



Dereham Church of England Junior Academy

Headteacher: Mrs Kelly Scott

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Diocese of Norwich
Education and
Academies Trust

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Relationship, Health and Sex Education

Dear Parents/Carers

Since September 2020, all schools have had to offer statutory Relationship, Sex and Health Education to all children up to the end of Year 11. At Dereham Junior Academy we try our best to give children information on a whole range of complex life situations over their 4 year with us. These include lessons on:

- Road safety
- Puberty
- Sex education
- Divorce and parent separation
- Healthy relationships
- Keeping safe online
- Making a 999 call and the recovery position
- How to ask for help
- Mental and physical health

Some parents look at the list above and worry - please don't; these are just examples from many different year groups. For example, Sex Education is taught only in Year 6. Please be assured that all the lessons are carefully planned and taught in a way to keep children comfortable whilst arming them with the knowledge they need to have a safe, successful and healthy life in the future.

With the above in mind, I would like to direct you to a link to our website where you will find out exactly what your child is being taught and when. It will also have links to all the Sex Education videos we use:

<https://www.derehamjunior.dneat.org/rshe/>

Finally, in a few weeks I will be sending out a parental survey to ask what you (as parents) think are important things that children should know before they leave school. Your answers could impact on what we teach the children. Last time we did this, parents were worried about their children's mental health; this meant that we increased our teaching of mental health in our RSHE lessons.

Ben King
Lead teacher for RSHE and SRE



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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.**