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This is an example of a letter sent to Y5 families ahead of their puberty sessions at Barkisland Primary School.

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Relationship and Sex Education (RSE)

During the first half of the Autumn term, Year 5's PSHE lessons will explore puberty in the context of how we grow and change. This unit of RSE is compulsory to aid children's preparation for puberty and is part of a wider programme of relationship, health and sex education.

For part of this lesson the class will be split, with the girls covering physical changes, menstruation and sanitary products and the boys exploring physical changes for boys and girls. It is important that all understand the physical changes affecting each other and to ensure facts are given rather than rumour and hearsay. These changes happen at different times for different children, and it is important they are prepared. Further RSE sessions will take place in the summer term of year 6 and you will be notified of these in due course. You can find our PSHE/RSHE policy on our website.

Please be assured that the content of RSE is completely age appropriate and handled in a sensitive manner. If you have any queries, please do not hesitate to contact me as soon as possible.

If you would like to support your child with these discussions at home, the following websites may be useful:

Childline

Information using age-appropriate language to answer questions and address any worries about puberty, periods, appearance, embarrassment, peer pressure and lots more.

<https://www.childline.org.uk/info-advice/you-your-body/puberty/>

Ask Lara (BBC)

Lots of short animated videos covering many topics related to growing up and puberty.

<https://www.bbc.co.uk/programmes/b01j18r6/episodes/guide>

Working with the Diocese of Leeds and the Metropolitan Borough of Calderdale

