# MAYHILL

# JUNIOR SCHOOL

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Dear Y4 Parents,

Since September 2020, the DfE have instructed schools to teach Relationships and Health Education. They have also strongly encouraged primary schools to deliver sex education to help prepare children for their transition to secondary school. At Mayhill we are using the leading children's health and wellbeing charity, Coram Life Education, to support us in meeting these legal requirements.

There are many reasons why teaching Relationship and Sex Education is vital:

- Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school.
- 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.
- There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. However, all national based research suggests otherwise.

## What else is taught?

School can often be the place children start to learn about the proper names for parts of the body, changes that happen during puberty, or how babies are made. For us, we very much want to work with you on these topics and we understand that different families will feel differently about this. Hopefully this letter will reassure you about what is and isn't taught in each year group and how we might approach this in school.

## Year 4

In Year 4, there are three main objectives:

1. Know how to manage their personal hygiene
2. Name parts of the body
3. Introduction to puberty – this is taught with greater depth in Year 5.

We also have more information about the specifics of what we will be teaching in our RSE policy, which can be found on the school website.

## Example lessons:

*My body, your body*

Children will discuss the parts of their body they can see when they wear their school uniform, or if they are swimming, or if they are having a bath or shower. They will learn to use words such as nipples, penis, vulva, vagina, foreskin and testicles. They will discuss which parts of the body are the same on boys and girls and which are different.

*My changing body*

Children will be introduced to the term puberty before revisiting it in more depth in year 5. They will discuss the basic physical and emotional changes that happen during puberty and the stages of development between being a child and an adult. We will do this by talking about different products and what that might mean as we get older i.e. deodorant and shower gel refers to sweating more, or a razor refers to the fact hair grows on different parts of the body. They will also discuss how to keep themselves clean. We briefly cover menstruation and teach what products are available to support keeping themselves clean during menstruation, this gets taught in more detail in year 5.

*Respecting privacy*

Children will discuss what privacy means using a scenario of a sleepover at a friend's house. They'll discuss 'private belongings', 'private information' and 'private parts'. They will also discuss the concept of *consent*, for example in allowing someone to look through your bag or passing on confidential information about someone.

*Body Space*

Children will discuss what sort of physical contact or touch is appropriate; such as hugging and how to ask someone to move away if they are too close.

## Your role

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore the following questions after our lessons with your child at home:

- How will my body and emotions change as I approach and move through puberty?
- How do I feel about growing up and changing?
- What are the parts of my body called?
- What should I do if I feel uncomfortable?
- What does private mean?
- An introduction to menstruation

The lessons will be carried out over the coming weeks, before the end of term, with lots of opportunity for discussion and questions. For Year 4 children, they are taught in their home class, boys and girls together.

When your child reaches Year 5, there are four main areas of learning that we will address:

1. Understand their body and emotions change as they approach and move through puberty, dispelling myths.
2. Know how to manage their personal hygiene during puberty
3. Know the correct words for the sexual organs.
4. Know what menstruation is and why it happens.

If you wish to get a book for your child, here are some suggested reads but do read them first as some will be suitable for older KS2 children:

- *Girls Only* by V Parker
- *How your Body Works* by Judy Hindley
- *Let's Talk About Sex* by R H Harris
- *Sex is a Funny Word* by C Silverberg and F Smyth
- *The Period Book* by K Gravelle
- *The Puberty Book* by W Darvill
- *What's Happening to Me?* by P Mayle
- National Literacy Trust list of books about love

Useful books for parents

- *Questions Children Ask and How to Answer Them* by Dr M Stoppard
- *Speakeasy: Talking with your Children about Growing Up* by fpa (Family Planning Association)

Useful websites for children

- Amaze.org- Puberty section (Age 9+)
- Kids' Health - Menstruation
- Male puberty - including wet dreams

Useful websites for parents

- Outspoken - RSE worksheets
- Family Lives
- NSPCC
- Sex positive families
- Sitting in car YouTube Channel: how to talk comfortably with your kids about sex and consent

If you have any questions about the lessons or would like to discuss the resources, please do not hesitate to contact us at the school.

Yours sincerely,

Miss Scholes
Year 4 Teacher

Mrs Clifford
Year 4 Teacher

Mr Peaple
Year 4 Teacher