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### **Relationships, Sex and Health Education**

Dear Parents and Carers,

Next term we will be covering the Relationships, Sex and Health Education element of the PSHE (Personal, Social and Health Education) curriculum. To deliver this, we use the 'Scarf' programme which is split into termly themes. Children are taught six of these throughout the year that build upon one another. These are:



Term 1	Me and My Relationships	Term 4	Rights and Respect
Term 2	Valuing Difference	Term 5	Being My Best
Term 3	Keeping Safe	Term 6	Growing and Changing

For the lessons within the 'Growing and Changing' unit that cover Relationships, Sex and Health Education, pupils in Years 3 to 6 will be taught in distinct year groups. The content covered by each year group is as follows:

- Reception:** Life stages of plants, Animals and Humans, Families, Body Parts including Parts we keep Private, Where Babies Come From (a woman's tummy)
- Years 1 & 2:** Changes in Relationships, Body Parts, Privacy, Secrets and Unwanted Touch
- Year 3:** Healthy Relationships, Body Space, Digital Safety, Safe and Unsafe Secrets, My Changing Body
- Year 4:** Feelings, Preparing for Changes at Puberty, Safe and Unsafe Secrets, Relationships: Marriage and Civil Partnership
- Year 5:** Feelings, Body Parts, Growing Up and Changing Bodies, Menstruation
- Year 6:** Self-image, Media Manipulation, Pressure Online, Managing Change, Puberty, Making Babies

Content is delivered using a range of methods including slides, whole class discussions, worksheets and group work. Teachers approach this aspect of the curriculum very sensitively, supporting pupils to develop healthy relationships and to positively manage physical and emotional changes.

Should you wish to view the materials and the context in which they will be delivered, or to discuss anything relating to this, please contact us. As per DfE Guidance, 'Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education.' Again, please contact us to discuss this if this is the case. Further information about the Scarf programme and the content overview is available at: <https://www.coramscarf.org.uk/family-scarf/parents-and-schools-together/what-schools-teach>. The following is also a useful parent resource for helping to explain changes at puberty: <https://www.coramscarf.org.uk/rse-for-Y6-and-P7>

Kind regards,

K. Prichard