

6th May 2025

Dear Parents and Carers,

I am writing to let you know about our upcoming teaching unit in PSHE: Relationships and Sex Education. We will be teaching three, 1-hour sessions to our classes over the next few weeks with an additional session for Y6 pupils only. These lessons will take place after the half-term holiday.

The aim of these sessions is to make the children aware of changes which happen both physically and psychologically during puberty and to explain why these changes occur. They will cover hygiene, physical changes and emotional changes. These sessions will be supported by several short films covering changes to boys and girls during puberty, including the need for good personal hygiene. There will be opportunities for the children to ask questions. We will teach these sessions as whole classes.

For our Y6 pupils only, we are also going to include a lesson on human reproduction – more commonly called sex education. This sits alongside our work in science where children learn about reproduction in a more general sense in the natural world and also serves to present children with the facts and an opportunity to ask questions and dispel some common myths in an age where children are increasingly exposed to information on this topic via social media and general chat with their peers.

The films include animations and have the following content:

- *A discussion of different types of families*
- *A graphic of an erect penis*
- *A labelled graphic of the female genitals*
- *An explanation of a wet dream*
- *An explanation of the menstrual cycle*
- *An explanation of the role of a sperm in fertilising an egg leading to new life*
- *A discussion and description of the sex act (Y6 pupils only)*

A short explanation of IVF and how science can help families have a baby (Y6 pupils only)
At the end of the film, it is explained that puberty is a long process and that children are not sufficiently mature, particularly in an emotional sense, to have a baby until they are much older.

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It goes on to explain the importance of forming positive and caring relationships.

The final video that the Y6 children only will be watching is linked below:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-full-programme/zhtnydm>

Obviously, all children are different, and you may feel that your child is not yet ready for this information, or it may be something that you would prefer to discuss with your child yourself. If this is the case, please contact me or your child's class teacher as soon as possible and we can discuss which sessions you would prefer for your child not to attend.

Please feel free to contact me or your child's class teacher should you require any further information.

Kind regards

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