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Dear Parents/Carers,

As part of the Science and Relationships, Sex and Health Education (RSHE), we will be teaching sex and relationship education lessons to pupils in year 6 in the next few weeks.

Year 6 pupils will receive the following lessons focusing on these topics:

- Lesson 1: What is the difference between love and friendship?
- Lesson 2: What is sexual attraction?
- Lesson 3: What is 'consent' and how does it relate to our lives?
- Lesson 4: What is sexual intercourse?
- Lesson 5: What happens during pregnancy?

Sex Education is not compulsory in primary schools and parents are able to withdraw their children from these lessons where the content goes beyond what is taught in Relationships and Health Education or the Science curriculum which includes learning about the main external body parts and puberty. If parents wish to withdraw their child from sex education lessons, they must request this in writing to the headteacher.

Please note that the content taught within the lessons is matched to the maturity and knowledge of each individual class and discussions are handled in a sensitive and age appropriate way. The course material is available for you to view, should you wish to do so. Pupils are often very eager to talk to parents about issues discussed in these lessons, and we encourage them to talk about things openly with parents and carers.

Attached is a recommended reading list of books which you may wish to purchase, as they can often be a great line of communication between yourself and your child. Although these are our recommendations, you will need to read your chosen book to ensure you feel it is suitable for your child, as every child is different.

Should you have any questions or require further information, please contact the school office and I will endeavour to speak with you as quickly as possible.

Yours sincerely,

Miss S Cartwright (Year 5 and 6 Assistant Head)
Mrs C Fletcher and Mrs O Thomas (PSHE Coordinators)



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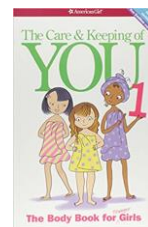
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Recommended Reading – List of Books

The following list of books may be helpful to anyone who wishes to discuss issues further with their child, or for you to strategically leave on their bed! I have tried to include a variety of books aimed at a range of ages and stages. Although these are our recommendations, you will need to read your chosen book to ensure you feel it is suitable for your child. All the books are available to buy on Amazon.

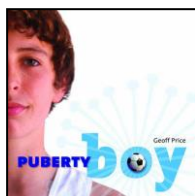
For girls:

1. *The Care and Keeping of You (Revised): The Body Book for Younger Girls* - Valorie Schaefer - This book is particularly good for younger girls as it covers puberty and periods but does not cover sex and relationships.
2. *What's Happening to Me? (Girls Edition) (Facts of Life)* Susan Meredith – This book is aimed at 9 - 12 year olds and covers puberty and sex education.



For boys:

1. *What's Happening to Me?* Alex Frith
 This book is aimed at boys aged 9 - 12 years old. However, some parents I know who have used this book preferred to leave it until year 6 due to the information about drugs and contraception.
2. *Puberty Boy: Geoff Price*
 This book contains lots of photos and covers puberty and sex education. It is aimed at boys aged 10 - 15.



General:

1. *Let's Talk About Sex* Robie Harris
 This book deals with puberty and sex education as well as internet safety, birth, HIV and STD's. It is aimed at 9 - 13 year olds.
2. *Let's Talk: About Girls, Boys, Babies, Bodies, Families & Friends (Let's Talk)* Robie H. Harris . This book is aimed at younger children (6 upwards).
3. *Dr Christian's Guide to Growing Up: Dr Christian Jessen*
 This book deals with puberty and sex education. However, it is recommended for pupils under 15 as it deals with more issues than some of the other books recommended previously.

