

## SRE Education

As part of the school's Personal, Social and Health Education programme, your child will soon receive a unit of lessons on sexual health and personal safety.

The purpose of the upcoming unit is to understand and respect the changes that they see in themselves and others. Also to know who to ask for help if they are worried about change.

### **The curriculum aims to provide pupils with:**

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.
- the skills and strategies they need in order to live healthy, safe, fulfilling responsible and balanced lives.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

### **The SRE programme in Year 2 will cover:**

- the process of growing from young to old
- to identify parts of the body and to recognise differences between girls and boys. (Vocab used: male, female, vagina, penis, testicles, nipples, bottom, anus, breasts).
- how to cope with changes

### **The SRE programme in Year 3 will cover:**

- to identify parts of the body and to recognise differences between girls and boys. (Vocab used: male, female, vagina, penis, testicles, nipples, bottom, anus, breasts, public, private)
- about family stereotypes and recognising stereotypical ideas about parenting and family roles.

### **The SRE programme in Year 4 will cover:**

- how babies grow inside the mother's womb
- what a baby needs to live and grow
- outside body changes (puberty)

For further information, please speak to your class teachers.