



Dear Parent/Carer,

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated! Therefore, as part of the school's Personal, Social and Health Education programme your child will soon receive lessons on relationships, sexual health and puberty, which we have taught successfully in school for many years.

The purpose of Sex and Relationship Education (SRE) 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.

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.

At CHPS, we use the Jigsaw scheme of work. The 'Changing Me' unit is taught over a period of 5 weeks, in the second half of the summer term.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme. The Changing Me Puzzle is all about coping positively with change and includes:

- Puberty for boys and girls revisited.
- Understanding conception to the birth of a baby.
- Becoming a teenager.
- Respectful relationships.

**We strongly advise that you discuss these sensitive issues with your child prior to these lessons.**

All lessons are taught using correct terminology, child-friendly language and diagrams

If you would like to watch the clips before your child sees it please speak to Mrs Thomas via Dojo to arrange this. Please also direct any question you have to her.

Yours sincerely,

Mrs Thomas and Miss Edwards