



FIRST STEPS TOGETHER
SKILLS FOR LIFE

KS1 and KS2 PSHE and RSE CURRICULUM POLICY

2024-2026

Next Update: September 2026

Introduction

First Steps Together offers an integrated therapeutic, and education provision which supports students to realise their full potential, whilst developing their social and emotional resilience.

Due to the complex nature of the pupils that attend First Steps Together, it is our responsibility to provide them with the most appropriate curriculum, to promote their academic learning, life skills, Personal, Social, Health and Citizenship and their Spiritual, Moral, Social and Cultural Education.

Students who attend First Steps Together have invariably experienced disrupted education placements. Some may have limited positive experiences of education and our assessment processes may demonstrate that pupils are working below age related expectations on admission.

Here, at First Steps Together we value PSHE as a way to support students' development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships , Sex and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use 3D PSHE by Dimensions, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our students' needs. The mapping document, 'Dimensions 3D PSHE statutory RSE and Health Education', shows that our school meets the statutory RSE and Health Education requirements.

This programme's complimentary update policy ensures we are always using the most up-to-date teaching materials and that our teachers are well-supported.

Curriculum Responsibilities

The Head Teacher and Deputy Head Teacher of Teaching and Learning has overall responsibility for the implementation, development and monitoring of all areas of the curriculum throughout Key Stages; supported by the senior leadership team (SLT), and subject specialist practitioners.

Class teachers in conjunction with the Head Teacher and SLT, have a responsibility for the implementation, development and monitoring of their particular subject area across the key stages, thus ensuring continuity and progression throughout the whole school.

Class teachers design the school curriculum to ensure it clearly sets out the knowledge and skills that pupils will gain at each stage (**intent**). They also consider the way that the curriculum is developed, taught and assessed in order to support pupils to build their knowledge and to apply that knowledge as skills (**implementation**). The Head teacher, SLT, and subject leaders also consider the outcomes that pupils will achieve as a result of their education at First Steps Together (**impact**).

We expect that the majority of pupils will have a working plan that reflects their current abilities and the modifications required to ensure the pupil's needs are met. Referring institutions, therapeutic partners, and external agencies in conjunction with the Head Teacher, SLT, and subject teachers ensure that all the individual needs of the pupils are met through the development and implementation support plans.

Aims

The National Curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be a balanced and broadly-based curriculum which 'promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for opportunities, responsibilities and experiences of later life.'

We use a PSHE Programme - 3D PSHE - in which pupils develop the knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work.

This policy, provided by Dimensions Curriculum, reflects the 2020 guidance and covers all aspects of Relationships Education and Health Education in an age-appropriate way.

There are three underlying core themes taught throughout Dimensions 3D PSHE, within which there is broad overlap and flexibility :-

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Pupils are encouraged to participate in a wide variety of activities, enabling them to make significant contributions to both life in school and within the wider community. This allows them to become aware of their skills and talents, develop their self-worth, learn to work as part of a team and take greater responsibility for their own learning. In doing so, they are able to reflect and evaluate on how they are making progress.

The 3D PSHE Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

3D PSHE helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Pupils learn to respect similarities and differences between our diverse cultures in order to build successful and meaningful friendships and relationships that are vital to the world we live in.

Dimensions 3D PSHE supports the development of the attitudes, values, skills and behaviour which enable pupils to:-

- Live healthy lifestyles
- Address personal hygiene
- Develop an awareness of changing and growing

- Deal with different emotions in an appropriate way
- Keep safe
- Communicate well with others and work as a team
- Define, identify and know how to respond to bullying
- Know where and how to seek help when needed
- Treat everybody with respect
- Form and build positive relationships
- Understand the reasons for rules, and their responsibility to keep them
- Learn about their responsibility in caring for others
- Be active in their own learning
- Be active within their community
- Manage money well
- Keep safe online
- Self-assess and identify their strengths and weaknesses
- Know how to make emergency calls
- Know basic First Aid
- Work collaboratively and respectfully
- Appreciate diversity
- Empathise with other points of view
- Express opinions clearly
- Understand the changes that occur in puberty
- Develop strategies for managing changing emotions

Relationships Education (Statutory)

The focus of 3D PSHE in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults.

3D PSHE teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them.

Our school's careful use of 3D PSHE teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances, reflecting that some children have different family structures and supportive relationships. They learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical, and other, contact are the forerunners of teaching about consent, which takes place at secondary.

3D PSHE lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

3D PSHE's Relationship Education encourages the development and practice of resilience and perseverance, self-respect and self-worth. Pupils are also helped to develop personal

attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. In 3D PSHE, this is achieved through a plethora of exciting and innovative learning experiences for active citizenship.

Pupils are taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

They also learn about safe relationships, focusing on boundaries and privacy and ensuring that they understand that they have rights over their own bodies. This also covers understanding boundaries in friendships with peers, in families and with others, in all contexts, including online. In 3D PSHE, pupils are clearly taught how to report concerns and seek advice when they suspect or know that something is wrong. Of paramount importance is ensuring the balance between informing children about making sensible decisions to stay safe (including online) without frightening them unnecessarily, whilst also making it clear that it is never the fault of a child who is exploited or abused, and why victim blaming is always wrong.

Sex Education

Sex Education is not statutory in primary schools.

The National Curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Our school has determined *that we need any* additional content on sex education to meet the needs of our pupils.

Delete the following if not purchased:

We use the 3D Sex Education Unit. This is tailored to the age and the physical and emotional maturity of our pupils and supports pupils' ongoing emotional and physical development effectively. We ensure that both boys and girls are prepared for the changes that adolescence brings and, drawing on knowledge of the human life cycle set out in the national curriculum for science, understand how a baby is conceived and born.

We consult parents before their children start Year 6 about the detailed content of what will be learnt through the 3D PSHE Sex Education unit. We offer parents support in talking to their children about sex education and how to link this with what is being taught in school.

Parents have the right to withdraw their children from our sex education lessons. Our head teacher will be available to discuss the request with parents to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum, and a record will be kept of this process. The head teacher will discuss with parents the benefits of receiving this education and any detrimental effects that withdrawal might have on the child, for example the likelihood of the child hearing their peers' version of what was said in the classes, rather than what was directly said by the teacher. These detrimental effects may, of course, be mitigated if the parents propose to deliver sex education to their child at home instead. If a pupil is excused from sex education, our school will ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

Our 3D PSHE Sex Education teaching and materials are appropriate, having regard to the age and religious backgrounds, and any special educational needs or disabilities of our pupils.

Parent/Carer Consultation

On Forming this policy, First Steps Together have consulted with parents/carers.

PSHE Content and Coverage

Dimensions 3D PSHE covers all areas of PSHE for primary schools, as shown in the tables below:-

Age 5-6/Pathfinders Overview

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| Autumn 1 | Core Theme 3 Unit 1 LESSON 3: Taking Turns - It's Your Turn! Core Theme 2 Unit 1 LESSON 7: Good Manners - How Rude! Core Theme 2 Unit 3 LESSON 6: Kindness - Give a Little Safe Zone Year One LESSON 1: Copyright and Ownership |
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| Autumn 2 | Core Theme 2 Unit 1 LESSON 1: Feelings - How I Feel Core Theme 2 Unit 1 LESSON 2: Responses - You and Me Safe Zone Year One LESSON 2: Self- Image and Identity |
| Spring 1 | Core Theme 1 Unit 2 LESSON 4: Washing Hands - Meet Grub! Core Theme 1 Unit 1 LESSON 1: Healthy Eating - Vote Green! Core Theme 1 Unit1 LESSON 3: Healthy Eating - Party Time! Core Theme 2 Unit 3 LESSON 2: Comparisons - All the Same Safe Zone Year One LESSON 3: Managing Online Information |
| Spring 2 | Core Theme 1 Unit 5 LESSON 4: Personal Safety - Secret Surprise Core Theme 1 Unit 5 LESSON 5: Emotional Safety - Getting Help Safe Zone Year One LESSON 4: Privacy and Security |
| Summer 1 | Core Theme 2 Unit 4 LESSON 5: Family - My Family Core Theme 2 Unit 4 LESSON 6: Family - Special People Core Theme 3 Unit 1 LESSON 6: Caring - Talking to Plants Core Theme 3 Unit 1 LESSON 4: Lending / Borrowing - The Borrowers |
| Summer 2 | Core Theme 3 Unit 3 LESSON 1: Money - Grows on Trees? Core Theme 3 Unit 3 LESSON 2: Money - Coining it in! Core Theme 3 Unit 3 LESSON 3: Money - Keep Money Safe |

Age 6-7/Pathfinders Overview

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| Autumn 1 | Core Theme 2 Unit 3 LESSON 1: Fair and Unfair - It's Not Fair! Core Theme 2 Unit 3 LESSON 4: Right and Wrong - In the Right Core Theme 2 Unit 5 LESSON 7: Staying Safe – I Don't Know You Core Theme 1 Unit 5 LESSON 3: Drug Safety - Magic Medicine Safe Zone Year Two LESSON 1: Self-Image and Identity |
| Autumn 2 | Core Theme 1 Unit 4 LESSON 5: Consequences - Good v Bad Core Theme 2 Unit 1 LESSON 4: Co-operation – Negotiation Core Theme 2 Unit 1 LESSON 5: Co-operation - Want to Play? Safe Zone Year Two LESSON 2: Online Relationships |

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| Spring 1 | Core Theme 1 Unit 2 LESSON 5: Keeping Clean - Bath-time Core Theme 1 Unit 2 LESSON 6: Skin - Skinny Tips Safe Zone Year Two LESSON 3: Online Reputation |
| Spring 2 | Core Theme 1 Unit 3 LESSON 3: Growing Up - All Grown Up Core Theme 1 Unit 3 LESSON 4: Changing Needs - I Need Core Theme 1 Unit 1 LESSON 5: Physical Activity - Mighty Muscles Core Theme 2 Unit 3 LESSON 3: Behaviour - In My Shoes Safe Zone Year Two LESSON 4: Online Bullying |
| Summer 1 | Core Theme 1 Unit 2 LESSON 1: Dental Hygiene - Brushing Up! Core Theme 1 Unit 2 LESSON 2: Dental Hygiene - Bright White Core Theme 1 Unit 2 LESSON 3: Dental Hygiene - Top Teeth Safe Zone Year Two LESSON 5: Managing Online Information |
| Summer 2 | Core Theme 3 Unit 3 LESSON 4: Money - Shopping List Core Theme 3 Unit 3 LESSON 5: Choices - This or That? Core Theme 3 Unit 3 LESSON 6: Enterprise - Dragons' Den Safe Zone Year Two LESSON 6: Copyright and Ownership Safe Zone Year Two LESSON 7: Privacy and Security |

Age 7-8/Adventurers Overview

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| Autumn 1 | Core Theme 2 Unit 5 LESSON 1: Friendship – Best Features Core Theme 2 Unit 5 LESSON 2: Friendship – Circles Time Core Theme 2 Unit 5 LESSON 3: Friendship - Falling Out Core Theme 2 Unit 5 LESSON 4: Friendship – The BAFAs Safe Zone Year Three LESSON 1: Self Image and Identity |
| Autumn 2 | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – I Am Who I Am! Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental – Hearts and Minds |

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| | Core Theme 1 Unit 1 LESSON 3: Physical, Emotional and Mental – Three in One |
| Spring 1 | Core Theme 2 Unit 1 LESSON 1: Clear Messages – Dot Dot Dash Core Theme 2 Unit 1 LESSON 2: How to Listen – Listen Up! Safe Zone Year Three LESSON 2: Online Relationships Safe Zone Year Three LESSON 3: Online Reputation |
| Spring 2 | Core Theme 3 Unit 2 LESSON 1: Different Communities – My Community Safe Zone Year Three LESSON 4: Health, Well-being and Lifestyle |
| Summer 1 | Core Theme 1 Unit 7 LESSON 1: Before Puberty – You’ve Grown! Core Theme 1 Unit 7 LESSON 2: Visible Changes – Mind the Gap Core Theme 1 Unit 8 LESSON 1: How to Help - Who to Call Core Theme 1 Unit 8 LESSON 2: Emergency Calls - Calling 999 Core Theme 1 Unit 8 LESSON 3: Emergency Calls - Ambulance, Now! Core Theme 1 Unit 2 LESSON 4: Sleep – Sweet Dreams Safe Zone Year Three LESSON 5: Privacy and Security |
| Summer 2 | Core Theme 1 Unit 2 LESSON 1: A Balanced Approach – Define:Healthy Core Theme 1 Unit 2 LESSON 2: Physical Exercise - Active Kids? Core Theme 1 Unit 2 LESSON 3: Lifestyle Choices – It’s Your Choice Core Theme 2 Unit 2 LESSON 3: Shared Goals – Better Places Safe Zone Year Three Lesson 6: Copyright and Ownership |

Age 8-9/Adventurers Overview

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| Autumn 1 | Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits Safe Zone Year Four LESSON 1: Online Relationships and Online Bullying |
| Autumn 2 | Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers Core Theme 2 Unit 3 LESSON 2: Self-Worth – I’m a Marvel! Core Theme 1 Unit 5 LESSON 5: Feelings – Overreacting Safe Zone Year Four LESSON 2: Health, Well-being and Lifestyle |

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| Spring 1 | Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall Safe Zone Year Four LESSON 3: Online Reputation and Managing Online Information |
| Spring 2 | Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock! Safe Zone Year Four LESSON 4: Self Image and Identity |
| Summer 1 | Core Theme 2 Unit 1 LESSON 3: Responding to Others – Agony Aunts Core Theme 2 Unit 1 LESSON 4: Expressing Opinions – It’s Debatable Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind Safe Zone Year Four LESSON 5: Copyright and Ownership |
| Summer 2 | Core Theme 2 Unit 4 LESSON 1: Connections - Paper Chains Safe Zone Year Four LESSON 6: Privacy and Security |

Age 9-10/Navigators Overview

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| Autumn 1 | Core Theme 3 Unit 1 LESSON 1: Structure – Just Imagine ... Core Theme 3 Unit 1 LESSON 2: Law and Order – In Charge Core Theme 3 Unit 1 LESSON 3: U.N. Rights – Our Rights Safe Zone Year Five LESSON 1: Privacy and Security |
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| Autumn 2 | Core Theme 2 Unit 4 LESSON 5: Online Relationships – A Risky Business Core Theme 1 Unit 5 LESSON 1: Drugs – Just Say No! Core Theme 1 Unit 5 LESSON 2: Alcohol – Drink Aware Safe Zone Year Five LESSON 2: Self Image and Identity |
| Spring 1 | Core Theme 1 Unit 5 LESSON 3: Tobacco – Up in Smoke Core Theme 1 Unit 5 LESSON 4: Substance Abuse – Let’s Be Frank Safe Zone Year Five LESSON 3: Online Reputation and Managing Online Information |
| Spring 2 | Core Theme 1 Unit 1 LESSON 1: Physical, Emotional and Mental – 3-Dimensional Core Theme 1 Unit 1 LESSON 2: Physical, Emotional and Mental –What’s Puberty? Core Theme 1 Unit 1 LESSON 3: Healthy Lifestyles – You Choose! Safe Zone Year Five LESSON 4: Health, Well-being and Lifestyle |
| Summer 1 | Core Theme 1 Unit 2 LESSON 1: Food Choices – Secret Eaters Core Theme 2 Unit 1 Lesson 1: Confidentiality - Secret Eaters Core Theme 2 Unit 4 LESSON 1: Physical Contact – Touch Sensitive Safe Zone Year Five LESSON 5: Copyright and Ownership |
| Summer 2 | Core Theme 1 Unit 5 LESSON 5: Basic First-Aid – First Aids Tips Safe Zone Year Five LESSON 6: Online Relationships and Online Bullying |

Age 10-11/Navigators Overview

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| Autumn 1 | Core Theme 1 Unit 3 LESSON 1: Identified Strengths – Big Dreams Core Theme 1 Unit 3 LESSON 2: Identified Strengths – Big Achievers Core Theme 1 Unit 5 LESSON 6: Internet Safety – Fake News |
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| | Safe Zone Year Six LESSON 1: Online Reputation and Managing Online Information |
| Autumn 2 | Core Theme 1 Unit 3 LESSON 3: Setting Goals – ‘Super Futures’ Core Theme 1 Unit 3 LESSON 4: Setting Goals – I Can Do That! Safe Zone Year Six LESSON 2: Online Reputations and Online Bullying |
| Spring 1 | Core Theme 1 Unit 1 LESSON 4: Physical Illness – Bleugh! Core Theme 1 Unit 1 LESSON 6: Immunisation – One Sharp Scratch Safe Zone Year Six LESSON 3: Self Image and Identity |
| Spring 2 | Core Theme 1 Unit 1 LESSON 5: Healthy Minds – Young Minds Core Theme 2 Unit 4 LESSON 4: Mental Wellbeing – Mind Business Core Theme 2 Unit 3 LESSON 1: Race and Ethnicity - United States? Safe Zone Year Six LESSON 4: Health, Lifestyle and Well-being |
| Summer 1 | Core Theme 2 Unit 4 LESSON 3: Marriage – I Promise... Core Theme 2 Unit 4 LESSON 2: Support and Care - Connections Safe Zone Year Six LESSON 5: Privacy and Security |
| Summer 2 | Core Theme 3 Unit 4 LESSON 1: Generating Income – Making Money Core Theme 3 Unit 4 LESSON 2: Generating Income – Raising Money Safe Zone Year Six LESSON 6: Copyright and Ownership |

3D PSHE Sex Education Unit

We use the 3D Sex Education Unit. This covers close relationships, including friendships, that often form during puberty; the physical, mental and emotional changes that take place during puberty; sexual relationships; busting some myths about sex; the features of healthy and unhealthy relationships; gender identities; an awareness of transgender issues; the difference between transgender and cross-dressing.

3D PSHE Extremism and Radicalisation

We use the 3D PSHE Extremism and Radicalisation Units. For students working below KS2, cover understanding the differences between ‘fact’ and ‘opinion’; recognising and respecting similarities and differences between people; how to deal with confrontation; understanding that difference is a positive feature. In Adventurers and Navigators we look at how to deal with peer pressure; how extremism manifests itself; homophobia and racism as extremist behaviours; terrorism.

3D PSHE Substance Related Abuse Unit

We use the 3D Substance Related Abuse Unit. This covers keeping safe;

understanding some of the consequences of risk-taking; knowing some of the different forms addiction can take; the names of the most common drugs; how advertising influences our choices.

Bibliography

This Dimensions 3D Primary PSHE Policy is informed by the following links:-

- [Academies Act 2010](#)
- [Children and Social Work Act 2017](#)
- [Education Act 2002](#)
- [Guidance on Relationships, Relationships and Sex Education, and Health Education](#)
- [Parliament UK Report 2019](#)
- [PSHE Association](#)

Appendices

For further guidance on Relationships Education (Primary), Relationships and Sex Education (RSE – Secondary) and Health Education (Primary and Secondary), please visit the following:

[Guidance on Relationships, Relationships and Sex Education, and Health Education](#)

Appendix 1



Dear Parents/Carers,

Our PSHE and RSE curriculum

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationships, sex and health education (RSHE) is the statutory element of our PSHE curriculum and all schools in England are required to teach RHE (relationships and health education) in primary schools (with the recommendation from the Department for Education to teach about conception and birth). We will be teaching lessons about RSHE/RHE as part of our PSHE lessons, drop-down days etc which will include topics such as naming body parts; families; online safety; puberty; babies and birth; relationships and communication skills; pregnancy; contraceptives; prevention of HIV/AIDS and other sexually transmitted diseases; prevention of sexual abuse; FGM; body image; sexting and social media; pornography; consent).

During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

RSE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive information, rather than hearing content second hand or via online platforms. In the 21st century pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

RSE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable, and we want to empower our pupils here at First Steps Together.

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Executive Headteacher: Mrs. Natalie Ogden



Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting the Deputy Headteacher Mr Greenwood at school. All materials used are available for you to browse through should you so wish.

Best Wishes

Natalie Ogden
Executive Headteacher

Appendix 2