



Cecil Road Primary & Nursery School

Cecil Road, Gravesend

Kent. DA11 7BT

Tel: (01474) 534544

Email: office@cecilroad.co.uk

Headteacher: Mrs C. Old

Dear Parents/carers,

1st November 2023

Curriculum materials for Relationships, Sex and Health Education (RSHE)

As you may already be aware, Relationship and Sex Education (RSE) forms part of the National Curriculum at primary school.

Relationships education has been compulsory for pupils in Primary Education since September 2020, while secondary schools are required to teach students relationships and sex education (RSE). Health education is now compulsory in all schools too.

In primary school, the subjects place the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Sex Education Opt-Out

Parents/ carers cannot withdraw their child from 'relationships' education as this is a legal requirement.

Likewise, you cannot withdraw your child from sex education that is part of the science curriculum e.g. 'external body parts' and 'the human body as it grows from birth to old age (including puberty)'.

You can choose to withdraw your child from any additional sex education, at Cecil Road the only optional opt out lesson that we teach is Year 5, spring 2, and Year 6, Summer 1 and 2 - wet dreams and masturbation (see link below).

If opting your child out then the Family Planning Association strongly suggests that parents teach sex education at home.

If you would like to view what is being taught in our RSHE lessons, you are able to view our progression and skills map as well as teaching materials on our website following this link:

[Cecil Road Primary & Nursery - PSHE and RSE](#)

Kind Regards,

A handwritten signature in black ink, appearing to read "Miss Day". The signature is written in a cursive style with a large, sweeping 'D'.

Miss Day
Deputy Head