



NORTH YORKSHIRE COUNCIL
Pickering Community Junior School
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Dear Parents and Carers

At Pickering Community Junior School, we are committed to providing all of our pupils with a planned Personal, Social, Health Education (PSHE) programme which incorporates the statutory Relationships and Sex Education. Relationships Education explores the different types of relationships children will encounter in their lives and explores what a healthy relationship is – both in real and online scenarios. Health Education explores body confidence and promotes self-care, self-love and self-worth; it covers mental wellbeing, internet safety and harms, 'physical health and fitness', 'healthy eating', 'drugs, alcohol and tobacco' and 'changing adolescent body'. Relationships education teaches children about puberty and growing up, whereas Sex Education is separate. It is defined in our policy as children learning about human reproduction; you are able to withdraw your child from this session which is covered in **Year 6**.

Below outlines the Relationships and Sex Education objectives covered in each year group during the 'Changing Me' unit. The content of this unit is vitally important for children and needs to be delivered age-appropriately.

Year	What is covered in the 'Changing Me' unit:	
3	Lesson 4 Building confidence in seeking help.	Children will revisit the PANTS rule and identify examples of appropriate and inappropriate touch; they will recognise that no means no and demonstrate ways in which to tell a trusted adult and seek support if they feel worried or uncomfortable.
4	Lesson 3 Puberty	This lesson for Year 4 children is taught separately. Girls will learn about what periods are, symptoms they may experience and tips about how to help them through this stage of puberty. Boys will learn about personal hygiene and why this is so important as they begin to grow and develop.
5	Lesson 3 Puberty for girls Puberty for boys	The 'Busy Bodies' resource (search HSE Busy Bodies online) will be used to teach the children about puberty and a question and answer session will follow. The videos covered in this lesson are: 'Busy Bodies Introduction'; 'Changes at puberty'; 'What happens to girls?'; 'What happens to boys?' and 'Looking after you'.
6	Lesson 2 Puberty for girls Puberty for boys	This lesson recaps what children will have learnt in Year 5. Children will begin the lesson with a quickfire game of puberty changes and will decide if they apply to girls, boys or to both. They will then re-watch the busy bodies videos to reinforce their understanding.
6	Lesson 3 Conception	Children can be withdrawn from this lesson where they learn about human reproduction.

I hope this information is useful to you as parents/carers. If you require any further information or have any further questions about this aspect of the curriculum, please contact Mrs Wilkinson via the school's admin email address.

Parents of children in Year 5 and Year 6, you will receive a further letter in due course providing further details about your child's Relationships and Sex Education lessons.

Yours sincerely,

Mrs L Wilkinson (PSHE subject lead)



National Nurturing
 School Award
 2025

