

Dear Parents,

After half term we will be teaching our 6 week block of SRE (Sex and Relationship Education).

What is SRE?

Sex and relationships education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science, and others are taught as part of personal, social, health and economic education (PSHE). A comprehensive programme of SRE provides accurate information about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

According to the latest DfEE guidance SRE is:

'...lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving environments, love and care. It is also about the teaching of sex, sexuality and sexual health. Effective SRE is essential if young people are to make responsible and well informed decisions about their lives.'

What will my child be taught?

Every year for 6 weeks, from Foundation Stage to Year 6, the children will have a focused SRE teaching unit. Overleaf, are all of the objectives they will cover in each year group.

Year Group	Topic	Areas covered
Foundation Stage		
Reception	My feelings	Types of feelings How my feelings can affect others
	My Family	Types of family
	Boys and Girls	Boys and girls toys Stereotypes
	My Body	Body parts
	Keeping clean	Hand washing
Key Stage 1		
Year 1	I'm Special	Valuing individuals Celebrating difference
	Male and female	Difference between male and female animals
	My Body	Body parts Functions of body parts
	My Family	Celebrating difference
	My Friends	Friendship skills
	Friends & Secrets	Friendly and unfriendly behaviour Good and bad secrets
	My Choices	Understand choices they can make Ways to make choices
Year 2	Boys & Girls	Differences between boys and girls Difference between male and female (animals) Male and female needed to create new life (animals)
	Our bodies	Name body parts
	Keeping myself safe	Feeling comfortable, safe and unsafe touches
	Looking after my body	Hygiene How diseases are spread How to control spread of diseases
	My friends and family	Types of relationships Ways relationships can change Dealing with change

Key Stage 2		
Year 3	Self Esteem	Recognise strengths, skills, abilities and achievements Identify personal areas to be improved
	Differences: Males and females	Identify & understand differences between males and females Name main internal and external body parts including agreed names of sexual parts
	Family differences	Different types of families
	Decision making	Skills for making choices and decisions Consequences of decisions
	Safety	Pressure including peer pressure Resisting pressure Help and support
	Resolving Conflict	Feelings about arguments

Year 4	Growing and Changing	Natural process of change
	Growing up	Introduction to puberty
	Feeling, Thinking and Doing – Changing Relationships	Recognising feelings Managing feelings
	Safe and Unsafe touches	Recognising and dealing with inappropriate and unwanted touches
	Changing Relationships	Loss and separation including dealing with loss and getting help
	Aggression	Arguments and violence
Year 5	Being a Girl, Being a Boy	Physical and emotional changes of puberty
	Menstruation	Understanding and managing periods
	Becoming Men and Women	Gender stereotypes Media influence
	Personal Hygiene	Hygiene related to puberty
	Developing Relationships	Types of relationships Changing relationships Qualities in a friend/partner
	Secrets	Helping friends
Year 6	Puberty	Physical, emotional changes Managing feelings
	What's Inside Our Bodies	Internal organs
	Menstruation	Understand menstrual cycle
	Conception	Basic facts about pregnancy and conception
	Gender Stereotypes	Impact of stereotypes
	Looking to the Future	Coping with growing up

If you would like to know anymore information about the scheme of work or wish to see some of the resources we will be using, please arrange a meeting with your child's class teacher or myself.

Opting out

It is now statutory for all children in school to be taught SRE. However, it is your right as a parent to have the opportunity to withdraw your child from parts of SRE that you do not feel comfortable with. If you do have any concerns please talk to your child's class teacher or headteacher. Or if you wish to withdraw your child please return the slip below.

Yours sincerely

Megan Lambert

Miss Megan Lambert

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To be filled in for children who will be withdrawn from lessons only – please return to the office by:

I wish for My Child _____ in Year _____
to withdraw from all / some of the of the SRE sessions this academic year.

Signed _____ Date _____

If withdrawing your child for part of the curriculum please indicate which specific objective you wish your child not to participate in.

(e.g developing relationships)

If you would like to give a reason for your child's withdrawal please comment below: