

Who is this leaflet for?

It is written for parents and carers at Glenbrook Primary School. It gives information about what will be taught under the statutory guidance from the Department for Education (DfE) on Relationships Education and Health Education. It also contains information about how Glenbrook Primary School will teach sex education in Year 6, which is non-statutory but recommended in the DfE guidance for primaries.

What is the school's approach?

Our aim at Glenbrook is to provide pupils with the knowledge and skills to be confident, curious and creative members of their community, with the ability to understand and express their feelings and know how to keep healthy and safe from harm. This is underpinned by our commitment to support pupils to grow and develop academically, socially, emotionally and morally. Positive, respectful relationships with themselves, their families, their friends and others are central to children's development. We aim to nurture a responsible attitude towards personal relationships, develop sensitivity towards the needs of others and provide knowledge of safe, happy and loving relationships.

What do children learn about?

In relationships education, respect is the core thread throughout all the year groups; helping children to develop feelings of self-respect, self-esteem, self-confidence, sympathy, empathy, mutual respect and care as they grow. We encourage pupils to explore values and moral issues, taking into account physical, emotional and moral risks associated with certain behaviour.

In health education, we provide an age-appropriate, step-by-step approach to learning about the human body; gradually building up the children's knowledge of how the human body grows and changes in stages, including a gentle introduction to puberty changes in Year 4 and more detailed information about changes during adolescence in Years 5 and 6. Knowledge about how to care for their body and keep it safe from harm, including personal hygiene and related health issues, are also vital and relevant to our pupils' development.

In sex education, which will be delivered in Year 6, pupils will learn about how puberty prepares our bodies and our minds for reproduction and learn about human reproduction processes. Human reproduction is also taught in the science curriculum but in sex education they are given the opportunity to learn about the importance of love, respect, trust, care and protection in relationships; topics which are not covered in the science curriculum.

What does this mean for Year 5 learning?

Lessons 1 Body Image and Respect Single gender groups to explore how gender stereotypes and expectations may influence how others treat them and how they feel about themselves, whatever gender they are.
Lesson 2 Body Image and Respect (Whole class) Whole class discussion to share feedback from the previous lesson and discuss next steps in how they intend to treat others in their class, in their families and in their communities
Lesson 3 Puberty – Time to change To learn about some of the physical changes that happen to bodies during puberty, that puberty begins and ends at different times for different people and to use scientific vocabulary for external male and female genitalia
Lesson 4 Puberty and the reproductive system To learn how puberty affects the reproductive system, explain and ask questions about menstruation and sperm production, and use scientific vocabulary for external and internal male and female body parts
Lesson 5 Girls and puberty/Boys and puberty Single gender lessons learning more about how puberty affects their reproductive systems, for girls to explain and ask questions about menstruation and menstrual products, and for boys to explain and ask questions

What does this mean for Year 6 learning?

Lesson 1 Puberty Recap To identify myths and facts about the physical and emotional changes during puberty, and demonstrate how to begin conversations or ask questions about puberty with people that can help them
Lesson 2a Puberty – What girls want to know and Lesson 2b Puberty – What boys want to know Single gender lessons to learn more about the changes that happen to girls and boys during puberty, provide mutual support, and answer questions about puberty using scientific facts and vocabulary
Lesson 3 Respecting myself and others To understand the importance of respecting themselves and others, even when others are very different to them, and that they can take positive steps to support equality
Lesson 4 Healthy Relationships To discuss key components of a healthy relationship, how healthy relationships in adolescence are formed and maintained, and develop their understanding of permission seeking and permission giving in relationships
Lesson 5 Relationships and Reproduction A Sex Education lesson, identifying links between love, committed relationships/marriage and conception, explaining sexual intercourse, laws about consent, that

about sperm production and wet dreams (nocturnal emissions)	sex may be one part of an intimate relationship between consenting adults, and explain pregnancy and birth
Lesson 6 Puberty and hygiene To explain how and why it is important to keep body parts clean and fresh from puberty onwards	Lesson 6a Protecting ourselves in relationships and Sex Education elements That we all have the right to be safe in relationships, basis information about contraception, protecting sexual health in the future, and to practice assertiveness skills they can develop through adolescence and adulthood. Lesson 6b Protecting ourselves in our communities Safety and safeguarding To discuss and demonstrate how to assess community risks and develop personal strategies. To learn simple facts about FGM (female genital mutilation), the law, and how to seek help and support to protect themselves from harm if needed
Lesson 7 Puberty and Emotions, Help and Support To consider how and why emotions may change during puberty and how they can get appropriate help, advice and support about puberty if needed	

How will we teach these lessons?

Lessons will be delivered by the class teacher or collaboratively with visiting experts following school policies and guidance.

Every lesson will start with ground rules, created from the children's suggestions about how they want to be treated in the lesson and how they will support each other during the lesson. Ground rules may include normal class rules with the addition of tips on how to feel confident and comfortable in the lesson, what information can be shared in class, being sensitive to others, who to talk to about the topic after the lesson and how to seek further help and support if needed.

Teachers take into account the age, maturity and needs of the pupils in their class. At the start of a module, teachers will assess what the children already know and this will inform how the teacher progresses with teaching the curriculum. The scheme of work is delivered in a variety of ways using a range of teaching and learning styles to support pupil participation and the development of knowledge, skills and attitudes. There may be times when single gender groupings are more appropriate, for example puberty lessons in Year 5 and Year 6.

We support pupils to understand and express their thoughts and feelings by providing age specific opportunities to learn appropriate vocabulary and communication skills, to have their questions answered sensitively and inclusively, and to be reassured.

In answering the children's questions, teachers will use their professional judgement in deciding how to answer in age-appropriate ways. This may be through class discussion, individual discussion or encouraging the child to talk with a parent. At the end of every lesson, children are always encouraged to share what they are learning in school with trusted adults at home. In most lessons, they will be given information about people and agencies they can turn to for help and support if needed, including the national NSPCC Childline service.

What are your rights as a parent?

We find that parents and children often view lessons about growing up in very different ways. Generally, it is just another lesson to children but possibly more exciting. On the whole, children want to learn about themselves. They often feel proud when they recognise that they are building on learning from previous years and they enjoy having the opportunity to ask questions and have them answered.

We recognise that parents may have questions about what will be taught. Our policies on relationships education, sex education and health education will be available for parents to view on our website. The scheme of work and resources will be available for parents to view on an individual family basis. If they would like to, parents are invited to speak with the school office to arrange a suitable time to view the curriculum.

Right to withdraw your child

As relationships education and health education are national, statutory requirements, all children have to be taught these lessons and parents cannot ask for their child to be withdrawn from a lesson. Parents also do not have a right to ask for their child to be withdrawn from science curriculum lessons on human development and reproduction.

The teaching of sex education outside of what is taught in the science curriculum is a decision the DfE has given to schools to make. Glenbrook has decided to continue teaching sex education as we have done for many years in the Year 6 curriculum.

We hope that you agree with our decision but if you do not want your child to take part in some or all of the lessons in sex education, you have the right to request in writing for your child to be withdrawn from these lessons and we are required to grant your request.

What could you do at home?

We encourage and support the partnership between home and school, and we hope that what we teach children in relationships education, health education and sex education in school will complement and reinforce the lessons you teach them at home. Talking with your child about the lessons they have in school, sharing your views and answering their questions at home too, shows them that you are happy to talk about feelings, relationships, body safety and sex (when the time is right). It is then more likely to give your child the confidence to turn to you if they have questions or concerns about growing up.

We know that some parents may feel embarrassed or simply not know where to start sensitive conversations with their children, especially young children who may not ask questions. The curriculum map below gives a broad overview of progression across the year groups and the information in this leaflet gives more specific details about what will be taught in your child's year group. If you have any questions or concerns about what is taught in school, or you would like support in talking with your child about any aspect of growing up, please speak with your child's class teacher or a member of the senior leadership team.

Relationships Education Sex Education and Health Education (changing adolescent body)

TOPICS	Key Stage One		Key Stage Two			
	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Different Friends	Similar and Different	Everybody Needs Respect	Manners and Respect	Body Image and Respect/1 Single gender groups	Puberty Recap Whole class
	My Special People	We can be whatever we want to be	Body Differences	Growing and Changing	Body Image and Respect/2 Whole class	2a Puberty What girls want to know Girls-only lesson 2b Puberty What boys want to know Boys-only lesson
	We Are Growing	Our Bodies	Personal Space and Boundaries	What is Puberty?	Puberty - Time to Change	Respecting Myself and Others
	Our Needs Change As We Grow	My Body Belongs to Me	Respecting My Body	Puberty: Emotions and Feelings	Puberty - The Reproductive System	Healthy Relationships
	Everybody Has A Body	PANTS Underwear Rule	Families - Help and Support	Healthy Relationships	L5a Girls and Puberty (girls-only lesson) PLUS Puberty Drop-in for Girls L5b Boys and Puberty (boys-only lesson)	Relationships and Reproduction
	Respecting My Body	Families - Love and Care	There is only one me	Self-respect and happiness	Puberty and hygiene PLUS Puberty Drop-in for Boys	6a Protecting ourselves in relationships 6a Protecting ourselves in our communities (including FGM)
					Puberty - Emotions, Help and Support	