



Stamford Bridge
Primary School

Part of the Family:



Wonder
Learning Partnership
Educate | Empower | Engage | Enrich

Believe, Engage, Succeed, Together

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Monday 12th January 2026

Dear Parents and Carers,

I hope you have had a wonderful Christmas and a very happy New Year to you all.

Relationships and Sex Education (RSE)

As a part of your child's educational experience at Stamford Bridge Primary School, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) and Relationships and Sex Education (RSE) that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

Across the Spring term, in PSHE, children in Years 3 and 4 will be taught the 'Relationships' module and cover the unit of 'Touch'.

By the end of the topic, your child will:

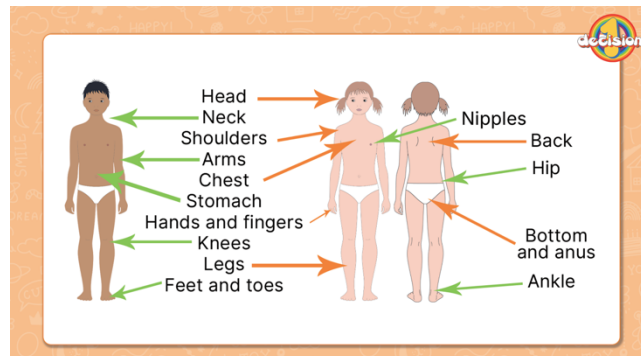
- understand the difference between appropriate and inappropriate touch
- know why it is important to care about other people's feelings
- understand personal boundaries
- know who and how to ask for help
- be able to name human body parts

Your child will learn the following new words / phrases:

Communicate	<i>To exchange or share information or ideas.</i>
Situation	<i>What is happening now.</i>
Penis	<i>The part of a male's body that is used for urinating.</i>
Testicles	<i>Two round male organs that produce sperm.</i>
Vagina	<i>The part of a woman's body that connects her outer organs to her uterus.</i>
Vulva	<i>External female genitalia that surround the opening to the vagina.</i>
Anus	<i>The external opening of the canal through which excrement leaves the body.</i>
Private parts	<i>A person's genitals.</i>
Appropriate	<i>Suitable or acceptable for a particular situation.</i>

Body Parts

As part of this unit, children are introduced briefly to the correct scientific names for basic body parts. This is done sensitively and age-appropriately, using two slides (see below). The purpose of this learning is to ensure children have accurate language for their own bodies, which supports clear communication, personal safety and safeguarding. This content is not explored in depth and goes no further than naming body parts in a factual way. Using correct terminology is **recommended by the DfE** and the **PSHE Association** as it helps children talk confidently to trusted adults if they ever feel uncomfortable or need help and avoids confusion or misunderstandings.



Discussion Time

Boys are born with a penis and testicles, and girls are born with a vulva (external) and vagina (internal).

These are called our **private parts**.

The parts of the body covered by underwear are private. All humans have private parts, and it is important that we respect each other's privacy.

Note to teacher: you may want to research these terms further with your students.

A photograph of a baby lying down, looking up towards the ceiling. The baby is wearing a blue onesie. The background is a soft, out-of-focus light.

Touch

In the Year 3 and 4 unit, children will explore the idea of appropriate and inappropriate touch in an age-appropriate and sensitive way. This includes discussing everyday behaviours such as pushing, kicking, pinching, pulling hair, as well as hugging and kissing, and how these actions can make others feel.

The learning focuses on helping children understand personal boundaries, consent, personal space and the importance of speaking up if something makes them feel uncomfortable. This work is firmly rooted in our school values of kindness, respect and safety and is not about anything beyond children's lived experiences. It supports children in recognising that they do not have to accept physical contact if they do not feel comfortable and that trusted adults are there to help.

The 1 decision knowledge organisers provide an overview of the information and key vocabulary that will be taught in each unit during PSHE and RSE.

We encourage parents and carers to view the knowledge organisers so that you are aware of the topics being taught, the key information covered within each module and to view the key vocabulary and phrases used in the lessons. Below is the knowledge organiser for the 'Touch' unit.

Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse

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Ask me a question!

- Can you name the different human body parts?
- If you know of somebody who is upset about the way someone treats them, what could you do?
- If you feel uncomfortable in a relationship, who could you talk to?

By the end of these topics, I should:

- understand the difference between appropriate and inappropriate touch
- know why it is important to care about other people's feelings
- understand personal boundaries
- know who and how to ask for help
- be able to name human body parts

If you require further information or wish to view any of the resources, please don't hesitate to contact your child's class teacher or the office.

Yours sincerely,

Ailith Greening
(PSHE and RSE Lead)