Dear Parents/Carers,

Invitation to consultation on the Department for Education (DfE) statutory requirements for Relationships and Health Education

Recent changes in government guidance mean that Relationships and Health Education is no longer advised, but is now a statutory requirement.

You can read about these changes in this DfE guide for parents< here: https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools The DfE also strongly encourages primary schools to deliver sex education to help prepare children for their transition to secondary school.

We have always had a PSHE curriculum which includes Relationship and Health education and some elements of Relationships and Sex Education (RSE).
The new guidance is simply about ensuring that **all** children get the information they need and want. The lessons will help children to learn about their bodies including the changes that take place at puberty, and will help keep them safe, so they can form healthy relationships (friendships) with others, now and in the future.

To ensure that we are delivering well sequenced and age appropriate lessons on these sensitive topics we are using the leading children's health and wellbeing charity, Coram Life Education (CLE) to support us in meeting these legal requirements. We do this in a two ways:

- Using Coram Life Education's online SCARF teaching resources and program of study.
- Access expert advice and guidance for teachers from trained specialists.

More information about Coram Life Education and SCARF can be found on their website: www.coramlifeeducation.org.uk

We recognise that parents play a vital part in their child's RSE, and we want to ensure that we develop our PSHE and RSE policy in line with the views of the whole community. We would therefore like to invite you to an optional consultation evening where we can tell you a bit more about our intended approach and answer any questions you might have. We will use this opportunity to get your feedback and also to share some of the resources we will be using with you.

RSE Parent consultation evening

Wednesday 9th November
4pm - 5pm
Badgers Classroom

Due to the nature of the topics being discussed we politely request no children attend.

Attached is an overview of the units of learning. The program of study is broken down into 6 themed units. Reception will complete one unit each half term. Our classes that are mixed ages will follow a cyclical program of study with the units split across their two years. The unit on Growing and Changing will be delivered in the summer term, so that both teachers and children have had the chance to build a trusting relationship. We will also have a split teaching model for the last half term so that children are only accessing learning appropriate for their age.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Me and my Relationships	Valuing difference	Keeping Safe	Rights and Respect	Being my best	Growing and Changing
Cycle A	Me and my Relationships	Me and my Relationships	Valuing difference	Valuing difference	Keeping Safe	Growing and Changing
Cycle B	Being my best	Being my best	Rights and Respect	Rights and Respect	Keeping Safe	Growing and Changing

In the summer, we will send out a reminder about the growing and changing units coming up so you can talk to your class teacher prior to it being taught if you have any specific concerns. We encourage you to talk about these topics at home with your children as well, if you feel comfortable doing so.

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. Current government Sex and Relationships Education guidance states that children should learn about puberty before

they experience it, but clearly this isn't happening in some schools – one of the reasons why making this subject statutory in all schools is so important.

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women 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.

We are really excited about the positive impact our new PSHE curriculum is going to have on the overall wellbeing of all our children and look forward to sharing more about it with you.

Kind regards,

Hannah Lowey

Federation Teaching, Learning and Curriculum Strategic Lead