



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons.

Protective Behaviours

Dear Parents and Carers,

As part of your child's education at Cottesmore St Mary, we promote personal wellbeing and development through a comprehensive Relationship, Sex and Health Education (RSHE) programme. RSHE forms a part of the Personal, Social, Health and Economic education (PSHE), Religious Education (Come and See), Citizenship, PE and Science Curriculum which together are collectively known in Catholic Schools as EPR – Education in Personal Relationships.

At the beginning of next half term, we will be teaching the children about protective behaviour. Protective Behaviours is a safety awareness and resilience building programme which we use at Cottesmore St Mary to teach the children about safety. We believe that this programme is an essential part of our school curriculum. It helps the children to recognise any situation where they may feel worried, or unsafe, or uncomfortable, bullied or threatened, and explores practical ways to keep safe in a variety of situations. Protective Behaviours also looks at identifying support networks for times when we need someone to listen and help.

Protective Behaviours is based on two key messages:

- We all have the right to feel safe all of the time
- We can talk with someone about anything, even if it feels awful or small

Throughout the teaching of Protective Behaviours, the children learn that language is one of the effective tools that we have to inform, teach and influence other people. It is a key safety skill for children to be able to name all of the parts of their body including their genitals. It is important for children to be taught the correct anatomical names and feel comfortable using them if needed. Children from Reception- Year 6 will be taught the scientific words that we are using for genitals and private parts: Penis, breasts, vagina, bottom, anus, nipples, vulva (see school website for a breakdown of Protective Behaviour's content for each year group:

<https://www.cottesmore.brighton-hove.sch.uk/page/pb/>

Below are the key learning objectives that your child will be taught during each session. In the past, parents and carers have told us they found it useful to know in advance the content of each of the lessons as well as when they would occur. This enabled them to support their child's learning at home if they wished. Some parents also found it useful to be prepared in case their child asked them questions about certain areas that are covered.

There are four key themes to the programme which develop throughout the year groups.

Lesson 1 - Feelings and Feeling safe

Lesson 2 - Feeling Unsafe and early Warning Signs/The Safety Scale - 'Fun to feel scared'

Lesson 3 - Body awareness and safe Touch/Secrets and Telling

Lesson 4 - Getting Help/Networks of Support, Problem-Solving and Resistance

Please get in touch with your child's class teacher if you would like to review the resources we will be using.

Yours sincerely,

Erin Brady-Smith (Subject lead for EPR/RSHE education)

