



Dear Parents and Carers,

## **Sex and Relationships Education (SRE)**

In Year 4 this half term as part of our Personal, Social and Health Education (PSHE) lessons, we will be beginning our Sex & Relationships unit.

Over the course of the unit we will be covering:

- Recognising and naming the main external parts of the body, including using appropriate names for private parts.
- Recognise similarities and differences between themselves and others.
- Know their body belongs to them, covering the NSPCC Underwear Rule.
- Be able to identify trusted adults to include in their Network of Support, and who they can go to if they have a worry or a 'no' or 'I'm not sure' feeling.
- Be able to explain what their 'sixth sense' is and how this contributes to assessing different levels of risk.
- To identify the difference between good and bad secrets and understanding that they are able to say 'no' and tell someone on their Network of Support

We would encourage you to discuss these areas with your children before, during and after our topic, as children and young people say that they greatly value being able to talk to their parents/carers about these issues.

If you would like to discuss any issues relating to this unit or to find out more about the lessons, please contact a member of the Year 4 team.

Yours sincerely,

Mr Sinclair and Miss Hussain