

24th April 2024

Dear Parent/Carer,

### **WHSS PSHE and Relationships Programme**

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks our school will be delivering the relationships and sex education (RSE) aspect of our PSHE programme to our classes in school. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020 relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

These lessons will be delivered by class teachers, who have extensive training and knowledge in the delivery of these key areas of the statutory RSE curriculum. This will also be supported by visits from Big Talk Education, an organisation who we work closely with to ensure our students are provided with the best differentiated RSE which meets the needs of our boys. Some of the areas which will be covered are outlined below, with specific workshop details outlined in the attached 'Lessons 4 Life' programme which will be delivered by Big Talk on the 14<sup>th</sup> & 15<sup>th</sup> of May.

- How can I keep safe online?
- Why do I need to protect personal information including passwords, addresses and photos of myself and others online?
- How can I manage any requests for photos of myself or peers I may receive?
- What is and is not appropriate to ask for or share online?

- Who can I talk to if I feel uncomfortable or are concerned by such a request?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable or if someone isn't respecting my personal boundaries?
- What is personal and private information?
- What kind of physical contact is unacceptable and how should I respond?
- How will my body and emotions change as they approach and move through puberty?
- How do I feel about growing up and changing?
- How do humans reproduce?
- Can people of the same sex love each other? Is this ok?
- What do I do if someone wants me to do something I know is wrong or makes me feel uncomfortable?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- Who can I talk to if I want help and advice or am worried about someone else?
- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone without hurting their feelings?
- Who can I talk to if I want help and advice, or am worried about someone else?

Appropriate questions that children might ask during the lessons will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and tailored to suit our boy's needs. The DFE guidance states that;

*'Relationships Education, RSE and Health Education must be accessible for all pupils. This is particularly important when planning teaching for pupils with special educational needs and disabilities who represent a large minority of pupils. High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.'* (DFE:2020)

With this in mind, our curriculum, resources and input from Big Talk is carefully considered to meet the needs of our children, while giving them the tools to understand age-appropriate milestones they may be experiencing.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or questions about the programme and resources is required please do not hesitate to speak to your child's class teacher, RSHE/PSHE coordinator or the Head of Education. Big Talk Education are also happy to provide copies of their resources prior to the workshop sessions.

Yours sincerely,

*A Carr*

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