



Rattlesden Cof E Primary Academy  
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30<sup>th</sup> June 2021

Dear Parent,

We are writing to inform you that this week, we will be teaching our Sex Education programme to Year 6.

We will be covering puberty and human reproduction at an age appropriate level. The content of each session is outlined in more detail below:

**What's happening to me?**

- Looking after myself and keeping healthy.
- Understanding physical changes in both sexes during puberty.
- Coping with physical changes during puberty: menstruation and coping with periods, and exploring in more detail the physical and emotional changes which happen to boys at puberty.

**How am I behaving?**

- Understanding feelings and moods during puberty.
- Learning to cope with changes in relationships as a result of puberty.
- Communicating with others during puberty.

**How are babies made and born?**

- Understanding the process of conception, pregnancy and birth.
- Emphasising the importance of loving, caring relationships between couples and the value of the family and relationships within it.
- Considering the responsibilities attached to parenthood.

Educational DVDs and activities will be used to support the programme. If you would like to discuss our Sex Education programme in more detail please do not hesitate to contact us.

Kind regards,

Mr Vaughton and Mrs Sharma