



Dear Parents and Carers

## RELATIONSHIP AND SEX EDUCATION

The Year 4 classes will be starting a series of lessons on Relationship and Sex Education.

These lessons will cover the following topics:

- ❖ Growing and changing.
- ❖ Body changes and reproduction.
- ❖ What is puberty?
- ❖ Thinking, feeling, doing – changing relationships.
- ❖ Assertiveness.
- ❖ Your questions, answered.

We will be showing the DVD, Channel 4 Living and Growing Series:

- Programme 2, Unit 1: How did I get here?

We have a number of age appropriate books and a copy of the Living and Growing DVD available for parents to borrow, if you wish to discuss any of the above topics in more detail at home. The DVD can be booked out from the office.

Class teachers will teach lessons in whole class groups. During this time, the children will have the opportunity to ask questions and discuss points with their teachers, in private if necessary.

If you would like any further information about the content of the RSE, please do not hesitate to contact your child's class teacher. There is a leaflet accompanying this letter that outlines the RSE content for each year group.

Yours faithfully

**Sarah N, Hannah and Sarah R**  
**Year 4 class teachers**