



Wednesday 6<sup>th</sup> May 2026

Dear Parents and Carers of Year 1,

## Relationships and Sex Education

The relationships and sex education 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.

This term, we will be covering the topics of 'Families and Friendships' and 'Growing and Changing.' The content is shown in the table below.

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.

<p><b>Safe relationships</b> Recognising privacy; staying safe; seeking permission</p>	<ul style="list-style-type: none"> <li>• about situations when someone's body or feelings might be hurt and whom to go to for help</li> <li>• about what it means to keep something private, including parts of the body that are private</li> <li>• to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)</li> <li>• how to respond if being touched makes them feel uncomfortable or unsafe</li> <li>• when it is important to ask for permission to touch others</li> <li>• how to ask for and give/not give permission</li> </ul>
<p><b>Families and friendships</b> Roles of different people; families; feeling cared for</p>	<ul style="list-style-type: none"> <li>• about people who care for them, e.g. parents, siblings, grandparents, relatives, friends, teachers</li> <li>• the role these different people play in children's lives and how they care for them</li> <li>• what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</li> <li>• about the importance of telling someone — and how to tell them — if they are worried about something in their family</li> </ul>
<p><b>Growing and changing</b> Recognising what makes them unique and special; feelings; managing when things go wrong</p>	<ul style="list-style-type: none"> <li>• to recognise what makes them special and unique including their likes, dislikes and what they are good at</li> <li>• how to manage and whom to tell when finding things difficult, or when things go wrong</li> <li>• how they are the same and different to others</li> <li>• about different kinds of feelings</li> <li>• how to recognise feelings in themselves and others</li> <li>• how feelings can affect how people behave</li> </ul>

One resource we will use is Talk Pants and the 'Pantosaurus' video. You can watch this by following the link: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

We hope you feel happy knowing that we take the teaching of RSE 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 via the [year1@fps.porticoacademytrust.co.uk](mailto:year1@fps.porticoacademytrust.co.uk) email address.

Yours sincerely,

*C. McClay*

*S. Halls*

Mr. C. McClay

Mrs. S. Halls

Principal

Vice Principal



01702 294837



office@fps.porticoacademytrust.co.uk



www.friarsprimary.co.uk



Constable Way  
Shoeburyness  
Essex, SS3 9XX