

King Edwin Primary School

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Dear Parent/Carer,

During this half-term, year five will be focusing on some of the Relationships and Sex Education (RSE) aspects of our PSHE programme. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. 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 lessons delivered to our pupils will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes by examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond to unwanted physical contact?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas. <https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If after reading this letter you have any questions, please do not hesitate to contact your child's class teacher.

Kind regards,

The year five team.

