

# Sexual Education Guidance for Parents Year 3 Summer 2026



# Government Guidance

- ▶ Previously a Personal, Social, Health and Citizenship Education (PSHE) had not been compulsory.
- ▶ From September 2020, the government implemented a COMPULSORY Relationship and Sex Education (RSE) and Health Education.
- ▶ From September 2020, Primary schools MUST teach Relationships Education and Health Education but Sex Education is at the school's discretion. However, they must still teach the Science curriculum which covers some of the topics discussed in Sex Education.



## **Relationships Education, Relationships and Sex Education (RSE) and Health Education**

**Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers**

# Secretary of State Foreword – Key Points



Department  
for Education

What are the aims of Relationships Education, Sex Education and Health Education in the primary school?

The opening paragraph of the Department for Education guidance states:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

# Why is teaching Sexual Education important?



- ▶ Today children are exposed to so much through the internet, social media, music, You Tube, News, friends and older siblings or family members.
- ▶ Jigsaw aims to educate children in a uniformed and safe way so that children do not interpret information incorrectly or get the wrong information from sources.

# Changes- Year 3 Information

## Lesson 1- Changes from baby to adult

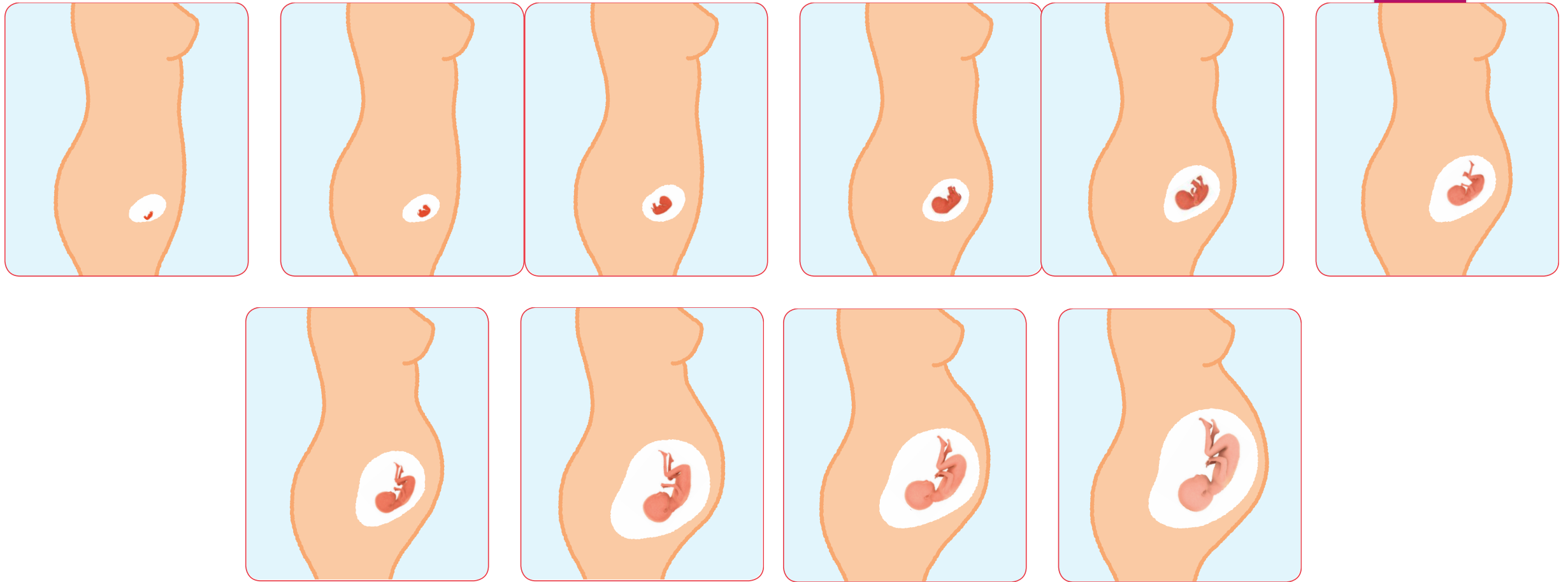
- We talk about that, in animals and humans, lots of changes happen between conception and growing up, and that usually it is the female who has the baby.
- We discuss what it is like to have a baby in the family.

## Lesson 2 – Babies and How They Grow

- ▶ We talk about how the foetus grows and develops in the mother's uterus, using the following slide to show this.
- ▶ We discuss what a baby needs to live and grow and the role of the parent in caring and looking after them.
- ▶ We discuss that we get our genes from both of our parents and that whilst we are unique we get characteristics from both parents.



How does the life of a baby start out? Where does it begin to grow? How does it grow?



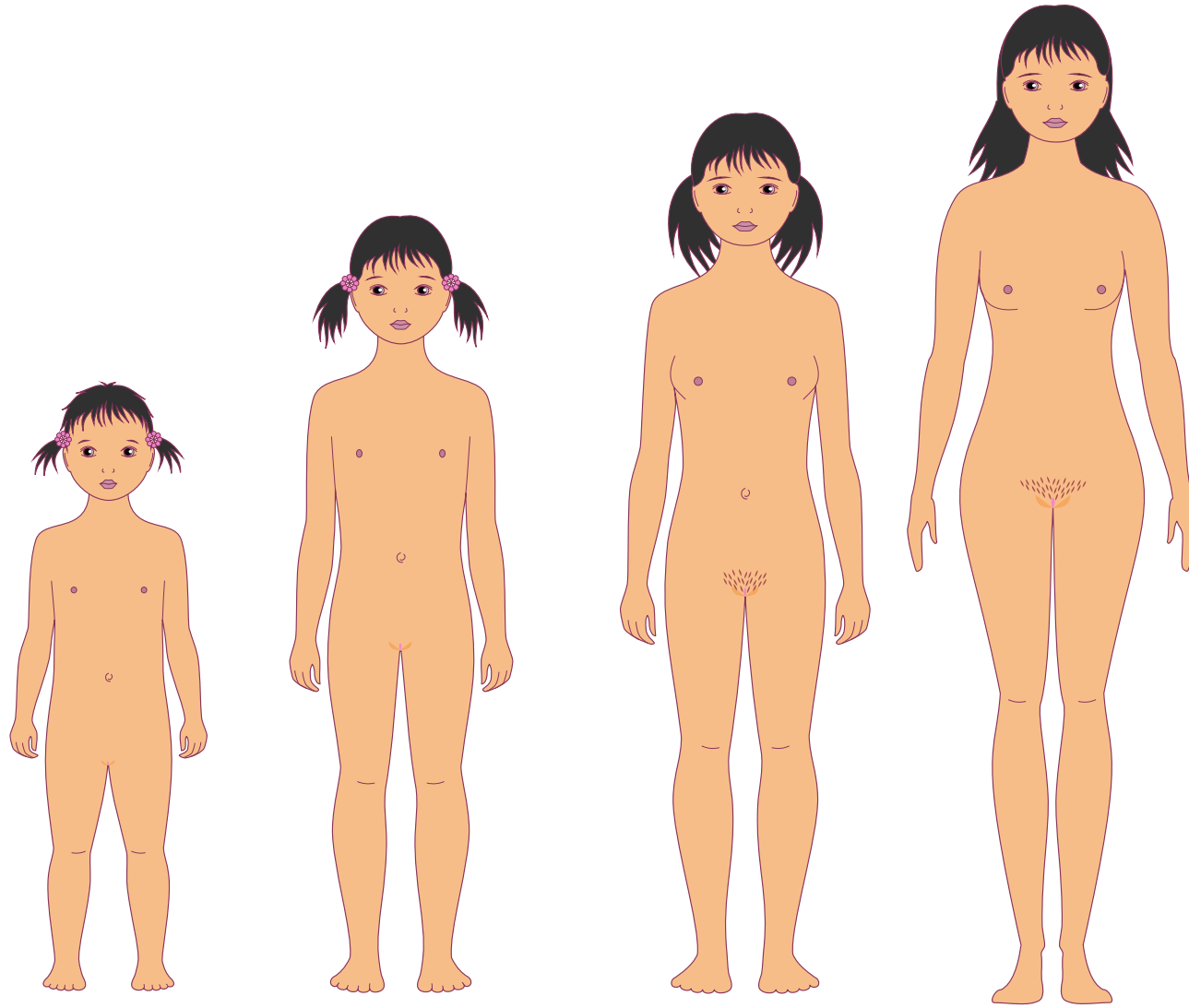
The foetus grows inside the mother's womb/ uterus and gets all its nutrients in order to grow from the mother.

Can you spot any changes as the baby grows?

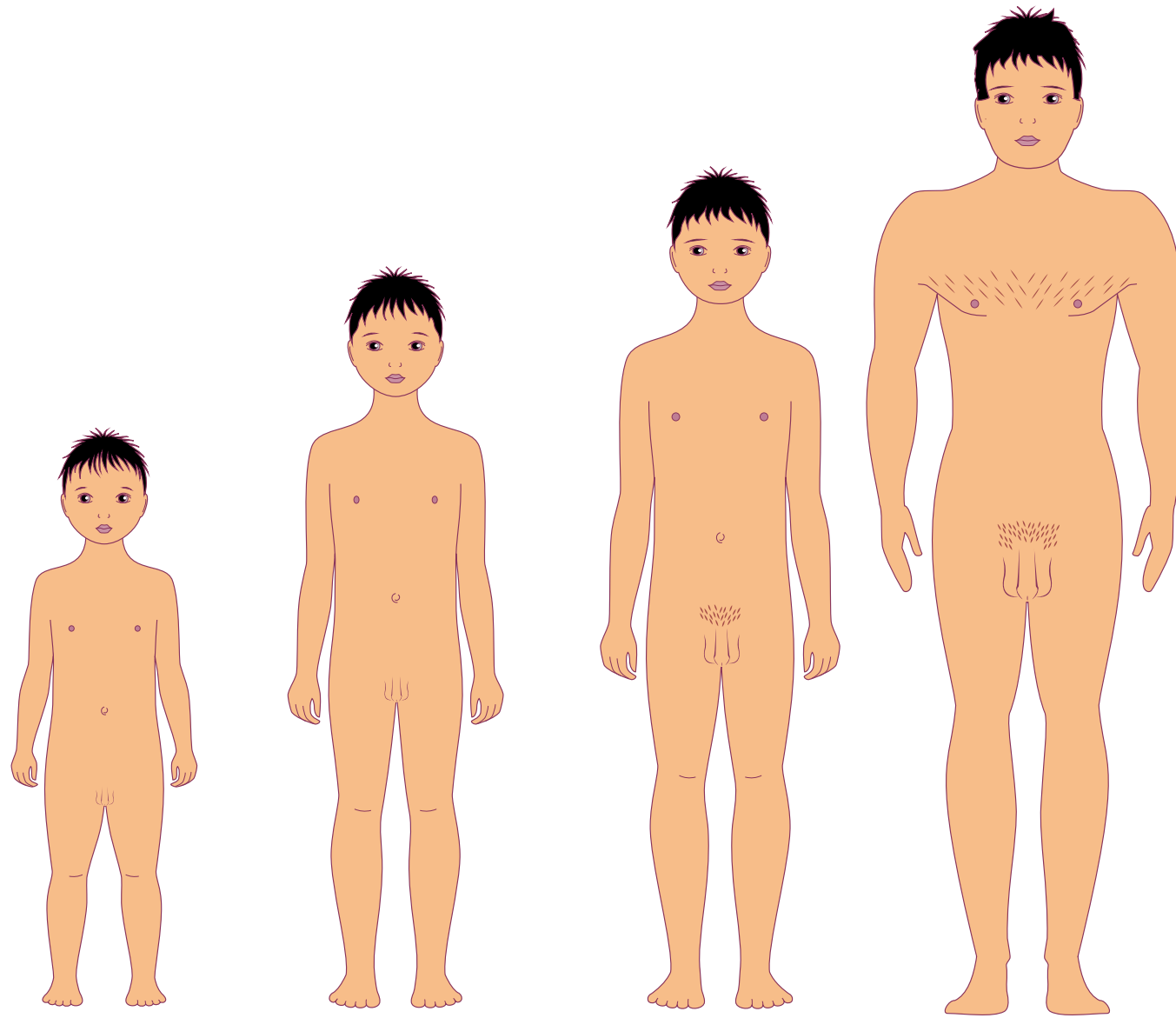
# Changes- Year 3 Information

## Lessons 3 & 4 – Outside and Inside Body Changes

- ▶ We recap how change feels, both the positive and negative feels, and what we can do to help ourselves if we have negative feelings.
- ▶ We discuss what puberty is (a collection of changes that happen gradually to change the body from a child to an adult, that we cannot control).
- ▶ We look at a variety of changes that happen to the outside of the body, seen on the next three slides.
- ▶ We then go on to look at the internal body parts and begin to look at the processes occurring internally. The following slides show what we will be sharing with the children, along with the animations which the children will view.
- ▶ Children will have the opportunity to ask questions or write down questions in a worry box. We will only answer age appropriate questions and will refer any other questions to you so you can decide whether you wish to answer them.

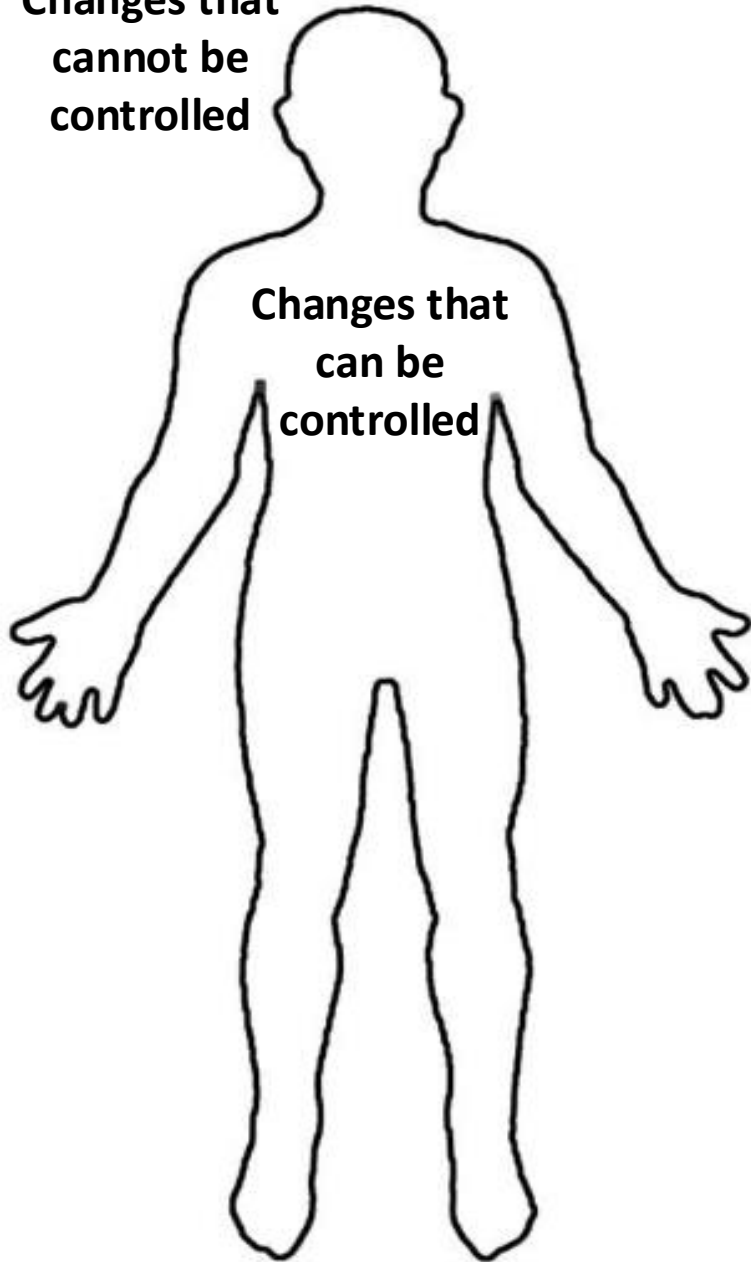


These body changes happen at a different time and pace for each person because our bodies are all unique. If you are worried, please speak to a trusted adult or put a note in the worry box.



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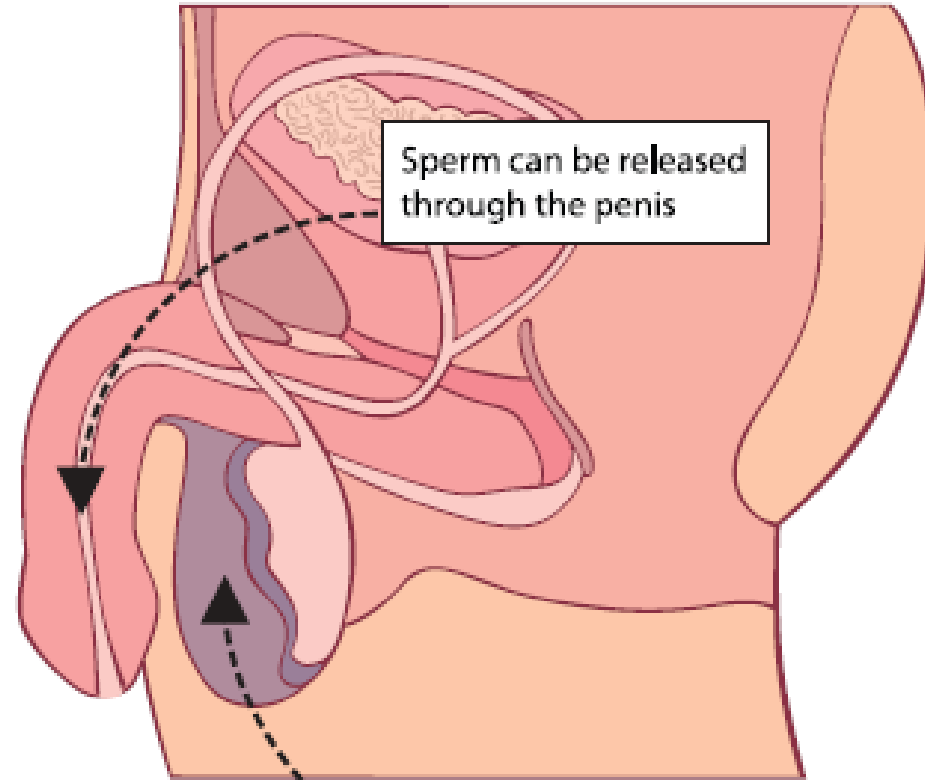
Changes that cannot be controlled



Changes that can be controlled

Growing pubic hair	Making new friends	Getting a deeper voice	Hips getting wider
Deciding when to go to bed	Growing facial hair	Choosing what to eat	Earning money
Choosing what clothes to buy	Growing taller	Growing underarm hair	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	

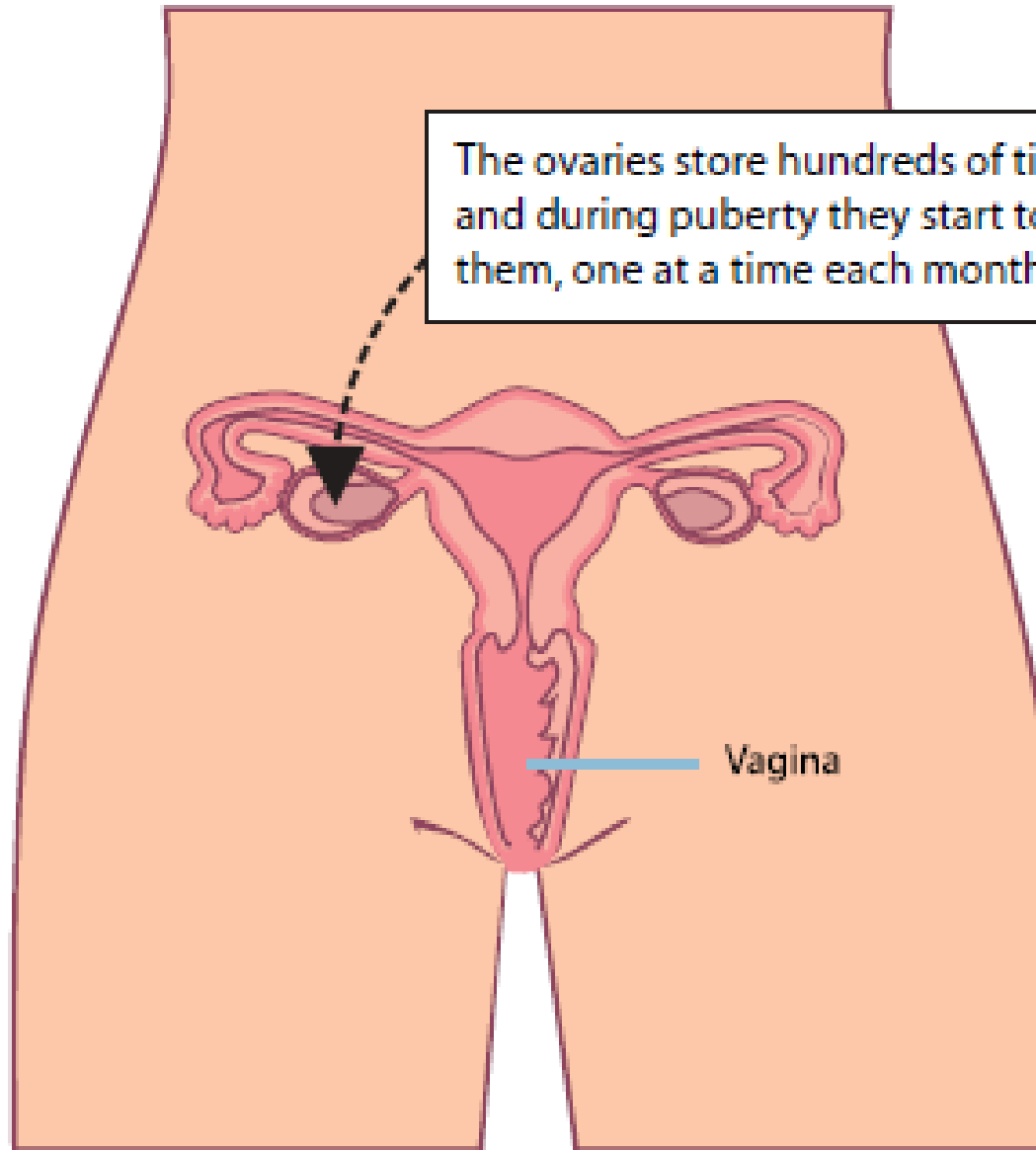




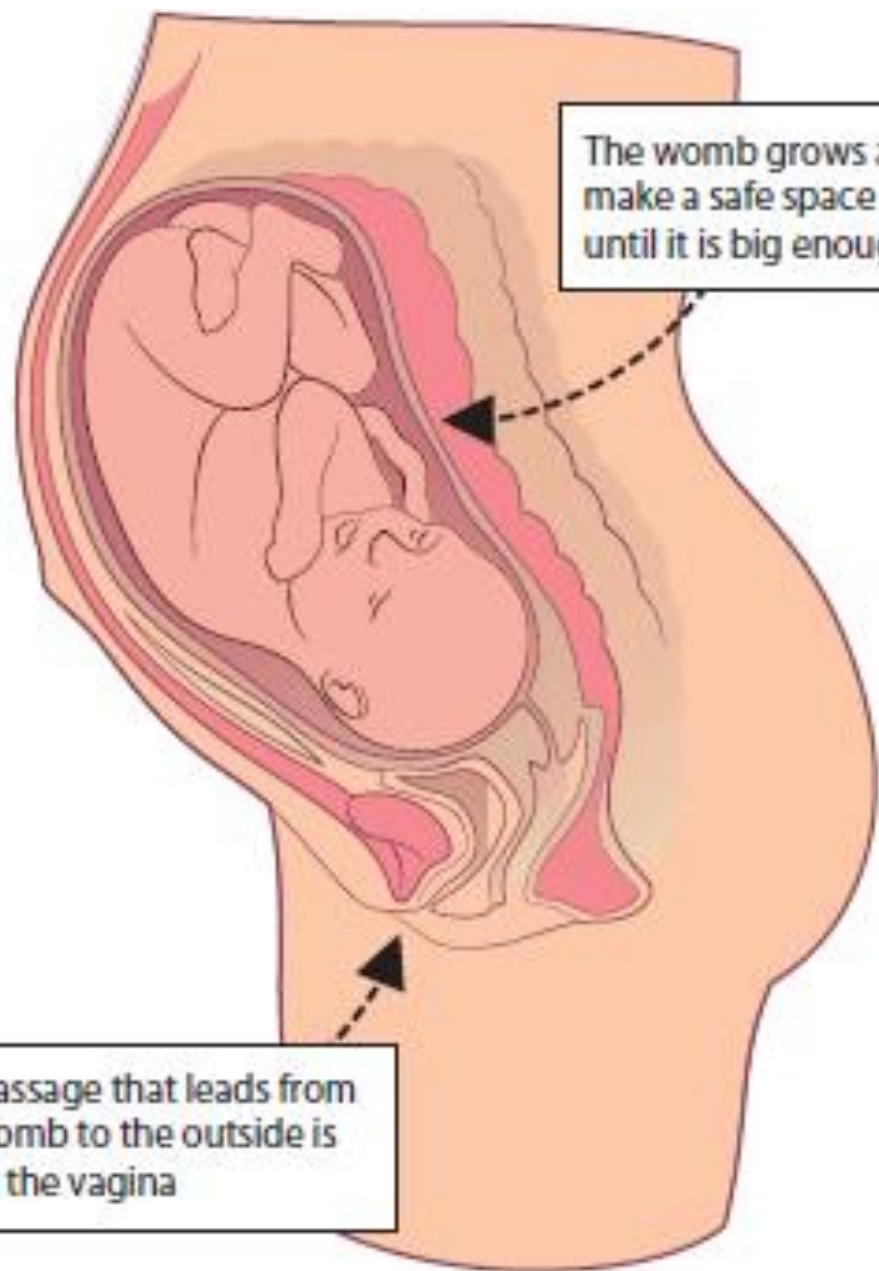
Sperm can be released through the penis

The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month

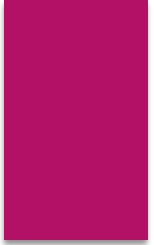


Vagina

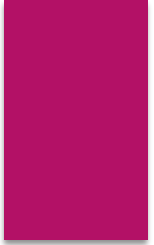
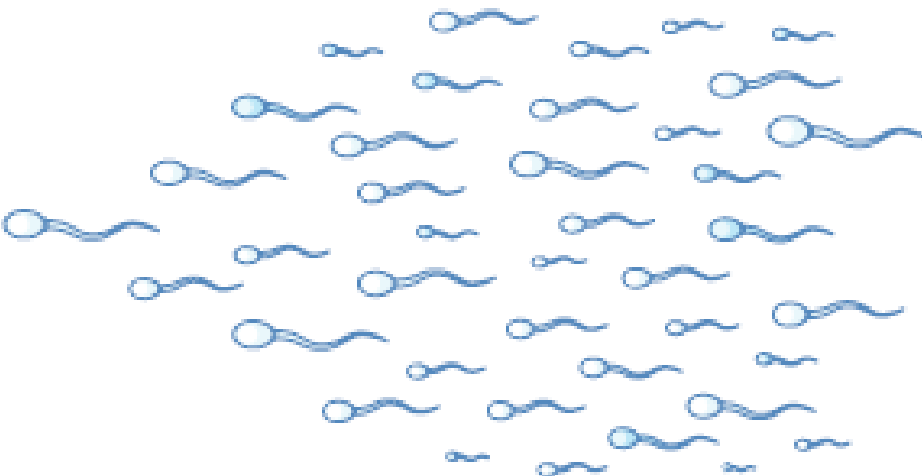
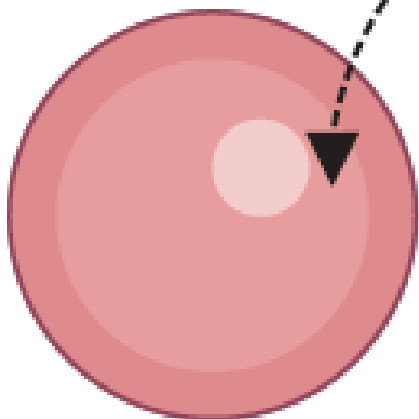


The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina



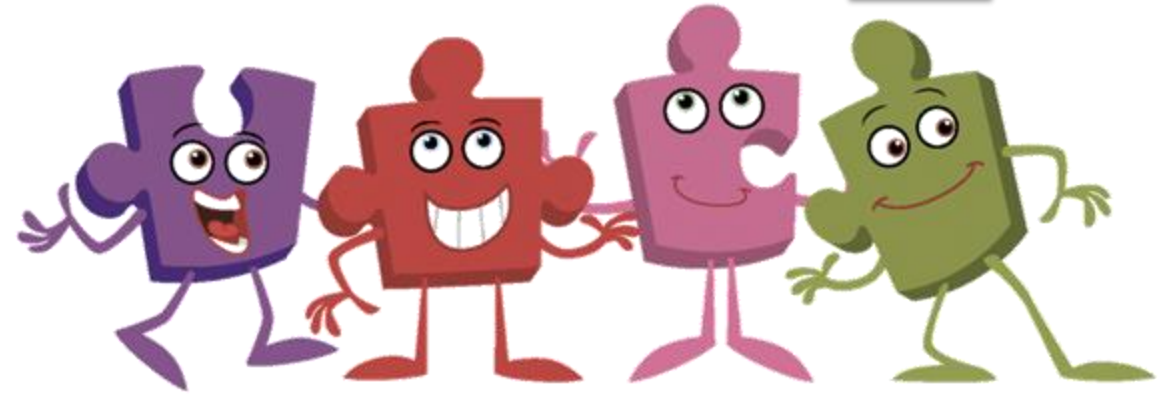
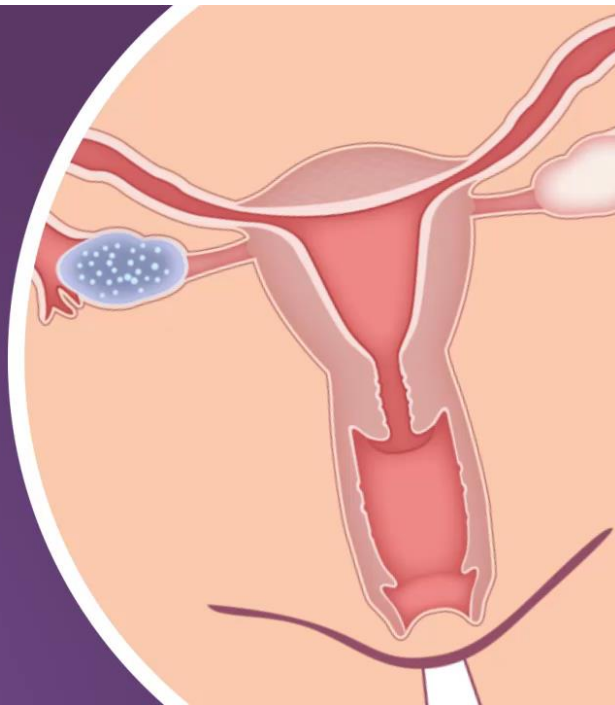
When one of these eggs joins with a sperm it will start to grow into a baby





Introducing

# The Female Reproductive System



These are the videos that we will watch in Year 3.



Introducing

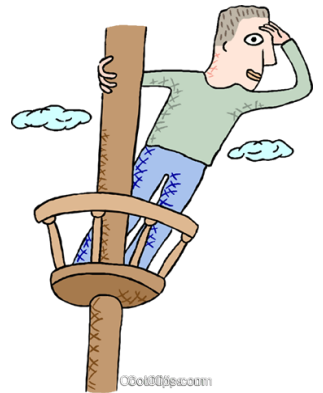
# The Male Reproductive System



# Changes- Year 3 Information

## Lesson 5 – Looking Ahead

- ▶ We talk about what I am looking forward to when I move to my next class.
- ▶ If we are able to, we will arrange some Year 4 children to come and talk about their time in Year 4 and answer any questions that the Year 3 children might have.



# Does my child have to take part?

- ▶ Children have to participate in the science element \* of the sexual education curriculum but you are allowed to opt out of the other parts.
- ▶ If you wish to do this please notify your child's class teacher in writing with your reasons for choosing to do so by **Friday 22<sup>nd</sup> May 2026**.
- ▶ You may get a phone call from the school to discuss this further.

**We believe that Jigsaw allows us to share this vital information in a safe and unthreatening way with your child. We feel that it is key that children get the correct information from a safe and trusted source.**

\* Describe the changes as humans develop to old age.

\*They should learn about the changes experienced in puberty.

