

Dear Parents and Carers,

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.

During Term 6, our school will be focusing on part of our SCARF 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. From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. 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 (*Growing up and Changing Bodies; Changing Bodies and Feelings*) will focus on body changes for males and females, 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?
- 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 around these topics, including penis, testicles, scrotum, vulva, vagina, vaginal discharge, clitoris, labia, nipples, anus, womb, breasts, ovaries, sperm, eggs, wet dreams, involuntary erections, menstruation, and periods. Depending on your school's RSE policy, self-touch/masturbation may be introduced in this topic to help children understand about appropriate and inappropriate touch within the boundaries of public and private places. 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.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. If children ask questions that go beyond the planned curriculum, staff will consult the school's RSE policy and inform parents, to support discussions on an individual basis or at home if needed. Each pupil's privacy will be respected, and no one will be asked to reveal personal information; although children will be reminded that should anyone share anything personal, adults may need to share this information with other trusted adults, in order to keep them safe. Children will follow a class agreement, encouraging them to be respectful when discussing the content, and to be mindful of discussing content near younger children as they may not be ready for this.

We know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

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.

[Helping your children understand changes at puberty](http://www.coramscarf.org.uk/rse-for-Y6-and-P7)
(www.coramscarf.org.uk/rse-for-Y6-and-P7)

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Headteacher.

Kind regards,
Miss Carter (PSHE Lead)

Growing and Changing - part of our Personal Social Health and Economic Education (PSHE)

Year 5

What your child will be learning about:

Term 6's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will also learn how to keep themselves safe and how to ask for help when they need it.

In Year 5, this topic builds on the themes covered previously but in greater depth, looking more closely at: how children's changing feelings during puberty and as they grow up can affect those they live with; what makes relationships unhealthy, including how individual or group actions can impact others in a positive or negative way; and exploring safe and unsafe secrets and when to break a confidence in order to keep someone safe. In this topic, we help the children to understand their emotions and identify strategies they can use to build resilience, along with strategies to deal with uncomfortable situations.

We will also be exploring the themes of:

Body changes and feelings during puberty

Building on the themes surrounding puberty previously covered, children will know the correct words for the external sexual organs. We discuss some of the myths associated with puberty, identify some products that they may need during puberty and why. We educate the children on some changes that people experience during puberty, including menstruation and why it happens, involuntary erections, wet dreams, masturbation, body shapes changing and hair growth.

Self-touch/masturbation may be discussed in this topic to help children understand about appropriate and inappropriate touch within the boundaries of public and private places.

Different types of bullying including homophobic and transphobic

We teach the children that any form of bullying is unacceptable, including bullying based on how someone expresses their gender or sexual orientation. We help children to have more awareness of bullying behaviours and give examples of how they can be stopped.

Vocabulary your child will learn:

separation, fostered, pubic hair, clitoris, vulva, vagina, vaginal opening, vaginal discharge, urinary opening, clitoris, lips (labia), penis, scrotum, testicles, foreskin, anus, wet dreams, erection, stretch marks, puberty, semen, sperm, eggs, ovaries, menstruation, periods, nipples, womb, breasts, masturbation/self-touch, reactions, hormones, compromise, prejudice, sexual orientation, gender identity.

Questions your child may ask at this age:

- When did you start puberty?
- How did you feel? Was it bad?
- Is it normal?
- Do you have to shave?
- How old do you have to be to shave?
- What period products should I use?
- Do I need to wear deodorant?
- Can you help me get some things to prepare for my body changing?
- How can I tell someone not to do something that's making me uncomfortable, but without hurting their feelings?
- Can you help me practise being assertive?
- Have you ever been bullied or know someone who was bullied? What did you do?
- Have you ever been treated in a stereotypical way?
- Have you ever been made to keep a secret when you didn't want to? How did you handle it?



Resources for Parents: [SCARF Growing and Changing Parents Page](#)



[Age 6-10 | Outspoken Sex Ed](#)

Sarah Sproule

[How to talk to your kids about everything RSE](#)



[Normal and Abnormal Puberty](#)



[Resource for Parents](#)



[Parent Support](#)



[Starting your periods](#)

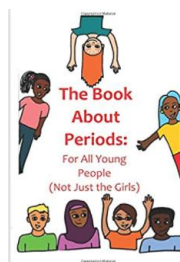


[Personal hygiene for pre-teens](#)

Books to support learning:



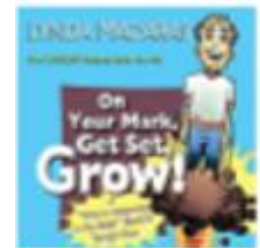
[The Puberty Book](#)



[The book about periods](#)



[A Boy's Guide to Growing Up](#)



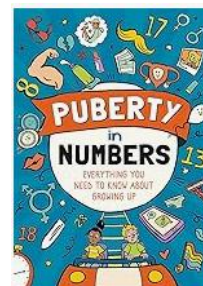
[On your marks, get set, grow!](#)



[The Girl's Body Book](#)



[Girls Only!](#)



[Puberty in Numbers](#)



[Respect](#)