



Dereham Church of England Junior Academy

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Diocese of Norwich
Education and
Academies Trust

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Relationship and Sex Education (SRE)

Dear Parents/Carers

As you may know, from September 2020 all schools have had to offer statutory Relationship, Sex and Health Education (SRE) to all children until the end of Year 11.

These SRE lessons will run from the start of the next half term (November) until the end of the Spring half term (February). You'll find more details of what they're learning below alongside links to some videos that the children will be watching as part of their learning. To help keep an open dialogue with your child during this time, we've also included some top tips for talking to them about SRE on the back of this letter.

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.
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<https://www.youtube.com/watch?v=EcrWOOZHeF0>

Introduction

<https://www.youtube.com/watch?v=Q0DIfyXgCGA>

Going through Puberty

<https://www.youtube.com/watch?v=MkdjUzL4GXA>

Talking periods

<https://www.youtube.com/watch?v=yZCt3McOyTM>

Managing periods

<https://www.youtube.com/watch?v=kTLYviyAfa0&t=1s>

Boys Change too

Hopefully you'll find this information useful. However, please let your child's teacher know if you have any questions or feel there is anything they may need to be aware of.

Thank you for your continued support.

Sarah Woodall
RSHE Subject Lead



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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.**