



Willow Lane

Community Primary School

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Dear Parents and Carers,

Year 5 and 6 PSHE and Relationships Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Health and Relationships Education (HRE). This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On the 23rd September for Year 5 and 6th June for Year 6, Coram Life Education (CLE) are coming into our school to deliver some of the relationships and sex education 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. The design of the programme has taken into account the requirements of statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session and you are very welcome to ask us about the resources that will be used.

The workshops will be led by an experienced, trained educator and will focus on body changes, reproduction and keeping safe. Your child will be exploring these themes through examining the following questions:

- Who can I talk to if I feel uncomfortable or if someone isn't respecting my personal boundaries?
- What is personal and private information?
- What kind of physical contact is unacceptable and how should I respond?
- How will my body and emotions change as they approach and move through puberty?
- How male and female bodies change
- How do I feel about growing up and changing?
- Labelling reproductive organs
- How do humans reproduce?
- Can people of the same sex love each other? Is this ok?
- What do I do if someone wants me to do something I know is wrong or makes me feel uncomfortable?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that arise from the children 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 HRE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality HRE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that men and women 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 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 Mrs Lewis, Ms Naylor, Mrs Banks or Mr Webster.

Yours sincerely,

The Year 5/6 Team

