

Wednesday 22nd March 2023

Dear Parents and Carers,

Personal, Social and Health Education (Year 5)

This term, as part of your child's Personal, Social and Health Education, they will be learning about the physical and mental changes that occur in the human body as they grow.

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

Throughout each lesson any questions that your child may have about their development will be treated with the utmost care and sensitivity.

I will be running a brief workshop on how we teach Relationship, Sexual and Health Education (RSHE) and there will be opportunity to see some of the materials we use on Tuesday 18th April at 2:30pm in the junior school hall.

If you would like a copy of our policy, please ask for one from the office.

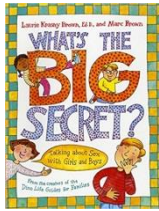
If for any reason you do not want your child to participate in all or part of these lessons, please could you make an appointment to see your child's class teacher as soon as possible, or send a letter stating you wish your child to be withdrawn from these lessons.

Yours Sincerely,



Ayse Thomas

RSHE Book recommendations

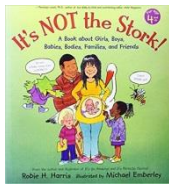


1. *What's the Big Secret?* by Laurie Krasny Brown

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."

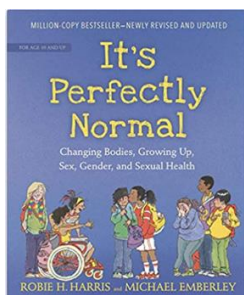


3. *Where Did I Come From?* by Peter Mayle

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.