



Date: 28th April 2023

As part of our schools PSHE curriculum, and in line with statutory government guidance, children in Year 5 will receive their Growing Up Talk and Relationships Education Talk and the Year 6 children will receive their Growing Up Talk and Relationships and Sex Education Talk shortly.

The education is based on national guidance and the JIGSAW PSHE programme already in the school's curriculum and is delivered by the Public Health Programmes Team (School Nurses).

The Year 5 lessons will cover the following topics:

- What happens during puberty
- The body changes that occur during puberty including correct names of female and male reproductive organs.
- The female reproductive organs and what happens during a period (menstruation) and products to use.
- The male reproductive organs including wet dreams and erections and how to manage both
- The importance of personal body examination
- The importance of practicing good personal hygiene
- How feelings, emotions and relationships change during puberty
- How to keep safe (Underpants Rule)
- Where you can get help and support

The Year 6 lessons will cover the following topics:

- What happens during puberty
- The body changes that occur during puberty.
- The female reproductive organs and what happens during a period (menstruation) and products to use.
- The male reproductive organs including wet dreams and erections and how to manage both
- Consent and keeping ourselves safe (underpants rule)
- The importance of practicing good personal hygiene
- Relationship stages, sexual relationships and consent
- Human reproduction in the context of the human life-cycle
- How a baby is made and grows
- Where to go for help and support

We strongly believe that withdrawing your child undermines their right to access information which is important to their health and wellbeing. **Please speak to the PHSE lead or your child's class teacher if you would like to withdraw your child from these lessons.**

If you have any queries about the content of the lessons, or the resources used please do not hesitate to contact me.

Yours Sincerely,
Miss Atkinson

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