



Headteacher: Mrs L Withers

NPQH BA (hons) with QTS

7th June 2023

Dear Parents,

Relationship, Health and Sex Education

As I am sure you are aware, all primary schools have a legal responsibility to provide Relationship Education and Health Education, which has been in place since September 2021. All pupils will receive lessons designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships. This includes information to help your child stay safe online, in an ever-changing world. In addition, schools have the option to teach age appropriate Sex Education, which is recommended although not mandatory at primary level.

We recognise some parents may be uncomfortable with the thought of their children receiving sex education in primary school. However, as a school we believe it is completely natural for children to have questions about reproduction, their bodies and to be curious about where they came from. In the age of information where children in primary school have access to the internet through mobile technology, we believe it is better that children receive age appropriate answers from safe adults at home and school than it being left to their peers or the internet.

These lessons build on work delivered through the National Curriculum for Science, which covers human development and life cycles and help to support the teaching of puberty in Years 4, 5 and 6, which is now a core component of the new Health Education curriculum and is a mandatory for all children.

This term we will be delivering the Changing Me unit of work in Reception through to Year 6. This builds on the Protective Behaviours work taught at the beginning of the academic year.

The coverage will start in Reception and Year 1, with children learning about the names and functions of some parts of the body; knowing that we grow from baby to adult; knowing who to talk to if they are feeling worried; and knowing that sharing how they feel can help solve a worry. In Year 2, children will learn about the physical differences between male and female bodies; learn the correct names for private body parts; know that private body parts are learn the underwear rule; know who to ask for help if they are worried or frightened. In Year 3 and 4, we will then move on to learning more specifically about puberty and how a child's body grows into an adult body. The children will learn about the role of hormones



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and how they affect how they feel and act. Children will learn about the similarities and differences between the way boys and girls grow into men and women. They will learn about spots, facial hair, private parts and the importance of personal hygiene. In Year 5 and 6, children will also learn about menstruation, period products and procedures. They will learn that girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally; learn that sexual intercourse can lead to conception; know that some people need help to conceive and might use IVF and know that becoming a teenager involves various changes and also brings growing responsibility.

All coverage and progression maps can be found on the school website, in the curriculum area. If you require paper copies, please contact the school office.

We believe that successful teaching around RSE can only take place when parents and school work together. We want children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe. If you have any questions or would like support in talking to your child at home please speak to your child's class teacher in the first instance.

Kind regards,

Mrs L Withers
Headteacher