



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 Year 6 pupils will be learning how their bodies change during puberty and how a baby is made and can be prevented.

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RSE curriculum is statutory in primary schools meaning the Year 5 content is compulsory while pupils in Year 6 may be withdrawn from the sex education lesson at the request of a parent or carer. Permission letters have been sent out previously requesting consent for pupils to take part in this lesson. If this is something you wish to reconsider or discuss further, please speak to your child's class teacher.

UKS2 will be taught:

- To understand the changes that happen during puberty.
- To manage change and become more independent.
- To understand how a baby is made.
- To understand how to maintain a respectful relationship.
- To understand what positive, healthy relationships look like.

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, please do not hesitate in contacting your child's class teacher.

Yours sincerely,

Mrs Humphreys

Assistant Headteacher, Designated Safeguarding Lead & SENCO