



Friday 15th June 2018

Dear Parent/Carer,

Re: Year 6 Sex and Relationships Education

We will shortly be beginning some work in Year 5 and 6 about 'Growing and Changing'. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social and Health Education (PSHE).

Our programme in Year 5 and 6 is carefully tailored to the age and needs of the children. In Year 6 we will review what the children learnt about puberty last year and learn about reproduction and changing emotions and responsibilities. These are the main questions we will discuss:

- How are babies made?
- How can I express my feeling positively as I grow up?
- When am I responsible for how others feel?
- What should adults think about before they have a baby?
- What are families like?
- What can I do when I realise I'm in a bad mood?
- How do I recognise how other people feel and respond to them?

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues. These are some useful sources of support:

Family Lives offers help and advice to parents and carers on any aspect of bringing up children. www.familylives.org.uk

For information and videos clips on talking about SRE to your children, try

www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx

www.familylives.org.uk/how-we-can-help/parentchannel-tv/

For information about your rights and SRE download the leaflet *SRE and Parents* from

www.education.gov.uk

For further guidance from the **Sex Education Forum**, download 'Talk to your children about sex and relationships: support for parents' Factsheet 31

www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact Mrs Maycock if you would like to discuss this. If you would like to discuss any issues relating to our work on Sex and Relationships, or to find out more about the lessons, please speak to your child's class teacher.

Yours faithfully,

Mrs Sophia Wells
Personal Social and Health Education (PSHE) Coordinator

