

Sexual Education Guidance for Parents Year 4 Summer 2026



Government Guidance

- ▶ Previously a Personal, Social, Health and Citizenship Education (PSHCE) 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?

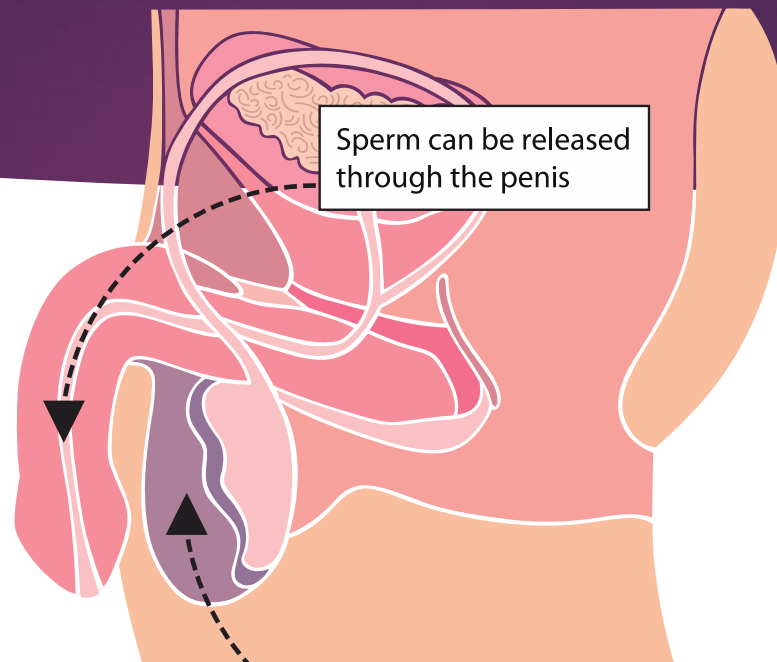


- ▶ Today children are exposed to so much through the internet, social media, music, You Tube, News, friends and older siblings or family members.
- ▶ PSHE aims to educate children in a uniformed and safe way so that children do not interpret information incorrectly or get the wrong information from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

PSHE- Changes- Year 4 Information

- ▶ **Lesson 1-** We discuss that we get our genes from both of our parents and that whilst we are unique we get characteristics from both parents.
- ▶ **Lesson 2-** we talk about the ingredients needed for making a baby. We recap from year 3 about the sperm and ova being the 'ingredients' and where they come from.
- ▶ We show the children the following slides and the Female Reproduction animation.
- ▶ We do not talk about sexual intercourse.

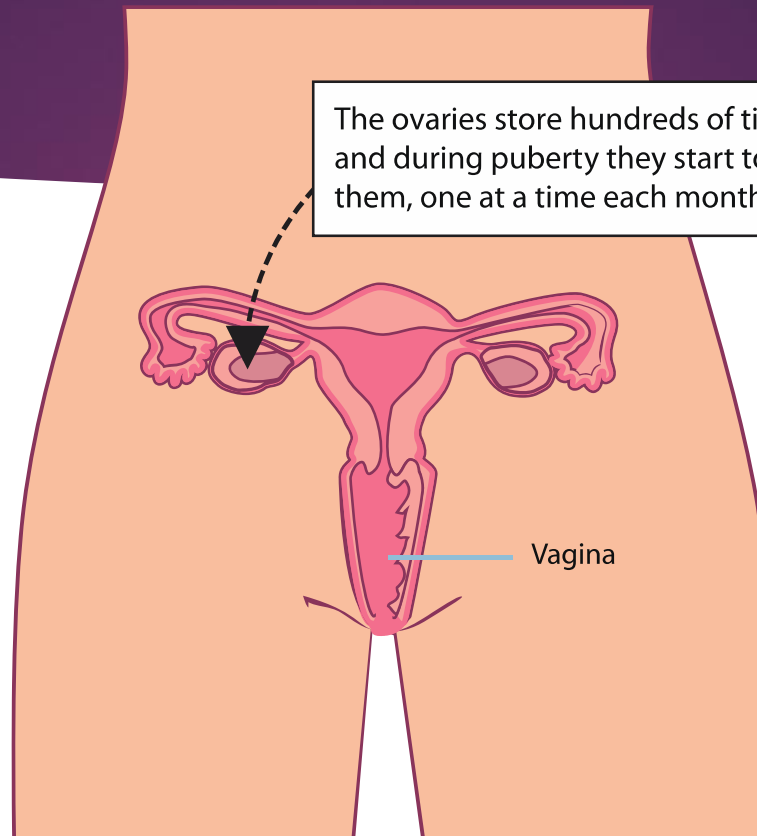




Sperm can be released through the penis

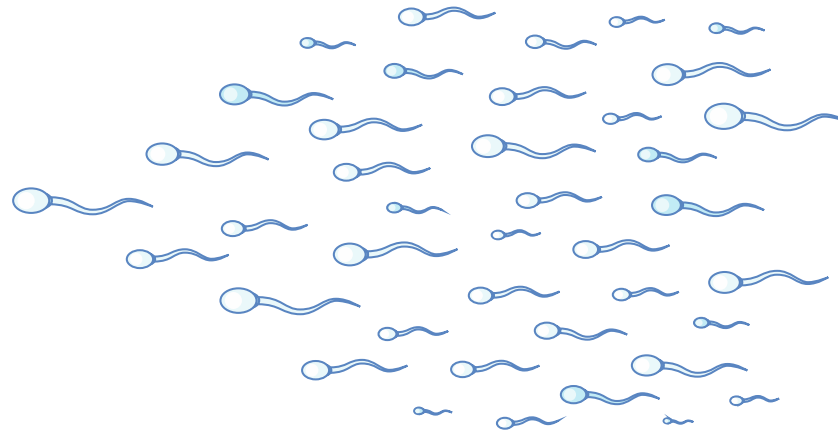
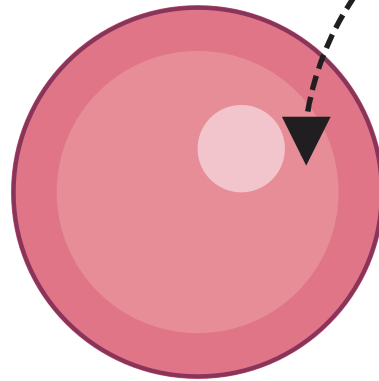
The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing

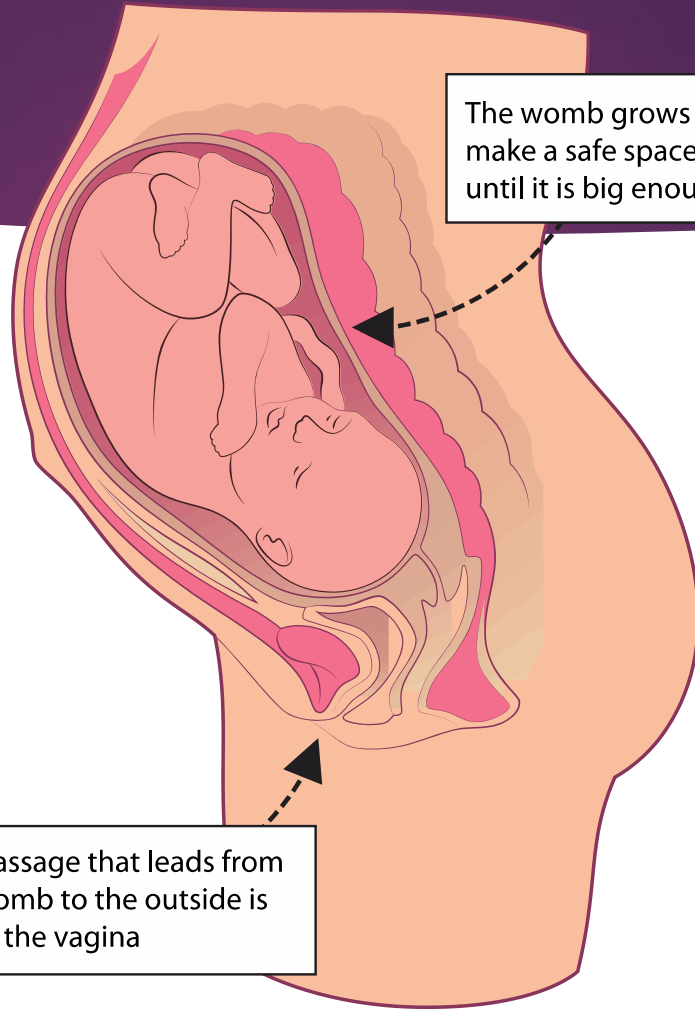
The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month



Vagina

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





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

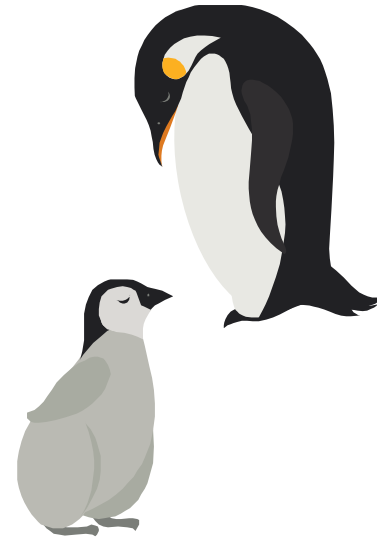
The passage that leads from the womb to the outside is called the vagina

*Click on Jaz for the
female animation.*



PSHE- Changes- Year 4 Information

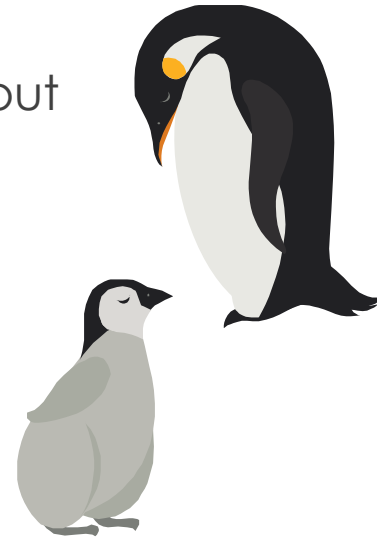
- ▶ **Lesson 3-** Girls and Puberty
- ▶ We again look at the female animation to recap how the baby is made internally. We do not talk about sexual intercourse but rather the internal aspects of it.
- ▶ We begin to look at menstruation and how the female body changes in preparation for having a baby.
- ▶ Both boys and girls join in with this lesson and are shown and read the following slide.



- When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.
- Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/ uterus.
- If the egg (ovum) meets a man's sperm at this point, the egg will be fertilised and a baby will start to grow. This is called conception.
- Every month the womb/ uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.
- If an egg is fertilised it settles into this soft lining of the womb/uterus and develops into a baby.
- If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/ woman's body is working as it should.
- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, or a tampon which they insert into the vagina. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

PSHE- Changes- Year 4 Information

- ▶ **Lesson 4-**Circles of change
- ▶ We talk about change in a general way e.g. moving house, new step parents and about how to deal with and cope with change.
- ▶ **Lesson 5-** Accepting Change
- ▶ We discuss changes which are within our control and those which are not.
- ▶ We discuss how the children feel about these changes.
- ▶ **Lesson 6-** Looking ahead
- ▶ We identify changes which may occur in the next year.
- ▶ We think of questions we would like to ask about year 5 and we get responses from the year 5 pupils.



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.

We believe that our PSHE lessons 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.



Any questions?