

22 March 2021

Dear Parent/Carer,

Personal, Social and Health Education (Yr5)

As part of the school's Personal, Social and Health Education Programme and Science Curriculum, your child will soon be receiving lessons in Relationship, Sex and Health Education (RSHE).

Year 5 will learn:

- About puberty - How the body changes at each stage of development and emotional changes
- To locate and name the parts of the body, including the internal and external sex organs
- To make clean choices – personal hygiene
- About growing up – menstruation (coping with periods, sanitary protection) and wet dreams (same sex lessons)
- That FGM is not a religious obligation
- That FGM can have a negative effect on emotional well-being and physical health
- The difference between culture and religion
- Which, why and how commonly available substances and drugs (including legal and illegal drugs) could damage immediate and future health and safety
- To differentiate between the terms 'risk', 'danger' and 'hazard'
- That pressure to behave in an unacceptable unhealthy or risky way can come from a variety of sources, including people they know and the media

Due to the current social distancing requirements, we are unable to invite you into school to view the teaching materials. If you would like to view some of the materials for your child's year group, please email the admin team by Wednesday 24th March at admin@shsharingey.co.uk so that we can send you a copy of the materials.

We will also be doing a brief remote presentation on how we teach RSHE Monday 29th March at 5pm via Zoom. If you would like to attend please also let us know by email, before 24th March by stating:

- **Child's Name**
- **Child's Class**
- **Parent Name**

We will ensure that the zoom link for the meeting is sent to you in advance.

Yours sincerely,



Ayse Thomas
Deputy Headteacher

RSHE Book Recommendations



1. [What's the Big Secret?](#) by Laurie Krasny Brown.

Appropriate age: 4+

Approach: Best used to begin the conversation.

Answers questions like: Are boys and girls different on the inside? How do you tell girls and boys apart? Do girls and boys have the same feelings? Is sex a dirty word? Where do babies come from? What does being pregnant mean? How do you get a belly button? Tell me about when I was a baby...



2. [It's Not the Stork!](#) by Robie H. Harris and Michael Emberley

Appropriate age: Around 5+, use your judgement.

Approach: Quality reading time, and answering questions.

This is a great resource for answering young children's questions. The text in this book is moderately explicit, using terms such as penis and vagina, but has no explicit images. The adults do things "under the covers" in the illustrations, but the text does not evade answering questions. Advertised for kids as young as 4, remember to use your judgement. If nothing else, it's a great book for the first "talk."

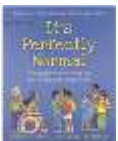


3. [Where Did I Come From?](#) by Peter Mayle

Appropriate Audience: Around 5+, use your judgement

Approach: Quality reading time for one-on-one discussion.

Where Did I Come From? has been popular for generations of families. With tasteful but accurate illustrations, kids are introduced to the basics of life. This is a great book for answering enough questions to put off a bigger "talk." It answers all the right questions, and provides a "cute" picture book for learning anatomy. Great for the nursery coming home with more questions than you are ready for.



4. [It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health](#) by Robie Harris and Michael Emberley

Appropriate audience: 10+

Approach: Read some together, then let the book do the talking. Answer questions appropriately.

This thorough guide to changing bodies, growing up, sex, and sexual health does a great job covering all the bases, including embarrassing erections! The newest edition now includes a chapter on the safe use of the Internet. The illustrations are for older kids, but are creative and eye-catching. If you are looking for upfront and non-biased information, this is easily the best bet for anyone over 10. Definitely use your judgement, though. You know what's best for your kids.