



WEST SUSSEX COUNTY COUNCIL
SUMMERLEA C.P. SCHOOL



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'Growing thoughtful learners and independent thinkers'



Wednesday 12th February 2020

Dear Parents and Carers,

Relationships and Sex Education - September 2020

The Department for Education has announced changes to how Relationships and Sex Education (RSE) is taught in schools, at primary and secondary school level. Currently, we teach relationships and sex education through our Personal, Social, Health and Citizenship Education (PSHCE) curriculum, which is a non-statutory subject. However, the changes announced by the Department for Education means that all primary schools will be expected to provide:

- Relationships Education
- Health Education

To help you understand the curriculum requirements we need to meet in respect of relationships education, please do take a look at the enclosed summary of what all pupils are expected to know by the end of primary school.

These changes will come into effect from September 2020 and will affect all pupils from Years 1 to 6. All schools will be required to comply with the updated requirements. Parents will **not** be able to withdraw their children from relationships or health education. However, Sex Education will remain as non-statutory within the primary curriculum and parents will continue to have the right to withdraw their child from these lessons, provided the content is not part of the statutory science curriculum or Health Education curriculum.

This means that we'll be reviewing our RSE curriculum, as part of our PSHCE and Sex Education policies, so we can be sure our RSE provision is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

We need your feedback to help us do this.

Here's how you can help:

We'd really value parental feedback on the revised policy so we will be running a focus group as part of our parent consultation process. If you would be interested in being part of this focus group, please complete the attached slip and return it to the office by Friday 28th February. There is no need to return the slip if you do not



want to take part in the focus group. The focus group meeting should take no more than one hour and will take place after-school next half term (exact date to be confirmed).

Thank you for your continued support. If you have any questions about the changes or the focus group meeting, please do not hesitate to contact me via Willow Class.

Yours sincerely,

Miss G. Camble
Subject Leader for PSHCE

Relationships and Sex Education - September 2020: Parent Focus Group

Name: _____

Child's Name: _____

Child's Class: _____

I would like to attend the focus group meeting about the changes to Relationships and Sex Education.

Signed: _____

RSE expectations: primary

Here's what all pupils should know by the end of primary school. These are the expectations set by the Department for Education.

Families and people who care for me

- › That families are important for children growing up because they can give love, security and stability
- › The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- › That other people's families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- › That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- › That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- › How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Caring friendships

- › How important friendships are in making us feel happy and secure, and how people choose and make friends
- › The characteristics of friendships, including mutual respect, honesty, trust and trustworthiness, loyalty, kindness, generosity, sharing interests and experiences, and support with problems and difficulties
- › That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- › That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- › How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others if needed

Respectful relationships

- › The importance of respecting others, even when they're very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- › Practical steps they can take in a range of different contexts to improve or support respectful relationships
- › The conventions of courtesy and manners
- › The importance of self-respect and how this links to their own happiness
- › That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- › About different types of bullying (including cyber-bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- › What a stereotype is, and how stereotypes can be unfair, negative or destructive
- › The importance of permission-seeking and giving in relationships with friends, peers and adults

Online relationships

- That people sometimes behave differently online, including by pretending to be someone they're not
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online (even when we're anonymous)
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they've never met
- How information and data is shared and used online

Being safe

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- About the concept of privacy and the implications of it for both children and adults (including that it's not always right to keep secrets if they relate to being safe)
- That each person's body belongs to them, and the differences between appropriate and inappropriate/unsafe physical and other contact
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they don't know
- How to recognise and report feelings of being unsafe or feeling bad about any adult
- How to ask for advice or help for themselves or others, and to keep trying until they're heard
- How to report concerns or abuse, and the vocabulary and confidence they need to do so
- Where to get advice (e.g. family, school, other sources)

Health Education

This is an extract from the Health Education curriculum which references the changing adolescent body, currently covered as part of our Sex Education provision:

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

Source:

These expectations are set out in the Department for Education's [guidance for schools on relationships education, RSE and health education](#).