



CARLETON PARK

J & I SCHOOL

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Dear Parents/Carers,

As part of the Personal, Social, Health and Economic education, Year 5 and 6 pupils will be concluding their human reproduction and puberty topic with a final session that covers: how babies are made and how pregnancy can be prevented. For this session, Year 5 and 6 pupils will be taught separately. Year 5 children will focus on how a baby grows from an egg while year 6 pupils will cover sexual intercourse.

Relationships and Sex Education (RSE) is embedded into our PSHE curriculum and is important to help and support children through their physical, emotional and moral development. It helps children grow up able to enjoy the positive benefits of loving, rewarding and responsible relationships. It makes sure they are informed and comfortable with their bodies; that they understand the changes during puberty; that they are healthy and are physically and emotionally safe. Please note that the RSE curriculum is statutory in primary schools meaning the Year 5 content is compulsory while pupils in Year 6 may be withdrawn from the sex education lesson at the request of a parent or carer.

Year 5 - Children will recap and embed their previous learning with a lesson on what babies need to develop and how they are born. In order to teach this effectively, children will be taught:

- The process of reproduction is where the sperm meets the egg and fertilises.
- The female carries the foetus in her uterus where it is born 9 months later vaginally or via a c-section.

Year 6 - In order to teach children how babies are conceived and how this can be prevented they will be taught the following:

- Sexual intercourse is necessary for reproduction where the penis enters the vagina and ejaculates sperm to meet the egg and fertilise it to create an embryo.
- The female carries the foetus in her uterus where it is born nine months later vaginally or via c-section.
- Contraception is used when a couple do not want to have a baby such as a condom or a contraceptive pill.

We appreciate that some people may not be confident in discussing these topics, but open discussions between parents or carers and their children about puberty and sexual relationships means that children are more likely to communicate when they have worries or questions or report abuse if they were ever to experience it. They are also more likely to form respectful relationships when they are older. Teaching children about sex, does not make them more likely to become sexually active in fact, it makes them more likely to delay sex until they are ready and make informed choices about contraception.

Our aim is to empower the children to make informed choices and speak up about concerns, by teaching them about age-appropriate sex and relationships and the law surrounding this. Learning the correct information is key to stop children being misinformed by their peers or social media.

As always, if we can support you further in any way or if you have any questions, please do not hesitate in contacting your child's class teacher.

Kind Regards,

Mr J Ayre
Headteacher

Useful information

Parents and carers have a key role in educating their children about their bodies and how they are in charge of them. Often, children want their parents or carers to be the first people who talk to them about these topics. The teaching offered by school will complement and support the discussions you have at home. You may find following websites useful for further advice and support:

www.bishuk.com/parents

www.brook.org.uk

www.amaze.org

www.talkwithyourkids.org

www.theschoolrun.com/sex-and-relationships-how-talk-your-primary-school-child

www.clickview.co.uk/free-teaching-resources/puberty/

Please be aware that these sites will also offer advice for children at a secondary school age and so may contain some content that is not age appropriate. We highly recommend you browse these websites and use your own judgement about which you choose to use to support your child.