

Dear parents and carers,

Year 6 PSHE and Relationships Programme

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world. As part of this, during the week beginning Monday 23rd May, Year 6 will be receiving relationship and sex education (RSE).

To support the delivery of this, on Monday 23rd May, Year 6 will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into school to deliver some of the RSE aspect of our PSHE programme. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020, relationships education became a legal requirement. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The workshop, led by an experienced, trained CLE educator, will be delivered and will focus on body changes and keeping safe. The children will be exploring these themes through examining the following:

- Understanding the changes, both physical and emotional, that take place during puberty for both boys and girls so that children can approach these changes with confidence
- The products that they may need during puberty and why
- What menstruation is and why it happens
- Naming the reproductive organs
- How do humans reproduce?
- Can people of the same sex love each other? Is this ok?
- What is consent?
- What makes a healthy relationship?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years, consistently shows that adults who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a *later age* than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well. If further advice or support is required, please do not hesitate to speak to your child's class teacher.

Yours sincerely,

Mr Tim Rolfe
Year 6 Team Leader

