

Please read this information carefully as it contains curriculum coverage for the teaching of Relationship Education, Health Education and Sex Education.

From September 2020, PSHE Education became compulsory in all primary schools, including the teaching of Relationship Education and Health Education. An inclusive PSHE curriculum supports pupils to be healthy, safe and prepares them for modern life. As it stands parents do not have the right to withdraw their children from these subjects. We believe that this work is an important part of safeguarding children as knowledge empowers them, helps them to make responsible decisions and cope with puberty by understanding how their bodies will change.

At Lowercroft, we define 'sex education' to mean 'human reproduction and conception'. This is in line with the Jigsaw scheme we use to teach our PSHE curriculum. Sex Education is only compulsory within secondary schools however the Department for Education still recommend '*that all primary schools should have a sex education programme tailored to suit the age and the physical and emotional maturity of the pupils.*' Therefore, parents **do have the right to withdraw** their child from particular lessons which include human reproduction beyond that taught in the Science curriculum. These lessons are outlined in **red** below and feature only in Years 5 and 6. If you do wish to withdraw your child please complete the withdrawal form at the end of this letter. Withdrawal requests can only be approved by the Head Teacher.

What will my child actually be taught about puberty and human reproduction?

These sessions are taught over the 6week period of our second Summer Term as part of the Jigsaw unit 'Changing Me'. Each year group will be taught appropriate to their age and developmental stage, with clear progression from Reception to Year 6 as outlined in the table below. If a question arises during a lesson that the teacher feels would be inappropriate to answer and outside the remit of that year groups lesson, parents will be informed and the child will be encouraged to ask his/her parents/carers at home.

Year Group	Piece Number and Title	Learning Intentions
Reception	Piece 3 – Growing Up	<ul style="list-style-type: none">• Seek out others to share experiences. Show affection and concern for people who are special to them.
Year 1	Piece 4 – Boys and Girls Bodies	<ul style="list-style-type: none">• Identify the part of the body that make boys different to girls and use the correct names including, penis, testicles and vulva.• Respect their own body and understand which parts are private.
Year 2	Piece 4 – Boys and Girls Bodies	<ul style="list-style-type: none">• Recognise the physical differences between boys and girls, use the correct names for parts of the body including, penis, testicles and vulva and appreciate that some parts of the body are private.• Tell you what they like/don't like about being a boy/girl.
Year 3	Piece 1 – How Babies Grow	<ul style="list-style-type: none">• Understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby.• Express how they feel when see babies or baby animals.
	Piece 2 – Babies	<ul style="list-style-type: none">• Understand how babies grow and develop and understand what a baby needs to live and grow.• Express how they might feel if they had a new baby in their family.
	Piece 3 – Outside Body Changes	<ul style="list-style-type: none">• Understand that boys' and girls' bodies change during puberty.• Identify how boys' and girls' bodies change on the outside during this process.
Year 4	Piece 2 – Inside body changes	<ul style="list-style-type: none">• Identify how boys' and girls' bodies change on the inside during puberty and why these changes are necessary so that their bodies are able to make babies when they are older.• Recognise how they feel about these changes happening to them and how to cope with these feelings.

	Piece 3 – Girls and Puberty	<ul style="list-style-type: none"> Describe how a girls’ body changes and that the menstruation (having periods) is a natural part of this. Know that they have some strategies to help them cope with the physical and emotional changes they will experience during puberty.
Year 5	Piece 2 – Puberty for Girls	<ul style="list-style-type: none"> Explain how a girls’ body changes during puberty and understand the importance of looking after themselves physically and emotionally. Understand that puberty is a natural process that happens to everybody and that everything will be OK for them.
	Piece 3 – Puberty for Boys	<ul style="list-style-type: none"> Describe how boys’ and girls’ bodies change during puberty Express how they will feel about the changes that will happen to their bodies during puberty.
	Piece 4 - Conception	<ul style="list-style-type: none"> Understand that sexual intercourse can lead to conception and this is how babies are usually made. Understand that sometimes people need other options to help them have a baby. Appreciate how amazing it is that human bodies can reproduce in these ways.
Year 6	Piece 2 – Puberty	<ul style="list-style-type: none"> Explain how a girls’ body changes during puberty and understand the importance of looking after themselves physically and emotionally. Express how they will feel about the changes that will happen to their bodies during puberty.
	Piece 3 – Girl Talk/Boy Talk	<ul style="list-style-type: none"> Ask the questions that they need answered about changes during puberty. Reflect on how they feel about asking questions and about the answers they receive.
	Piece 4 – Conception to Birth	<ul style="list-style-type: none"> Describe how a baby develops from conception through the 9 months of pregnancy and how it is born. Recognise how they feel when they reflect on the development and birth of a baby
	Piece 5 - Attraction	<ul style="list-style-type: none"> Understand how being physically attracted to someone changes the nature of the relationship Express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this.

Why is a Relationships, Health and Sex Education needed?

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media, can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship and Sex Education for their children. Parents and schools ultimately want children to be safe and happy.
- A range of independent research consistently shows that effective Relationship Education delays first sexual experience and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department of Education has made Relationships and Health Education compulsory in primary schools, with an emphasis on Relationships Education.

Overall, the key concepts learnt throughout all the Jigsaw lessons are inner strength, self-esteem and resilience, whilst developing the knowledge, skills and attributes they need to thrive as individuals, family members and members of society.

Here are some websites to help support discussions about puberty and changes at home:

www.amaze.org (there is a also section called 'amaze jr' with resources suitable for children 4-9).

www.outspokeneducation.com

www.kidshealth.org

If you do have any concerns, questions or are considering withdrawing your child, we would ask that you refer this directly to your child's class teacher in the first instance or Mrs Greenwood who is our PSHE subject lead, who will always be happy to support and further discuss the lesson content and resources. However, following discussions, should you still wish to withdraw your child, from those lessons highlighted red in Years 5/6, then please complete the form below.

Parent form: Withdrawal Form from Sex Education lessons

TO BE COMPLETED BY PARENTS	
Name of child:	
Year Group:	
Name of Parent:	
Reason for withdrawing from human reproduction lessons in PSHE	
Parent signature:	
Date:	