



Summer 2017  
**OUTSTANDING  
 CHURCH SCHOOL**



Youlgrave, All Saints' C of E (VA) Primary School  
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Headteacher: Mrs Heather Stelling  
 27<sup>th</sup> November 2019

Dear Parents/Carers

**Personal, Social and Health Education (PSHE) – ‘Growing Up’**

PSHE is part of our National Curriculum and it is taught across all of our age-phases; through age-appropriate activities: to give your child/children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible British citizens.

This term, our PSHE focus is ‘Growing Up’ which includes the Sex Education element. Relationships and Sex Education (RSE) is defined by the PSHE Association as ‘learning about the emotional, social and physical aspects of growing up, relationships, human reproduction, human sexuality and sexual health’. RSE and Health Education are taught in this school as statutory subjects; as in line with guidance from the Department of Education (DfE) on Relationships Education, RSE and Health Education, February 2019.

The table below gives you an overview of the content covered; with the ‘Relationship Education’ in green and the ‘Sex Education’ in blue.

Growing Up - Key Stage 1 (Years 1 & 2)	Growing Up - Lower Key Stage 2 (Years 3 & 4)	Growing Up - Upper Key Stage 2 (Years 5 & 6)
<ul style="list-style-type: none"> <li>Life cycles</li> <li>How boys’ and girls’ bodies are different</li> <li>The correct names for (basic) sexual body parts</li> <li>That some parts of the body are private</li> </ul>	<ul style="list-style-type: none"> <li>About gender stereotypes and their impact</li> <li>About privacy, boundaries and secrets and who to talk to if they feel anxious or unhappy</li> <li>How and why their bodies change as they get older</li> </ul>	<ul style="list-style-type: none"> <li>About different kinds of families and partnerships</li> <li>About marriage and stable loving relationships and their importance for having babies and bringing up children</li> <li>About physical and emotional changes in puberty and how to cope with them</li> <li>Menstruation</li> <li>How babies are conceived, develop and are born</li> </ul>

If you have any concerns or questions, please arrange to speak with your child’s class teacher.

Kind regards

Mrs Heather Stelling

(Headteacher/PSHE and SRE Lead)