

Parent information for Y5 Sex and Relationship Lessons

Over the next two weeks, children in Jupiter Class will have several lessons about growing up and relationships. These lessons are taught as part of our science and PHSE lessons. Most of these lessons will be taught as a whole class using the Twinkl scheme of learning.

The lessons will cover the following concepts:

- Puberty and adolescence (boys and girls will be split for this lesson)
 - Describe the main changes that occur during puberty.
 - Why changes occur during puberty.
 - Periods
- Taking care of our bodies
 - Understand the need for good personal hygiene.
 - Identify healthy habits.
 - Know how to protect my body in different ways
- Harmful substance
 - Identify what a drug is and can discuss how different drugs affect the body.
 - Suggest where pressure might come from to try drugs, including alcohol and tobacco.
 - Know what to do if I feel pressured to try a harmful substance.
- How we think and feel about our bodies
 - Challenge stereotypes of 'the perfect body'.
 - Understand that the images in the media and online do not always reflect reality.
 - Understand the importance of celebrating individuality.
 - Identify personal qualities.
- Healthy choices
 - Understand that the choices I make about my body have consequences.
 - Understand what contributes to a balanced lifestyle.
 - Identify factors that influence choices we make about our bodies.

If you have any questions or would like further information, please speak to Mrs Lloyd.