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Dear Parents/Carers,

As part of the Science and Relationships, Sex and Health Education (RSHE), we will be teaching sex and relationship education lessons to **pupils in year 5** after half term. These lessons are divided into 4 separate teaching sessions:

Lesson 1: How have I changed?

Lesson 2: How do our emotions change during puberty?

Lesson 3: What are the functions of genitalia?

Lesson 4: What happens to boys and girls during puberty? (pupils are split into boy/girl groups for this session but both will be made aware of the changes that happen to the opposite sex)

From summer 2021, the Department for Education has made Relationships and Health Education compulsory in all schools. This means parents cannot withdraw their children from these lessons, which include learning about the changing adolescent body (including physical and emotional changes), about menstrual wellbeing and the key facts about the menstrual cycle. They also include learning about respectful relationships, the importance of permission seeking and giving in relationships and the differences between appropriate and inappropriate physical contact.

Please note that the content taught within the lessons is matched to the maturity and knowledge of each individual class and discussions are handled in a sensitive and age appropriate way. The course material is available for you to view, should you wish to do so. Pupils are often very eager to talk to parents about issues discussed in these lessons, and we encourage them to talk about things openly with parents and carers.

Attached is a recommended reading list of books which you may wish to purchase, as they can often be a great line of communication between yourself and your child. Although these are our recommendations, you will need to read your chosen book to ensure you feel it is suitable for your child, as every child is different.

Should you have any questions or require further information, please contact the school office and I will endeavour to speak with you as quickly as possible.

Yours sincerely,

Miss S Cartwright (Assistant Head)
Mrs C Fletcher and Mrs O Thomas (PSHE Coordinators)



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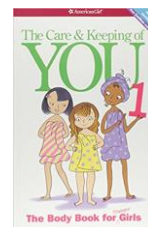
Recommended Reading – List of Books

The following list of books may be helpful to anyone who wishes to discuss issues further with their child, or for you to strategically leave on their bed! I have tried to include a variety of books aimed at a range of ages and stages. Although these are our recommendations, you will need to read your chosen book to ensure you feel it is suitable for your child.

All the books are available to buy on Amazon.

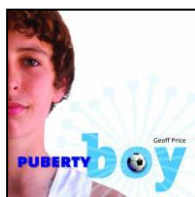
For girls:

1. *The Care and Keeping of You (Revised): The Body Book for Younger Girls* - Valorie Schaefer - This book is particularly good for younger girls as it covers puberty and periods but does not cover sex and relationships.
2. *What's Happening to Me? (Girls Edition) (Facts of Life)* Susan Meredith – This book is aimed at 9 - 12 year olds and covers puberty and sex education.



For boys:

1. *What's Happening to Me?* Alex Frith
This book is aimed at boys aged 9 - 12 years old. However, some parents I know who have used this book preferred to leave it until year 6 due to the information about drugs and contraception.
2. *Puberty Boy*: Geoff Price
This book contains lots of photos and covers puberty and sex education. It is aimed at boys aged 10 - 15.



General:

1. *Let's Talk About Sex* Robie Harris
This book deals with puberty and sex education as well as internet safety, birth, HIV and STD's. It is aimed at 9 - 13 year olds.
2. *Let's Talk: About Girls, Boys, Babies, Bodies, Families & Friends (Let's Talk)* Robie H. Harris.
This book is aimed at younger children (6 upwards).
3. *Dr Christian's Guide to Growing Up: Dr Christian Jessen*
This book deals with puberty and sex education. However, it is recommended for pupils under 15 as it deals with more issues than some of the other books recommended previously.

