



## KEY STAGE 2

### Relationship, Health and Sex Education

Dear Parents / Carers,

As a part of your child's educational experience at Denbigh we have always taught Personal Social, Health and Economics (PSHE) which is now called 'Life Skills' here at Denbigh. Relationship and Sex Education (RSE) is part of PSHE and involves a combination of sharing information, and exploring issues and values. It contributes to the social, moral and cultural development of children and provides an open and safe environment for children to learn about positive relationships, to value and respect themselves and others and to make responsible and reasoned choices. From September 2020 the Department for Education made Relationships and Health Education compulsory in all schools This guidance will form part of our school's PSHE education programme which is taught throughout the school in every year group as Life Skills and is monitored and reviewed regularly by the staff and Governing Body

What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All of the sessions will be age-appropriate and meet the needs of all pupils in the class.

How will this be delivered?

All teaching in RSE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally. All aspects explored will be age appropriate

What will be taught?

Relationships Education: we will be exploring what makes a healthy relationship with an emphasis on different relationships including different types of families. This will allow children to celebrate difference and diversity in school and in the wider world. Along with reflecting sensitively that some children may have a different structure of support around them, for example single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures. Stereotypes will be investigated with the children through stories which challenge preconceptions and children will be encouraged to accept each other and understand that we are all different but of equal value

Sex Education: The focus is on teaching children the facts about puberty (preparing boys and girls for the changes that adolescence brings) and reproduction (year 6-how a baby is conceived and born). Biological aspects are taught within the science curriculum and pupils also receive stand-alone sex education sessions.

Health Education: the focus is on teaching the characteristics of good physical health and mental wellbeing. Understanding that mental wellbeing is a normal part of daily life, in the same way as physical health

If you require any more information or you would like to look at any of the resources we use please do not hesitate to contact me.

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