



# THE FEDERATION OF BURLEY AND SOPLEY PRIMARY SCHOOLS



Dear Parents and Carers,

## Relationships and Sex Education Policy

From September 2020, schools have had to teach Relationships and Health Education.

You can read about this in the DfE guide for parents:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

The DfE also strongly encourages primary schools to deliver sex education to help prepare children for their transition to secondary school.

The lessons will help children to learn about their bodies including the changes that take place at puberty, and will help keep them safe, so they can form healthy relationships (friendships) with others, now and in the future.

At our school we are using the leading children's health and wellbeing charity, Coram Life Education (CLE) to support us in meeting these legal requirements.

More information about Coram Life Education and SCARF can be found on their website:

[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. Current government Sex and Relationships Education guidance states that children should learn about puberty before they experience it. We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse. Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

## Opting Out

We interpret sex education to mean puberty, conception, contraception, reproduction and birth.

Lessons that include non-statutory Sex Education - which parents can withdraw their child from - are **Making Babies** in year 6; which shows what sexual intercourse is to show how a baby is made and briefly explains what a condom is, and **What is HIV?** lesson, also in year 6 which briefly explains what a condom is.

We recognise that parents play a vital part in their child's RSE, and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to contact us.

Yours sincerely

Kind Regards



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