

Re Personal, Social, Economic and Health Education (PSHE), Sex and Relationships Education (SRE)

Dear Parent / Carer

North Yorkshire County Council and we at Riverside School are committed to providing all pupils with a planned Personal, Social, Health and Economic Education (PSHE) programme. This enables pupils to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves. It also helps them to develop empathy, an ability to work with others, to form and maintain good relationships and better enjoy and manage their lives.

As part of the planned programme of study across all year groups we teach pupils about 'Me and My Relationships' which also covers aspects of Sex and Relationships Education (SRE). The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe. Key aspects of this curriculum area dovetail with the statutory National Curriculum Science programmes of study.

- EYFS and Year 1 learn about caring for family and friends as well as different types of relationships, family friends and other.
- Year 2 children are taught the names for different body parts which include the names for external genitalia (penis, vagina) and to know the differences between boys and girls.
- Year 3 pupils are taught ways to maintain positive relationships. They learn what physical contact is acceptable or unacceptable. This is vital to support the work we do in keeping all pupils safe. Pupils need to have the language to describe the private parts of their body and learn that their body belongs to them. They have a right to say no to things that make them feel upset or worry them and they should tell a trusted adult (and be listened to) if they're upset or worried. To support us in delivering this message to the pupils we use information from the NSPCC Underwear Rule campaign. You can find out more at <http://www.nspcc.org.uk/underwearrule>.
- We are aware that children are maturing at an ever younger age, with some girls starting their periods in Year 4. Consequently in Years 4 and 5 the pupils will start to learn about how their body and emotions will change as they go through puberty. This will include learning about all the male and female body parts and

the ways in which boys and girls grow and develop in puberty both physically and emotionally. They will develop skills to form and maintain healthy and positive relationships.

NB Year 4 parents can request the withdrawal of pupils if they feel they lack the necessary maturity to deal with such learning at this time.

We use the Busy Bodies resource to teach pupils about puberty, as parents you can access this at: https://www.healthpromotion.ie/health/inner/busy_bodies

- In Year 6 pupils further develop their understanding of the physical and emotional changes they go through at puberty and about human reproduction.
- Throughout **all** year groups pupils learn about, 'Different Families' which includes lesbian, gay, bisexual and transgender couples (LGBT)
- Children of all ages are also taught about being safe online generally but in Year 6 they are taught about the dangers of posting personal photographs. They should not give in to pressure to show any private body parts online (even as a dare or to be brave)

Teaching staff approach these aspects of the curriculum very sensitively and are aware of how it contributes to pupils' development supporting them to make healthy relationships. We are also guiding them to keep themselves safe, have factually correct information and the skills to positively manage the physical and emotional changes that will happen as they grow into happy, confident and responsible teenagers.

Parents and carers play a vital role in talking to children about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask and how to best respond to them, further information can be obtained from the Family Planning Association website - parent/carers section at <http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers> and useful information can also be obtained from <http://www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf>

This is especially good at suggesting dos and don'ts for parents and how to answer tricky questions.

Some parts of this curriculum are delivered through the National Curriculum Science programmes of study which are statutory and some through the PSHE curriculum which is currently non statutory. Parents/carers do have the right to withdraw children from

the PSHE part of the curriculum and will be informed exactly when the puberty and human reproduction aspects will be taking place.

A full outline of our PSHE curriculum is published on our school website. (www.riverside.n-yorks.sch.uk)

The school's Sex and Relationships policy is also available on the school website for you to view.

If you have any further questions about this aspect of the curriculum please contact your child's class teacher or Miss Elmy.

We hope that you find this information useful. Please feel welcome to come to us with any comments you might have.