

## Metropolitan Borough of Sandwell



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Dear Parents and Guardians,

As part of your child's education at St James C of E Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Within PSHE, we teach Relationships and Sex Education (RSE). The purpose of RSE is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It develops understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

Within this unit we will be covering the statutory elements of PSHE:

- \* Puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams
- \* How puberty can affect emotions and feelings
- \* How personal hygiene routines change during puberty
- \* How to ask for advice and support about growing and changing and puberty
- \* That people have different kinds of relationships in their lives, including romantic or intimate relationships
- \* That people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another
- \* That adults can choose to be part of a committed relationship or not, including marriage or civil partnership

- \* That marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime
- \* How puberty relates to growing from childhood to adulthood
- \* How growing up and becoming more independent comes with increased opportunities and responsibilities
- \* How friendships may change as they grow and how to manage this
- \* How to manage change, including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing.

We will also be covering the following non-statutory objectives:

- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults.
- how pregnancy occurs i.e., when a sperm meets an egg and the fertilised egg settles into the lining of the womb.
- that pregnancy can be prevented with contraception.
- about the responsibilities of being a parent or carer and how having a baby changes someone's life.

Parents have the right to withdraw their child from part of sex education which forms the non-statutory content. This will include information about the reproductive organs and process, how babies are conceived, how babies are born and contraception. As this lesson is non-statutory, you have the choice for your child to participate in the lesson or not. If you do not wish your child to be part of this lesson, please contact us via the school email ([contact.us@stjamespri.uk](mailto:contact.us@stjamespri.uk)) by Friday 26<sup>th</sup> June 2026. If you do not contact the school, your child will participate in the lesson during this term.

Yours sincerely,



Miss Manning  
Year 6 Teachers



Miss Kang