

Thursday 6th June 2024

Dear Parents and Carers,

Year 6 PSHE

I am writing to you to let you know that this term, Year 6 will be teaching their 'changing me' unit which includes changes experienced during puberty and sex education.

Within these sessions, the children will learn about sexual intercourse and how babies are made. All materials have been carefully selected and all staff have received training to ensure this is delivered in a factual, but sensitive way. As part of the sessions, children will have the opportunity to ask questions anonymously using an 'ask it basket'. There will also be two members of staff in the lesson so children are fully supported.

Sex education is a non-statutory subject. Even though the topic is not compulsory in primary schools, the Department for Education advises that primary schools do teach this.

As the subject is not statutory, there is an option to withdraw. This process is laid out within our RSE policy on our website. If you wish to withdraw your child, please book an appointment with Mrs Norgate to discuss your application for withdrawal. Please be reminded that you will only be able to withdraw your child from sex education, and not health and relationships education.

Below is an outline of the lessons being covered this half term. If you wish to view any of the materials being used in the lessons please contact me via the school office and I will be able to arrange a time to show you the resources.

- I am aware of my own self-image and how my body image fits into that.
- I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.
- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend.
- I am aware of the importance of a positive self-esteem and what I can do to develop it

Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues arise. Your child needs to know that it is OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk, so try to communicate as you would in any other topic of conversation. Below are some simple strategies to make talking about feelings, relationships and the body more comfortable:

- Start by talking about something you both find comfortable, such as feelings and emotions
- Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly
- Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- Reading a story book containing relevant content is a helpful way to stimulate discussion with your child
- Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness
- Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future
- If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- Try to listen calmly, even if what they say surprises you or concerns you. Remember that it is good that they are comfortable enough to discuss issues with you. They need to trust that you will not respond negatively

Make sure your child knows they can talk to you anytime about anything.

I thank you in anticipation of your support.

Yours sincerely,

Miss Lee
PSHE/RSE Lead



itable company limited by guarantee, registered in E
office is at Sewell Park Academy, St. Clements Hill, N

