



NORTH YORKSHIRE COUNCIL
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Friday 12th June

Dear Parents/Carers,

I am writing to you to inform you about your child's upcoming Relationships and Sex Education lessons. As part of our school's Personal, Social, Health and Economic (PSHE) education lessons, children are taught the statutory Relationships and Sex education, which will be taught as part of the 'Changing Me' unit this half term. Children can not be withdrawn from relationships education – which, as stated in our RSE policy, *'teaches children about puberty and children learn how their bodies and emotions will change as they approach this part of their life.'*

In Year 5, the children will:

- Learn about positive self-image and body-image;
- Explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally;
- Describe how boys' bodies change during puberty.

All PSHE teaching takes place in a safe learning environment, underpinned by our school ethos 'To Care.' On Friday 3rd July, children will be watching the following 'busy body' animations as part of their lesson:

1. Busy Bodies Introduction
2. Changes at puberty
3. What happens to boys?
4. What happens to girls?

If you would like to watch these videos so that you can view the content of the lesson, you can find these videos online by searching 'HSE Busy Bodies animations'. Prior to the puberty lessons, children will have the opportunity to post any questions that they have about this subject area anonymously within a class 'ask it basket' and your child's class teacher will answer these honestly and scientifically. Naturally, your child may have some questions following these lessons, that they would like to ask at home.

Additional information to support with conversations at home can be found at <https://ie.lil-lets.com/advice/advice-for-parents> or <https://tampax.co.uk/en-gb/period-health/talking-to-your-daughter-about-puberty/>. In addition to these websites, books such as Usborne's "What's Happening to Me?" can be purchased.

I hope that you find this information useful. If you would like to discuss anything before these sessions commence, please do not hesitate to contact your child's class teacher.

L. Wilkinson
PSHE subject lead

