



Dear Parent/Carer,

## Year 6 PSHE and Relationships Programme: Growing Up Confident

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) course. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On Thursday our school will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to year 6. 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; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has considered the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The workshops, led by an experienced, trained CLE educator, will be delivered to our Years 6 pupils and will focus on body changes and keeping safe. Your Year 6 child will be exploring these themes within a lesson that will pre-empt the type of questions children often ask, such as:

- Who can I talk to if I feel uncomfortable or if someone isn't respecting my personal boundaries?
- What kind of physical contact is unacceptable and how should I respond?
- What language is appropriate and inappropriate when talking to my peers?
- How can I use my mobile phone in a responsible way and respect other people's boundaries?
- What is a stereotype and how can it be negative?
- How will my body and emotions change as they approach and move through puberty?
- How do I feel about growing up and changing?
- How do humans reproduce?



- 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?
- 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.

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 your child's class teacher or the Head teacher.

Yours Sincerely

Year 6 Staff

