



FOXHILLS JUNIOR SCHOOL

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Dear Parents and Carers,

In the next few weeks, we will be covering the Sex and Relationships Education as part of our PSHE curriculum. We will be using SCARF to teach the children and would like to provide you with the following information so that you understand what will be covered and will be able to support your child at home.

SCARF are part of [Coram Life Education](http://www.coramlifeeducation.co.uk), who are the leading UK provider of relationships, health, wellbeing, and drugs education.

Trained Educators use evidence-based, interactive, engaging methods and resources to provide memorable learning experiences for 1 in 10 children in England and Scotland.

SCARF outlines its Sex and Relationship education as follows:

Relationships, Sexual Health and Parenthood

RSHP in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. At Coram Life Education we believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health in an age-appropriate way. This goes beyond learning about relationships, to include puberty, how a baby is conceived and born, body ownership, and safeguarding. Although we refer to our resources as our Relationship Education programme, they also include other elements of health and wellbeing.

Our RSHP resources help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. These lessons help to meet the curriculum experiences and outcomes from early learning and childcare through to the end of primary school.

In Year 5, we will cover: body changes and feelings during puberty and what makes relationships healthy and unhealthy.

Please note we will be sensitive to the needs of all the children and their individual circumstances and needs.

What can I do to support my child's learning at home?

Guidance is clear in recognising that a parent/carer is a child's primary educator in these matters. There are a many things you can do to support your child's understanding and encourage them to ask questions. Here are some

1. If you feel it is time to talk to your child about growing up and the changes they are likely to experience it's best to offer it in small chunks, rather than do it in one go, often known as 'The Talk'. This gives children time to digest the new information and ask you further questions as they develop more understanding.
2. If your child asks you questions try to stay calm, and not worry if you don't know the answer. There are plenty of websites that you can use together to help you find the answers to their questions in a factual, honest, age appropriate way (see details below for resources on our website).
3. Use everyday opportunities to bring up the topic; things you see on TV or hear on the radio can be great conversation starters to talk about topics such as relationships, sex and body image. Reading books with your child is also a great way of introducing topics and helping children to understand themselves, their bodies and the world around them.
4. If you do have family names for genitals, ensure your child also knows their scientific names too. Nobody likes to think their child is at risk of abuse, but knowing the correct words for their genitals will help them report abuse if it did ever happen.
5. By showing your child that you are comfortable with them asking you questions now, you are helping to develop a relationship with them where they can seek your advice and support in their adolescent years.
6. Visit the specially created SCARF [webpage](#) "Helping your children understand changes at puberty" more information including a list of books and websites that will support both you and your child along with some activities you to support their learning.

If you would like to view the resources and videos that we will be showing the children please get in touch with your child's class teacher and we will be happy to share these with you.

Year 5 team