

18th June 2019

Dear Parent/Carer,

Re: Year 5 Relationship and Sex Education

We will shortly be beginning some work in Year 5 about 'Growing and Changing'. This work forms part of an ongoing programme of Relationships and Sex Education, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social and Health Education (PSHE).

Our programme in Year 5 and 6 is carefully tailored to the age and needs of the children. Our main areas for Year 5 are the concepts of puberty. We have an important duty to talk about puberty with the children before they reach it, so we can reduce the fear and worry that some may feel. These are the main questions we will discuss:

- What are male and female sexual parts called and what do they do?
- What happens to the bodies of boys and girls when they reach puberty?
- What influences my view of my body?
- How can I keep my growing and changing body clean?
- How can the spread of viruses and bacteria be stopped?
- What is HIV/AIDS?

We encourage you to discuss any of these areas with your children during or after our topic, as research has shown that children and young people say that they greatly value being able to talk to their parents/carers about these issues. These are some useful sources of support that have been recommended by the County PSHE Service:

Family Lives offers help and advice to parents and carers on any aspect of bringing up children.

www.familylives.org.uk

www.familylives.org.uk/how-we-can-help/parentchannel-tv/

For information about your rights and RSE

www.education.gov.uk

For a short film to introduce importance of privacy, search for 'NSPCC Share Aware' and/ or 'NSPCC talkpants

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.



You have the right to withdraw your child from the elements of RSE which are not included in the National Curriculum for Science. Please contact your child's teacher if you would like to discuss this. If you would like to discuss any issues relating to our work on Relationships and Sex, or to find out more about the lessons, please also contact your child's teacher as a first point of contact.

Thank you for your continued support.

Kind regards,

The Year 5 Team