



CHRIST CHURCH CHORLEYWOOD

**Trust, Love & Respect:
Learning & Growing with God**



**Chess Valley
Primary
Learning
Trust**

Department for Education (DfE) statutory requirements for Relationships and Health Education

Dear Parent/Carer,

Introduction

From September 2021, schools will have to teach Relationships and Health Education. You can read about these changes in this DfE guide for parents here: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

The DfE strongly encourages primary schools to deliver sex & relationships education to help prepare children for their transition to secondary school.

RSE Curriculum

Most schools are already delivering very effective Relationships and Sex Education (RSE) and the new guidance is simply about ensuring that **all** children get the information they need and want. The lessons will help children to learn about their bodies including the changes that take place at puberty, and will help keep them safe, so they can form healthy relationships (friendships) with others, now and in the future.

At our school we are using the leading children's health and wellbeing charity, Coram Life Education (CLE) to support us in meeting these legal requirements. We do this through Coram Life Education's online SCARF teaching resources. We are reviewing & developing our curriculum map ready for sharing in September 2021.

Research & Evidence

Research shows that not delivering this vital education puts our children at greater risk of poor mental health. Current government Sex and Relationships Education guidance states that children should learn about puberty before they experience it and this is one of the reasons why making this subject statutory in all schools is so important.

We also know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research also shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore demonstrate greater focus while at school.

Support from Parents

We recognise that parents play a vital part in their child's RSE, and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to speak to your child's class teacher or me, as the Head of School.

Yours sincerely,

Sarah Selleck

Head of School

Chess Valley Primary Learning Trust

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