



Thurs 15th September 2022

Dear Parent/Carer,

**Department for Education (DfE) statutory requirements for
Relationships, Health and Sex Education
Information for Parents and Carers**

Although we have always taught **Relationships, Health and Sex Education** in our school as part of our PSHE curriculum, from September 2020, the teaching of RHSE was made statutory for all schools.

You can read about these changes in this DfE guide for parents here:

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

The DfE also now strongly encourages primary schools to deliver sex education to help prepare children for their transition to secondary school. This element, however, is non-statutory.

Like us, most schools are already delivering very effective Relationships and Sex Education (RSE) and the new guidance is simply about ensuring that all children get the information they need and want. 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. We use Coram Life's online plans to structure a coherent approach based around their SCARF resources, (Safety, Caring, Achievement, Resilience, Friendship).

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

www.coramlifeeducation.org.uk

Throughout the year at Prescott Primary, we deliver lessons on 'Growing and Changing' to children from Y4 to Y6. **However, only Y6 learn about 'How babies are made'**. All children in school learn about developing strong friendships, respecting their own rights and respecting those of others and how to keep themselves safe, mentally, physically and online.

Headteacher - Mr S.George

PRESCOT COUNTY PRIMARY SCHOOL

MARYVILLE ROAD PRESCOT MERSEYSIDE L34 2TA

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Why are we taking a robust approach to teaching RHSE?

Research shows that **not** delivering this vital education puts our children at greater risk of poor mental health. We know this because nationally every year, around 25% of girls start their periods before learning about them at school. This can result in them agonising over why they are bleeding and how serious the cause might be. Similarly, 38% of boys experience wet dreams before having learnt about them, leaving them open to shame and stigma over a natural bodily function; this can lead to problems later in life. Current government Sex and Relationships Education guidance states that children should learn about puberty before they experience it, but clearly this isn't happening in some schools – one of the reasons why making this subject statutory in all schools is so important.

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.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women 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.

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What next?

We recognise that parents play a vital part in their child's RSE, and we will share our plans with you throughout next year. You will be informed of when specific lessons (Puberty & How are babies made) are taking place and will be invited to view materials. In Y6, it is within your rights to remove your child from the sex education lessons, although we would strongly advise that all children are involved.

You may like to look at the RSHE materials provided by Corum Life's SCARF programme, and/or share your views as parents/carers on the delivery of this sensitive area of the curriculum. If so, please click this link and complete the Google form:

<https://forms.gle/BXVogYi42CefzBn58>

We will share more about our RSHE curriculum as we move through next year.

Kind regards,

Mrs Seddon
Deputy Headteacher and PSHE Lead

Headteacher - Mr S.George

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