



# Relationship Education to help keep children safer

Information for Parents & Carers of children in Primary Schools

Tuesday 3<sup>rd</sup> February 2026

Dear Parents/Carers,

We are pleased to inform you that we will be having 'Big Talk Education' in school to deliver Sex and Relationships to children on **Tuesday 24<sup>th</sup> February 2026**.

To keep children as safe as possible Relationship Education is statutory in all Primary Schools. Although delivering 'Sex' education in primary schools is not compulsory, as a school we feel that delivering Sex Education is a vital part of preparing children for the future and making them aware now of what is appropriate and what is not appropriate. **This session is delivered by Big Talk but teachers will be revisiting the content taught throughout the academic year. We therefore ask that any parents who do not wish for their child to be part of Sex Education in school please puts this in writing to Mrs K Steward by Tuesday 10<sup>th</sup> February 2026. Please also be aware that the content covered under the Science curriculum is compulsory and children can not be withdrawn from this.**

**Below is some information on the Growing Up Safe programme that will be delivered to the Children by Big Talk Education. I have provided you with some links to the Big Talk website that you may find useful:**

- **Age 3 (Nursery)**. A fun learning environment where the children are taught: the differences between boys and girls; naming body parts using the correct scientific words; the private areas of the body; and the difference between appropriate and inappropriate touches.
- **Ages 4 to 6 (Reception School Years 1 & 2)** Re-enforces the information that was covered in Nursery. Using specially designed, child friendly resources and in a calm, open and fun environment, the children are taught how to identify happy situations within relationships, and those which may be risky (e.g., other children or adults taking improper photographs of them, inappropriate touches, exposure to unsuitable media etc.) Throughout the session children are encouraged to join in and reassured that they have people that they can talk to if they are worried.
- **Ages 7 to 8 (School Year 3)** A fun learning environment where the children are taught: the differences between boys and girls, naming body parts using the correct scientific words, and the private areas of the body. Using specially designed child friendly resources and in a calm, open, fun environment, children will be able to identify happy situations within relationships, and those which may be risky (e.g., other children or adults taking improper photographs of them, appropriate and inappropriate touches, exposure to unsuitable media etc.) Throughout the session children are encouraged to join in and reassured that they have people that they can talk to if they are worried.



- **Ages 8 to 9 (School Year 4)** We build on the Year 3 information and also cover different kinds of families, similarities and differences between boys and girls. We also include the emotional and physical changes of growing up (puberty), how babies are made, then develop in the womb etc. (reproduction). Also discussed is, how to look after our bodies and be safe and healthy.
- **Ages 9 to 11 (School Years 5 & 6)** Reproduction and puberty are re-capped, the children are given the opportunity to ask questions. As well as additional clarification on puberty, they will often want more details on how babies develop and are born. It is important that they know there is someone in school as well as at home if they want help, advice or more information etc. (Information at this stage is vital to protect them as they move onto Secondary School and to provide an alternative information they may find on the internet.)

All the resources Big Talk Education use are age appropriate and help keep children protected from unwanted touches, abuse and exposure to unsuitable images etc.

Further information on the above can be found on: [www.bigtalkeducation.co.uk/parents](http://www.bigtalkeducation.co.uk/parents)

The parent presentation and videos can be found at: <https://www.bigtalkeducation.co.uk/year-by-year-2/>

This can be viewed using the password: BigTalkRSE

In addition, “**Bodies, Babies and Bellybuttons**” is the Big Talk book which accompanies the Growing Up Safe programme. This is a great resource for parents and can be ordered online from [www.bigtalkeducation.co.uk](http://www.bigtalkeducation.co.uk) on the Resources page.

If you have any additional concerns or questions you wish to ask, please do not hesitate to contact me.

Kind Regards,

Mrs S Stephenson (PSHE Lead)