



Hemsby Primary School

School Loke | Hemsby | Great Yarmouth | Norfolk | NR29 4LH

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www.hemsby.norfolk.sch.uk



Friday 27th November 2020

Relationships and Sex Education

Dear Parents and Carers,

In September 2020 Relationships Education became a compulsory element of the primary school curriculum. Primary schools also have the option to teach age appropriate Sex Education, which we have chosen to adopt.

We live in a world where children have access to more information than ever before. As you can appreciate, sometimes this information is false or misleading, so it is very important to deliver a sensitive curriculum that equips our children with the knowledge and understanding that they need to grow up with and become healthy, happy and safe. We had planned to consult with you on how we are developing our Relationships, Sex and Health Education (RSE) curriculum and give you opportunities to feed back to us in person, however due to the continuing global pandemic, we are having to think a bit outside of the box. As a school we want to deliver the best RSE curriculum possible so have decided to adopt the local authority scheme of work. It has been carefully planned and written by experts.

Our school prides itself on delivering effective, age-appropriate Relationships, Sex and Health Education (RSE) that meets the needs of all our pupils within an inclusive and supportive learning environment; using non-biased resources. RSE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

RSE will deliver a spiral curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues. We will also link our RSE teaching to our existing PSHE teaching as lots of areas are linked. (Please see further below for our proposed RSE Curriculum overview.)





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I would like to take this opportunity to reassure you that none of the teaching materials or strategies should shock pupils. All lessons will be taught in a strictly non-judgemental and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's Relationships and Sex Education with them at home. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about emotions, the human body and relationships with your child. Please note the government have ensured that parents have the right to withdraw their child from the sex education elements of the primary curriculum, but not the relationships and health elements.

We have attached 'Top tips for talking to your child' and will also make available the DfE 'Guide for Parents' and some information from the 'Sex Education Forum'. Once you have read all the information in this letter and the supporting documents, we would really appreciate it if you could fill in the survey linked below to help us gather your views as parents.

<https://forms.office.com/Pages/ResponsePage.aspx?id=ly-wBLJQD06xAkcrNvc7CjCCqneOkt9LiJ9Rj-6kCYIUMVhNNFpMM05KRzQwS1NMSkxJTVBISkVUMi4u>

Yours sincerely

Sian Harmer





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Y_R Year group R

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils can recognise what they like and dislike and feel empowered to make real informed choices.	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.

Y₁ Year group one

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Pupils can identify and respect the differences and similarities between people.	Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.

Y₂ Year group two

My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.	Pupils can recognise how they grow and will change as they become older.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.



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	My feelings	My body	My relationships	My beliefs	My rights and responsibilities	Asking for help
Y3	Identify personal strengths and set aspirational goals, understanding how this builds high self-esteem.	How their body may change as they grow and develop.	The attributes of positive, healthy relationships.	Challenging gender stereotypes.	The right to protect their body from unwanted touch.	The differences between secrets and surprises, knowing when it is right to break confidence and share a secret.
Y4	Recognising a wide range of emotions. Responding to their own, and other people's emotions.	Anticipate body changes, understanding that some are related to puberty.	Acceptable and unacceptable physical behaviours and how to respond.	That differences and similarities between people arise from a number of factors including family types and personal identity.	That marriage is a commitment freely entered into.	Knowing when to ask for help to manage a situation, and how skills to ask for help.
Y5	How emotions may change as they approach, and move through puberty.	Anticipate how their body may change as they approach, and move through puberty.	Healthy relationships, including the skills to manage and maintain healthy relationships.	Correct terms to describe gender and sexual orientation, including the unacceptability of homophobic and transphobic bullying.	Strategies for keeping safe online; knowing personal information can be shared easily.	How to manage accidental exposure to upsetting online material, including who to talk to about this.
Y6	That images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	That sexual intercourse leads to reproduction. The scientific terms to describe the male and female sexual organs.	The nature and consequences of discrimination, including the use of prejudice based language.	That some cultural practices are against British law, including Female genital mutilation (FGM).	That some infections can be shared during sexual intercourse, and that a condom can help to prevent this.	Knowing when, who and how to ask for help independently or with support.



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Top tips for talking to your child...

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 of increasing seriousness arise.

Your child needs to know that it's 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 behave as you would in any other topic of conversation.

Below are simple strategies to make talking about feelings, relationships and the body more comfortable:

- ✓ Start by talking about something that 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 or concerns you. Remember that it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

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

SEX AND RELATIONSHIPS EDUCATION

Tips and resources for parents and carers of primary-aged children

Sex and relationships education (SRE) is learning about growing up, relationships, sexual health and reproduction. At primary school, this includes:

- **Physical** development, for example how our bodies change in puberty
- **Emotional** development, including how to manage feelings
- **Social** development, such as how to manage friendships and positive and negative influences from peers

SRE gives children and young people essential knowledge to help them stay safe and understand what is happening as they grow up.

Whatever topic children are learning about in SRE, teaching should always stress the values of love, respect and care for one another.

Why is SRE important in primary school?

Children will get information about sex and relationships from their peers and from sources such as television, the internet, adverts, newspapers and magazines. A lot of this is unreliable and misleading and can be frightening.

Children need to get reliable information from both their school and family about their bodies, growing up, having babies and staying safe. National and international research shows that when delivered well, SRE has a protective function. For example, children who are taught about safe and unsafe touch, are more likely to tell an adult if they experience abuse.

What can I expect from school?

It is compulsory for maintained primary schools to teach about human life cycles as part of science, and all state-funded primary schools are advised to teach about puberty before children experience it. But good SRE includes much more than just the biological basics. Each school must choose what it will teach about relationships and how to do this.

Schools must have an SRE policy and parents have the right to see the policy. This will state what the school teaches about sex and relationships (in addition to science). Academies and free schools can choose to have an SRE policy.

All (state-funded) schools must publish information on their website about what is covered in each subject of their curriculum. So if they teach SRE this information should be online, often as part of the PSHE education curriculum.



WHAT DO CHILDREN WANT TO KNOW?

AGE 3-6

- Who is in my family?
- What do my friends like about me?
- Why are girls' and boys' bodies different?
- Where do babies come from?
- Which parts of my body are private?
- Who can I go to if I am worried about something?

AGE 7-8

- How do I know when I am being bullied?
- Why are some children growing up quicker than others?
- Should boys and girls behave differently?
- What are eggs and sperm?
- How do different animals have babies?
- When is it good or bad to keep secrets?

AGE 9-11

- What is love? How do we show love to one another?
- What do the words 'lesbian' and 'gay' mean?
- What is puberty?
- Is my body normal?
- What are wet dreams?
- What are sexual feelings?
- Can I believe everything I see on TV about bodies/relationships?
- How can girls manage periods?
- Who can I talk to if I want help or advice?

For the full list of questions to help design a primary SRE curriculum see:

<http://www.sexeducationforum.org.uk/resources/curriculum-design.aspx>

For more information about sex and relationships education visit us at www.sexeducationforum.org.uk

What can parents do?

Children say that they want their parents to be the first to talk to them about growing up, sex and relationships. So there is a lot you can do at home. Many parents want to do this but find it embarrassing and difficult. Try using the tips and resources below to get started and have a look at the questions children ask at different ages.

Do...

- Read books, leaflets, look at a website or watch a DVD together
- Talk while you're doing something else, e.g. washing up or driving
- Enjoy talking about it. Laugh with each other, not at each other
- Listen rather than judge. Try asking what your child thinks. Make sure you understand what your child's question really is.
- Answer questions and don't be afraid to say: 'I really don't know – let's work it out or look it up together'.
- Always respond, if you don't, she or he may think it is wrong to talk to you about sex and relationships and, as a result, you may find your child clams up when you raise the subject.
- If it all feels too personal, try talking about people in books, films, and favourite television programmes such as soaps.

Don't...

- Say you will tell them when they are older. Instead, find a way to answer them that matches their level of understanding.
- Bombard your child with questions if they ask you a question. If you are concerned about a question or a comment they have made, gently try to find out why they are asking it.
- Talk too much. Children say it is awful to get a lecture on growing up. Try to make it a two-way conversation.
- Be afraid to tell your children what you think, and why. But do try and avoid making harsh judgments of others and give your child some leeway to come to their own opinions.

FOR MORE HELP AND ADVICE

Ask your child's school how they are supporting parents with SRE

Visit the Family Lives website www.familylives.org.uk

Visit this NHS website with information for parents about puberty

www.nhs.uk/Livewell/puberty/Pages/Pubertyinfoforparents.aspx

For advice on internet safety visit the CEOP 'thinkuknow' site for parents

<https://www.thinkuknow.co.uk/parents/>

The Sex Education Forum is a membership organisation and works together with its members and other stakeholders to achieve quality sex and relationships education (SRE). Established in 1987, we believe that ALL children and young people have the right to good SRE. Our work on SRE is underpinned by evidence, a rights-based approach and the expressed needs of children and young people.



SUGGESTED READING FROM PARENTS

PICTURE BOOKS 3-6

Mummy Laid an Egg - Babette Cole

And Tango Makes three - Justin Richardson

The Great Big Book of Families - Hoffman & Asquith

The Feelings Book - Todd Parr

Secret, secret - Daisy Law

NON-FICTION 7-8



We read this together and would take turns with the different characters. It never felt too serious or embarrassing.

It's So Amazing - Harris & Emberley

Great answers to difficult questions about sex - Linda Goldman

NON-FICTION 9-11



My son actually read this alongside the 'for girls' book. I would often find him reading them by himself.

What's Happening to me? (Girls Edition) - Meredith & Leschnikoff

What's Happening to me? (Boys Edition) - Frith & Leschnikoff

Let's Talk About Sex - Harris & Emberley

Contact us for more suggested reading at SEFtraining@ncb.org.uk

For more information about sex and relationships education visit us at www.sexeducationforum.org.uk

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department
for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.