



Dereham Church of England Junior Academy

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Education and
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Relationship and Sex Education (RSE)

Dear Parents/Carers,

Since September 2020, all schools have been required to offer statutory Relationship, Sex and Health Education to all children up to the end of Year 11. I am writing to let you know that, beginning after the half-term break, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of our RSHE and Life Skills programme.

RSE content is different in each year group however there are some themes which run across the school such as: growing and changing; personal hygiene; self-esteem and changing feelings.

- In year 3, we focus on knowing the correct vocabulary for body parts, linking this to PANTS (NSPCC).
- In year 4, we focus on puberty changes; physical and emotional.
- In year 5, we look in more detail at puberty changes to include topics such as wet dreams and period products.
- In year 6, we learn to explain what sexual intercourse is and how this could lead to reproduction.

To see a more detailed explanation of the topics we will be covering in each year group, please look on our school website and find the progression document which shows the content taught in each year group alongside the vocabulary used to support teaching and learning. You will find the videos that we will be using during our RSE lessons online, also via our school website. You will need to click on: *Curriculum>RSHE and Life Skills* and then on *Videos used in the lessons*.

All RSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. It is important for you to keep an open dialogue with your children during this time, so we have included some top tips for talking to your child about RSE.

Finally, please let your child's teacher know if there is anything you feel we may need to know about them regarding RSE.

Thank you for your continued support,

Mrs Allott

(RSHE and Life Skills lead).



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.**