



CARLETON PARK
J & I SCHOOL

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Dear Parent/Carer,

As part of the compulsory Personal, Social, Health and Economic Education (PSHE), this half term we will be learning about keeping ourselves safe. Amongst many other crucial personal safety skills, we teach the NSPCC PANTS rule – the details of which can be found attached to this letter. Relationships and Sex Education (RSE) is now a statutory subject and is embedded into our PSHE curriculum as it is vital to help and support children through their physical, emotional, social and moral development.

Children in KS1 and LKS2 will further their understanding of this when learning about consent and appropriate and inappropriate touch. In order to teach this effectively, we will be teaching the children the scientific names for their genitalia. We will use the words 'vulva' and 'vagina' for girls and 'penis' and 'testicles' for boys. We are sure, as parents, you will agree that keeping children safe is paramount and, by partaking in these lessons, children will be equipped with the language they need to protect themselves and report anything that makes them feel upset or worried.

Key stage One will learn:

- We must report behaviour that makes us feel uncomfortable.
- If a secret makes us feel worried, we should talk to a trusted adult.
- We should be kind and respectful to all genders.

Lower Key Stage Two will learn:

- Boundaries are the limits we set ourselves within a friendship or relationship, they should be respected online and offline.
- Respect is as important online as it is offline.
- We can report feelings of being unsafe to a trusted adult.
- A stereotype is a generalised belief about a particular group of people; they are often harmful.
- Gender can be described as a spectrum, a persons gender identity can be different to the sex they were assigned at birth.

It can feel tricky and embarrassing for some parents and other adults to use the correct terminology for private parts, however messages from research, as well as consistent reports from those that work in child psychology and child protection, have established that doing so reaps many positive benefits. Please note that we do not teach about sex or mention it at all. We also ensure we use child-friendly language and images at all times. Here are some key reasons why we, at Pontefract Academy Trust, feel it is vital for children to learn these anatomically correct words and take part in these lessons:

- Teaching children the anatomically correct words promotes and increases self-confidence and positive body image.
- Teaching children about consent and privacy will help to develop their personal and social skills and teach them right from wrong.
- It is important for children to know their rights and that their body belongs to them and they are in charge of it.
- It enables children to accurately report medical issues relating to their genitalia rather than giving vague descriptions.
- It increases open communication between child and parents, which will particularly help as they get older and head into puberty. This means they will be able to talk to you about concerns they may otherwise have been too embarrassed or ashamed to.
- From a safeguarding perspective, it equips them to be able to report any potential grooming or sexual abuse.

Parents and carers are the key people in educating their children about their bodies and how they are in charge of them. Often, children want their parents/carers to be the first people who talk to them about these topics. Parents and carers have a unique emotional relationship with their child and knowledge of their maturity and they can respond to their questions more spontaneously as they arise. The teaching offered by school should complement and support the teaching you provide at home. We understand that some questions may be difficult to answer and some conversations are not always the easiest to have. The following websites may be useful to you for further guidance and advice.

www.NSPCC.org.uk/pants

www.safesecurekids.org

As always, if we can support you further in any way, please speak to your child's class teacher.

Yours faithfully,

Mrs R Thorpe

PSHE lead

