London Borough of Havering
ENGAYNE PRIMARY SCHOOL
Mrs S Sankey: Headteacher

June 2026

Dear Parents / Carers

Year 6 Sex Education Programme

The Year 6 Sex Education programme will commence from Monday 29th June. The lessons are broken down as follows:

Is this normal?

- Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;
- Suggest strategies that would help someone who felt challenged by the changes in puberty;
- Understand what FGM is and that it is an illegal practice in this country;
- Know where someone could get support if they were concerned about their own or another person's safety.

Making babies – Opt out possible.

- Identify the changes that happen through puberty to allow sexual reproduction to occur;
- Know a variety of ways in which the sperm can fertilise the egg to create a baby;
- Know the legal age of consent and what it means.

The children will be taught this through two sessions, led by the year 6 team, as a year group. You can also access a copy of the school's Sex Education policy via the policies page of our website.

As a suggestion, you may also wish to consider buying the two 'What's Happening to Me?' books for boys and girls, (published by Usborne and available for purchase at a reasonable price on Amazon), as they will help you to familiarise your child with the topics being covered, if this is something you intend to do.

We appreciate that some parents/carers may object to the content of the sex education programme and it is our policy that parents/carers have the right to withdraw their children from it. If you would rather that your child did NOT take part, please complete the opt-out form on the next page and return it by 9am on Monday 29th June 2026. Please note that **you only need to return this form if you do not wish your child to take part.**

Yours sincerely,

The Year 6 Team

I **DO NOT** wish my child to take part in the Year 6 Sex Education programme, in the academic year 2025/26.

Name of child: _____

Child's form: _____

Name of parent / carer: _____

Signature of parent / carer: _____