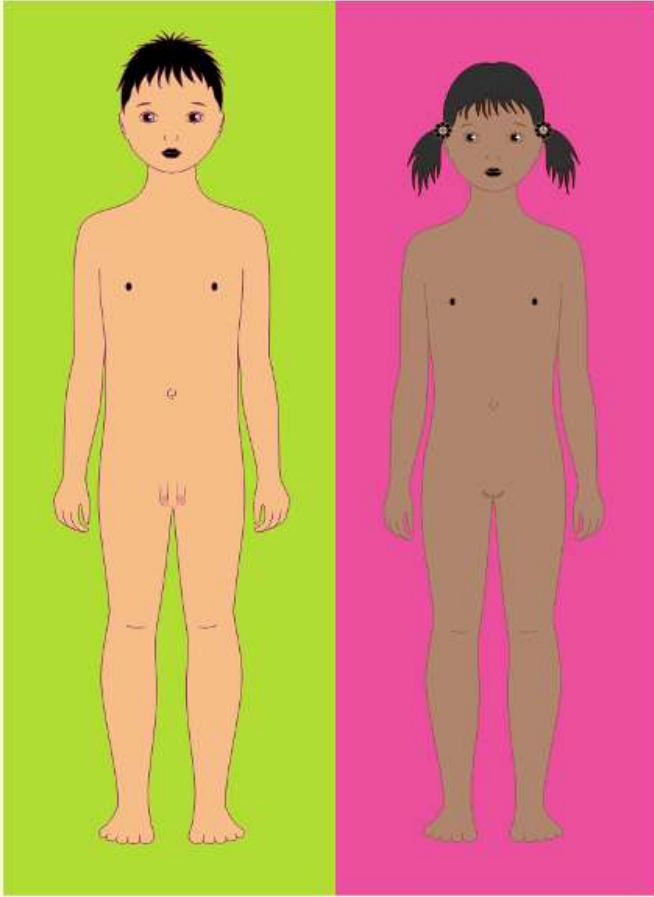
JIGSAW MATERIALS

HEALTH AND WELLBEING EDUCATION

Key Stage 1 – How our bodies change



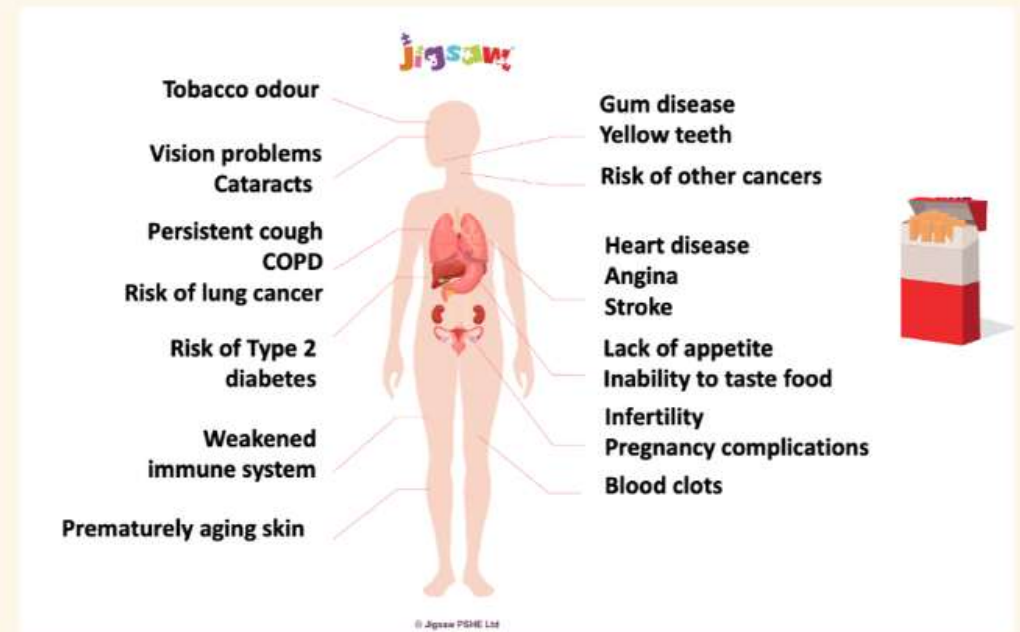
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JIGSAW MATERIALS

HEALTH AND WELLBEING EDUCATION

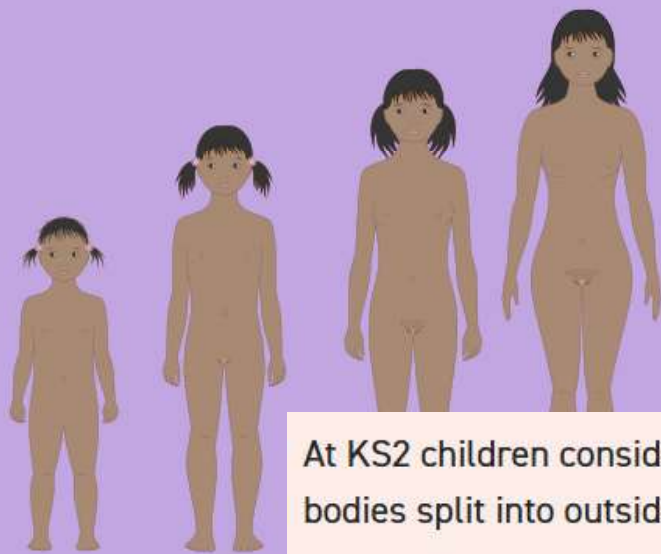
Key Stage 2 – Tobacco and vaping



JIGSAW MATERIALS

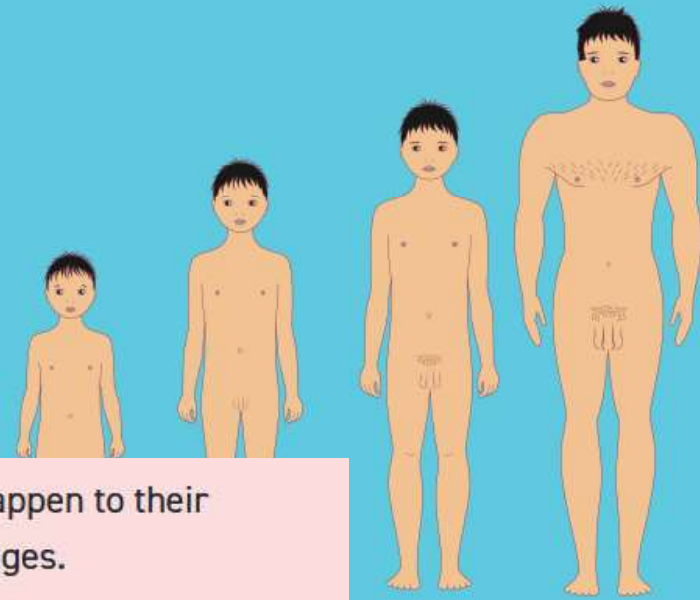
HEALTH AND WELLBEING EDUCATION

Key Stage 2 – Puberty – outside changes



At KS2 children consider the changes that will happen to their bodies split into outside changes and inside changes.

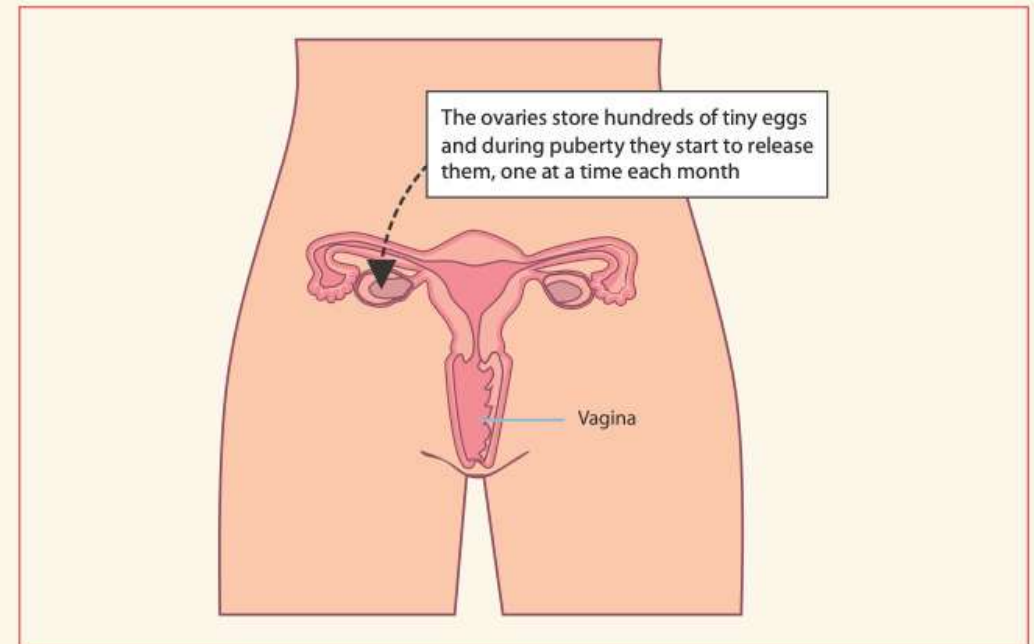
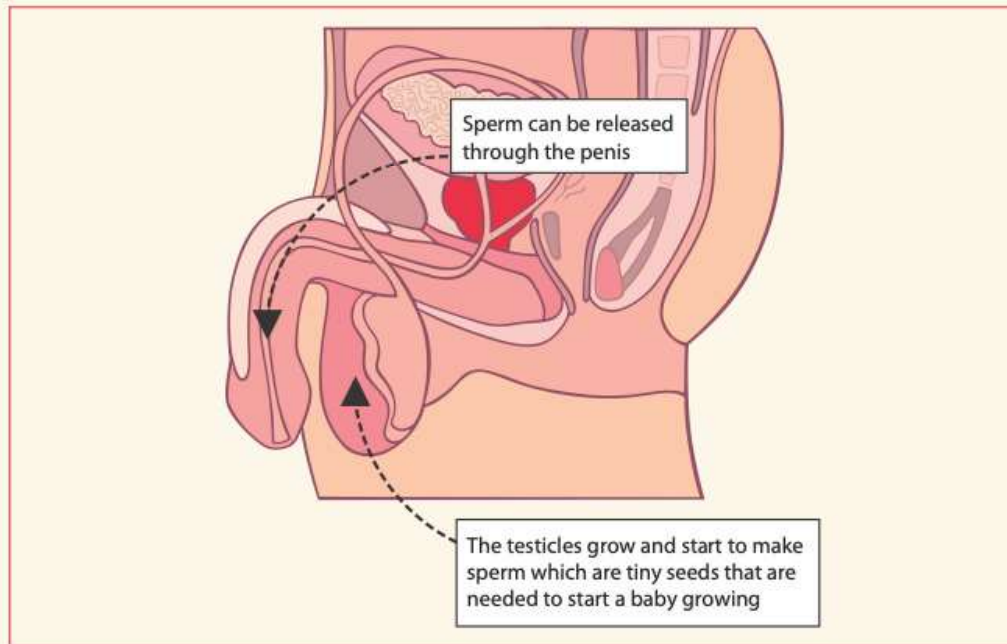
These changes introduce common language, such as names for body parts, and a consideration of the emotional effects of puberty alongside the physical changes they will observe.



JIGSAW MATERIALS

HEALTH AND WELLBEING EDUCATION

Key Stage 2 – Puberty – inside changes



It is recognised that children will sometimes have questions they want to ask and that for those children who have been withdrawn from Sex Education by their parents/carers, this can be even more difficult for schools to manage.

Schools provide safe spaces for children to explore these sensitive topics and feeling safe enough to ask questions (and to receive accurate and truthful answers in return) is part of that trusting relationship that school staff will have with pupils.

ANSWERING QUESTIONS FROM CHILDREN

From time to time, pupils may ask questions about topics which go beyond any sex education covered by the school or relate to sex education from which they have been withdrawn.

How do we handle such questions?





ANSWERING QUESTIONS FROM CHILDREN

- We recognise that children whose questions go unanswered **may turn to inappropriate sources of information**, including online.
- Depending on the individual circumstances, we **may ask the pupil to speak to their parent/carer or a trusted adult**.
- Our emphasis will always be on **supporting the child**.

ANSWERING QUESTIONS FROM CHILDREN

- We also provide a safe learning environment for children within lessons through the **Jigsaw Charter** rules.
- Any concerns about a child's wellbeing would lead to the teacher consulting with the **Designated Safeguarding Lead** for the school.





JIGSAW RESOURCES FOR PARENTS

Jigsaw parent information leaflet – RSHE includes talking to your child about relationships, puberty and sex

