

Dear Parent/Carer,

Year 5 'Growing and Changing' Relationships and Sex Education Unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

After May half term, our school will be focusing on part of our PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 5 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The lessons delivered to our pupils will focus on body changes and keeping safe. Your Year 5 child will be exploring these themes by examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do I feel about growing up and changing?
- Which parts of my body are private?
- What kind of physical contact is unacceptable and how should I respond to unwanted physical contact?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If you would like to borrow a book to help explain this to your child, please ask the school library. We have ordered some age appropriate books for parents to borrow if needed.

In addition to our Relationships and Sex Education (RSE) curriculum, we also introduce pupils to the **NSPCC's "PANTS" rule**, a simple and age-appropriate way to help children stay safe. Through this initiative, we teach the core message that **P**rivates are private, **A**lways remember your body belongs to you, **N**o means no, **T**alk about secrets that upset you, and **S**peak up, someone can help. By using the "Talk PANTS" framework, we aim to empower our pupils with the vocabulary and confidence to recognise boundaries and understand that they have the right to say no, ensuring they feel supported both at school and at home. For more information go to

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

If you would like to see the resources we are using in these lessons please come into school on 12th or 13th May at 3:30pm in Cedar class. I will be around to answer any questions on this day also. If you have any other questions please do email me on eshepherd@sps1.org.uk

Best wishes,

Emily Shepherd

PSHE / RSE lead