



12th January 2024

Dear parents/carers,

I am writing to inform you that, next week, we will be teaching pupils about puberty and 'growing up' as part of our Personal, Social, Health and Economic Education (PSHE) programme. We have been teaching these lessons for many years now, they were previously called the 'growth and change' programme.

Our lessons are in line with government statutory requirements and members of school staff are trained to lead the lessons. They will be taught in single sex groups (boys and girls taught separately). The programme teaches pupils about growing up and the physical and emotional changes they will experience as they go through puberty. Pupils **WILL NOT** be taught about sex.

Starting puberty can be a very anxious experience for many pupils and this programme aims to teach them about the changes their bodies will go through and reassure them that these changes are perfectly normal aspects of growing up. For your information, I have attached an overview of the content of the lessons.

We believe that it is important that pupils understand the changes that they are going through. As this is a statutory element of the curriculum, you are not able to withdraw your child from these lessons.

If you have any further questions, please feel free to speak to myself or a member of the SLT.

Yours sincerely

Mrs S Patel

Head of School

Puberty Lessons - Overview for Years 5 and 6



These lessons are taught as part of our planned PSHE programme. The majority of the lessons are taught to boys and girls separately and all staff have received training prior to delivery.

	Year Five – Lessons 1,2,3 & 4 in separate groupings (Spring 1 – How will we grow and change?)	Year Six – in separate groupings (Autumn 2 – How can we keep healthy as we grow? Three puberty lessons designed to recap on Year 5)
1	<p>The differences between males and females – how we grow and change</p> <p>To understand that they are growing and changing and the next stage of growth is called puberty.</p> <p>To explore the difference between males and females including body parts</p>	<p>Talking About Puberty</p> <p>To further explore the emotional changes that occur during puberty</p> <p>To understand the role of hormones in puberty</p> <p>To understand that hormones can impact on our emotions</p>
2	<p>What is puberty?</p> <p>Boys Lesson</p> <p>To know what puberty is and to know that our bodies change as we go through puberty</p> <p>To know there are both physical and emotional changes</p> <p>To explore the changes that will happen to my body as I grow</p> <p>Girls Lesson</p> <p>To know what puberty is and to know that our bodies change as we go through puberty</p> <p>To know there are both physical and emotional changes</p> <p>To understand what the words menstruation and period mean</p> <p>To understand that girls and women have periods and that they are a normal part of growing up</p>	<p>Our changing bodies and personal hygiene</p> <p>Boys Lesson</p> <p>To understand how and why puberty affects the body</p> <p>To describe how to manage physical and emotional changes</p> <p>To understand the increased importance of personal hygiene during puberty</p> <p>Girls Lesson</p> <p>To know and discuss how to manage periods</p> <p>To understand the increased importance of personal hygiene during puberty</p>
3	<p>Our bodies and emotional changes</p> <p>Boys Lesson</p> <p>To know how to manage my changing body</p> <p>To understand the range of emotions that we may experience and to explore strategies for managing these positively</p> <p>Girls Lesson</p> <p>To know how to manage periods</p> <p>To understand the range of emotions that we may experience and to explore strategies for managing these positively</p>	<p>Thoughts, Questions and Reflections</p> <p>To answer each other questions about puberty and growing into young adults with confidence</p> <p>To use appropriate and accurate language to discuss puberty</p>
4	<p>Thoughts, Questions and Reflections</p> <p>To answer each other's questions about growing up with confidence</p>	
5	<p>Body confidence – Flipping the script</p> <p>To understand the term body confidence and the negative consequences of body comparison</p> <p>To practise engaging in healthy conversations</p>	
6	<p>Body confidence – Positive thoughts and seeking support</p> <p>To understand that unrealistic images can impact on our body confidence.</p> <p>To explore strategies to manage at times with we experience body dissatisfaction</p>	