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Dear Parents,

As part of the Year 6 Science and PSHE curriculum, children are expected to learn about Relationship and Sex Education (RSE). This is a continuation of what they learnt in Year 5 and will give them the tools and knowledge they need as they begin/continue their journey into puberty.

The purpose of Relationship and Sex Education is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and relationships.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of SRE are to:

- 1 Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and partnership.
- 3 Foster self-awareness and self-esteem.
- 4 Develop a sense of responsibility and respect for themselves and others.

We will be teaching RSE to the children during the week of **17th May**. The lessons will cover puberty, becoming independent, positive healthy relationships and how a baby is made. A video will be used in conjunction to cover the objectives. Lessons will be taught by the class teacher and there will be the opportunity for discussion in single sex groups.

Kind regards,

Year 5/6 Team