

Aims: To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.

Understand that puberty is a natural process that happens to everybody and that it will be ok for me.

Unit 4 Sex Education Newsletter

Dear Parents and Carers,

This Year, as part of our Personal, Social, Health and Economic Education, Years 5 and 6 will be having their non-statutory Relationships, Health, and Sex Education lessons during the Summer Term.

The statutory PSHE sessions will be led by your child's class teachers, and they will use Jigsaw PSHE, Changing Me lesson materials to sensitively teach children about:

- Puberty and reproduction: understanding why and how bodies change in boys and girls,
- Communication in relationships: understanding the importance of respectful communication,
- Online relationships: understanding communication in a respectful way,
- Respect and equality: understanding respectful relationships,

In addition to this, children in Years 5 and 6 will be taught the non-statutory Sex Education content that covers:

- Families, conception, and pregnancy: understanding the decisions in starting a family and how babies are conceived, develop and born,

The non-statutory lessons will be taught in lesson 4 in whole class groups.

If you require a copy of our draft Relationships, Sex and Health policy or if you would like to see the lesson materials, please contact the pastoral team on pastoral@preston.torbay.sch.uk

Kind Regards, Unit 4 Team