



May 2021

Year 1 Sex and Relationships Education

Dear Parent/Carer,

We will shortly be beginning some work in Year 1 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, Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- What are the names of the main parts of the body?
- What can my amazing body do?
- When am I in charge of my actions and my body?
- How can I keep my body clean?
- How can I stop common illnesses and diseases spreading?

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. For more information on this, you might look at this helpful website: Family Lives www.familylives.org.uk.

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 our programme defined as sex education i.e. learning about human conception and birth. Please contact the Headteacher if you would like to discuss this.

The following language may be used as appropriate for the class.

Key areas of learning	Feelings/ relationships	Body parts and processes	Other
External body parts	same similar different unique special responsibility	birth death Range of external body parts penis testicles vulva vagina bottom	male female man woman teenager adult germs

Do contact your child's class teacher if you have any questions.