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Dear Parents and Carers,

As part of your child's education at Grampian Primary Academy, 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.

Since September 2020, Relationships Education has been made compulsory in primary schools in England. I am writing to let you know that after Christmas, in the week commencing 9<sup>th</sup> January 2022, your child's class will be taking part in a "Relationships Without Fear" Programme, ran by a local charity Glow, which aims to break the cycle of domestic abuse by helping children understand healthy relationships and what to do if they experience domestic abuse, either at home or in their future relationships.

Educating children about healthy relationships before the age of ten is vital because after this point, attitudes and behaviours will start to become crystallised and resistant to change. The 6 week programme is delivered in a sensitive way that is age appropriate and helps children and young people identify what an abusive relationship is, where to seek help and understand that it is a crime.

"Relationships without Fear" has been delivered in Primary and Secondary schools for 16 years and is updated annually to include modern issues. It is delivered by trained members of staff.

Topics covered during these 6 weeks are as follows

#### Good and bad relationships

In this lesson, we explore healthy and unhealthy relationships and by the end, the class will be able to identify what a relationship is who is involved and what a healthy one looks like understand the impacts of unhealthy behaviours in relationships and who they can talk to for help and support.

#### Gender roles

Introduction to gender stereotypes and identify the differences between males and females. In this lesson, the children will understand that some people have fixed ideas about what boys and girls can do. We look at views of male and female roles in a relationship and the effect the media has played in societal views of gender roles.

#### Feelings and emotions

In this lesson, we explore all the different feelings and emotions we have and how these can impact on our behaviour. We look at other people's behaviour and how they can make us feel and how to challenge any negative feelings as a result of someone else's behaviour.

## Anger

In this lesson we look at what anger is and what effect it can have on our body and our choices. We discuss dealing with anger and finding coping strategies for dealing with anger and conflict resolution.

## Safety planning

This lesson teaches the class how to keep themselves safe should they ever feel they are in danger or need any help. We look at circles of support around the class, who they can seek help from and explain professional agencies that can offer support, advice and help to children and young people.

## Safe & Unsafe secrets

This lesson focuses on boundaries, instincts, and secrets. The class will understand what a boundary is and be able to explore their own personal boundaries, how they feel when someone crosses their boundaries and what they should do. The class will also be able to identify the differences between safe and unsafe secrets.

## Signposting

This lesson focuses on signposting, identifying our circles of support and we take an in-depth look at the local professional services available to children. We also look at difficult situations that we may have to deal with and get the children to explore how they would respond to those situations, and by the end of the session they will be able to identify where, and who, they can go to for support with this.

We can assure you that all discussions and topics covered during this programme are delivered in an age-appropriate way, by a trained specialist in a confidential environment.

Kind regards,



Gemma Rowles

Education Programme Facilitator – Derby City