



Dear Parent/Carer

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on TV, in magazines, the internet etc. which young people may have access to, and this can sometimes make an already confusing time seem even more complicated! Therefore, as part of the school's Personal, Social and Health Education programme your child will soon receive lessons on relationships, sexual health and puberty.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes, which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of RSE are:

- The value of family life, marriage and of loving and stable relationships in bringing up children.
- To provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- To foster self-awareness and self-esteem.
- To develop a sense of responsibility and respect for themselves and others.

The RSE programme includes watching a video from the Channel 4 *Living and Growing* series and input from the class teacher. All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

The RSE policy and scheme of work can be viewed on the website or a printed copy is available on request. You are welcome to contact your child's class teacher to discuss the programme or to view any of the teaching materials used.

In the Foundation Stage the children will be introduced to life cycles. During Key Stage 1 the children will reflect on differences other than physical ones. They will see that we grow and change, as do all living things, that we become more independent and are able to think of others. Children learn to appreciate the differences between people and how to show respect for each other; what is appropriate and inappropriate. The belief that we are special is reinforced. Their class teacher teaches these lessons.

At Key Stage 2 (KS2) learners are supported to maintain their emotional and physical health and wellbeing, sustain their growth and development, and how to keep themselves safe. As the children develop they need to understand bodily changes, the main stages and life processes of the human lifecycle and responsible and happy relationships. They are also encouraged to explore their feelings, develop self-awareness and self-respect and develop their self-esteem. A suitably experienced and knowledgeable Teaching Assistant (TA), who holds an Accreditation in PSHE from Roehampton University, delivers RSE at Woodborough School. The class teachers support the TA and the lessons take place in mixed gender groups.

Parents can withdraw their children from all or part of RSE provided at school, but not from the biological aspects of human growth and reproduction provided under the National Curriculum for Science 2014. If you wish to withdraw your child from all or part of the schools RSE programme you are invited to see the Head teacher who will explore any concerns and discuss any impact that withdrawal may have on your child. We will require a formal written request that your child will not be participating in the RSE programme, received by the Head teacher before the programme starts. Class teachers will begin the programme during Term 6.

There will be an information session for KS2 parents on Tuesday June 6<sup>th</sup> at 3.30pm. Please contact Mrs Hobbs to inform us if you will be attending.

Yours sincerely,

Head teacher

# DfES Leaflet

## What should you do?

### TALK:

- To your children. Ask them about lessons at school. Say what your views and values on sex and relationships are. Answer their questions.
- To your school, especially if you have concerns. Initially talk to your child's tutor or class teacher. They might well suggest you discuss the matter with the head teacher, or senior teacher, if concerns remain.
- To other parents, especially from your community and those with similar beliefs to yourself.

### LISTEN:

- To your children, their questions and wishes.
- To your child's teacher and / or head teacher. Clearly understand the school's values, policy and approach to SRE.
- To the opinions of other parents and how they manage this with their children.

## Some useful values statements to think about when talking with your child:

- Have sex with someone you really care about and who will share responsibility for contraception and safer sex.
- It would be better to wait to have sex until you are old enough to take responsibility.
- Families have different beliefs about sex, sometimes these are guided by the religion that they follow.
- Sex should never be used to exploit someone.

You may choose to approach a range of organisations that exist to offer advice and support regarding sex and relationships. A list can be obtained from the Sex Education Forum at:

National Children's Bureau  
8 Wakeley Street  
London EC1V 7QE  
Tel: 020 7843 6000  
E-mail: [sexedforum@ncb.org.uk](mailto:sexedforum@ncb.org.uk)

For more copies of this leaflet please call DfES publications on 0845 602 2260 quoting reference code **DfES 0706/2001**

## Who is this leaflet for?

It is written for parents and carers. Particularly those who may have worries about sex and relationship education (SRE) at school and those who want to find out more.

## What is sex and relationship education (SRE)?

It is lifelong learning about physical, moral and emotional development. It is about understanding the importance of marriage for family life; stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is not about the promotion of sexual orientation or sexual activity.

## Why does sex and relationship education (SRE) matter?

Our children learn about sex and relationships from the very youngest age, even if we don't talk with them. Some of the things they learn are incorrect, confusing and frightening. In a world where sex is used to sell things from food to fast cars, and celebrities' lives become everyone's business, we should talk to our children to help them make sense of it all.

As well as this, in the UK we have the highest rates of teenage pregnancy in Western Europe. We also have high rates of sexually transmitted infections (STIs). Effective SRE does not encourage early sexual experimentation - but it does enable young people to mature, to build up their confidence and self-esteem and to understand the reasons for delaying sexual activity until they are ready.

## Parents and sex and relationship education (SRE):

As a parent / carer, you are the key person for your child's learning about sex and relationships. Schools should always work in partnership with parents / carers. You need to know that the school's SRE programme will complement your role and support you as sex educator of your child. For example, governing bodies and schools should consult with parents / carers when developing or updating the school's SRE policy. They should ensure your views are heard and that taught SRE is culturally appropriate and inclusive of all children.

Department for  
**education and skills**



**SRE & Parents**