

21 May 2024

Dear Parent/Carer,

## Year 6 PSHE and Relationships Programme

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

On Wednesday 19<sup>th</sup> June we 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.

The workshops, led by an experienced, trained CLE educator, will focus on body changes and keeping safe. Your Year 6 child will be exploring these themes through examining the following questions:

- How can I keep safe online?
- Why do I need to protect personal information including passwords, addresses and photos of myself and others online?
- How can I manage any requests for photos of myself or peers I may receive?
- What is and is not appropriate to ask for or share online?
- Who can I talk to if I feel uncomfortable or are concerned by such a request?
- What are personal boundaries?
- 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 do I feel about growing up and changing?
- 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 children might ask 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.

**PTO**

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults 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.

Health and relationship education is compulsory in primary school; however, you have the right to withdraw your child from the sex education element of the workshop that deals with what sexual intercourse is if you wish.

We recognise that parents and carers 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.

If you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact me at the school.

Yours Sincerely,  
Charlotte Lambert-Martin  
(RE, PSHE & RSE Lead)