



Tuesday 14<sup>th</sup> April 2026

Dear Parents and Carers of Year 3,

## Relationships and Sex Education

Each year we like to share the proposed curriculum for our Relationships and Sex Education with our parents and carers, not only to let you know that this content will be taught soon but also to allow you to be prepared for any questions your child may ask at home.

For Year 3, the content includes;

Topic	In this unit of work, students learn...
<b>Safe relationships</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour	<ul style="list-style-type: none"> <li>• What is appropriate to share with friends, classmates, family and wider social groups including online</li> <li>• about what privacy and personal boundaries are, including online</li> <li>• basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision</li> <li>• that bullying and hurtful behaviour is unacceptable in any situation</li> <li>• about the effects and consequences of bullying for the people involved</li> <li>• about bullying online, and the similarities and differences to face-to-face bullying</li> <li>• what to do and whom to tell if they see or experience bullying or hurtful behaviour</li> </ul>
<b>Respecting ourselves and others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<ul style="list-style-type: none"> <li>• to recognise respectful behaviours e.g. helping or including others, being responsible</li> <li>• how to model respectful behaviour in different situations e.g. at home, at school, online</li> <li>• the importance of self-respect and their right to be treated respectfully by others</li> <li>• what it means to treat others, and be treated, politely</li> <li>• the ways in which people show respect and courtesy in different cultures and in wider society</li> </ul>
<b>Families and friendships</b> What makes a family; features of family Life	<ul style="list-style-type: none"> <li>• to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents</li> <li>• that being part of a family provides support, stability and love</li> <li>• about the positive aspects of being part of a family, such as spending time together and caring for each other</li> <li>• about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty</li> <li>• to identify if/when something in a family might make someone upset or worried</li> <li>• what to do and whom to tell if family relationships are making them feel unhappy or unsafe</li> </ul>
<b>Growing and changing</b> Personal strengths and achievements; managing and reframing setbacks	<ul style="list-style-type: none"> <li>• that everyone is an individual and has unique and valuable contributions to make</li> <li>• to recognise how strengths and interests form part of a person's identity</li> <li>• how to identify their own personal strengths and interests and what they're proud of (in school, out of school)</li> <li>• to recognise common challenges to self-worth e.g. finding school work difficult, friendship issues</li> <li>• basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again</li> </ul>

The PSHE curriculum has been designed in partnership with the PSHE Association and is used widely across not only the other Portico schools, but by many other primary schools in the country.

We understand that some parents may find the content of these lessons a little sensitive but please rest assured that all lessons are conducted in an age-appropriate manner, using specially designed, child-friendly resources. It is essential that the children are taught properly about these subjects rather than getting a false idea via older peers, the internet or social media.

We hope you feel happy knowing that we take the teaching of PSHE very seriously at Friars in order to prepare our young people for life in modern Britain. However, should you have any questions about these lessons or the content please raise these with the class teachers.

Yours sincerely,

*C. McClay*

*S. Halls*

Mr. C. McClay

Mrs. S. Halls

Principal

Vice Principal

