

Parent Information: Year 4 Relationships and Sex Education (RSE)

During this half term, children in Ants class will take part in a series of lessons focusing on growing up and relationships. These sessions will be delivered by Mrs Gardiner, using a personalised version of the Twinkl scheme of learning.

In Year 5, children will build on this learning by exploring puberty in greater detail, including the specific changes experienced by boys and girls as they grow older.

Parents will be informed once the lessons have taken place, so you can choose to follow up or discuss the topics further at home if you wish.

The lessons will cover the following areas:

1) Physical changes as we grow up, including:

- Body hair
- Sweat and greasy hair (including the importance of personal hygiene, regular washing, and the use of deodorant)
- Spots
- Understanding personal privacy, supported by the NSPCC PANTS (Pantosaurus) guidance: <https://www.youtube.com/watch?v=-IL07JOGU5o>

2) Emotional changes, including:

- Understanding and managing different emotions and mood swings
- Knowing where to seek help, advice, and support
- Beginning to understand feelings such as having a crush

3) Different types of relationships, including:

- Family and friendships
- An introduction to relationships in later life
- Recognising and respecting different types of families

4) Aspirations and the future:

- Thinking about growing up and what children are looking forward to as they get older

If you have any questions or would like further information, please do not hesitate to speak to Mrs Gardiner or Mr Schumann.