



Headteacher: **Mr C Watkins**

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Friday 16<sup>th</sup> May 2025

Dear Year 5 parents and carers,

### PSHE Summer 2

Below is an outline of the objectives that will be covered next half term in the 'Changing Me' topic which is part of our PSHE curriculum.

- Self and body image - Be aware of my own self-image and how my body image fits into that. Know how to develop my own self esteem.
- Puberty for girls- Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally. Understand that puberty is a natural process that happens to everybody and that it will be OK for me.
- Puberty for boys - Describe how boys' and girls' bodies change during puberty. Express how I feel about the changes that will happen to me during puberty.
- Conception - Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. Appreciate how amazing it is that human bodies can reproduce in these ways.
- Looking ahead - Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent). Be confident that I can cope with the changes that growing up will bring.
- Looking ahead- Identify what I am looking forward to when I move to my next class. To think about changes I will make next year and know how to go about this.

Please note, the highlighted lesson is part of our sex education curriculum. Parents/carers have the option to withdraw their child from this session and we would require a letter to do this. As a school, we would encourage you to allow your child to be part of this lesson to ensure they have the correct, factual knowledge. All other lessons are compulsory as they are either in our PSHE or science curriculum.

If you would like to discuss this in more detail, please contact me via the school office.

Kind regards

Mr Carl Watkins

Headteacher

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