

Friday 16th May 2025

Dear Year 6 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.

- My self-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 - Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally / express how I feel about the changes that will happen to me during puberty.
- Babies: conception to birth - Describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Recognise feelings that may develop when reflecting on the development and birth of a baby.
- Boyfriends and girlfriends - Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. Understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.
- Adolescent Friendships - knowing myself well enough to maintain positive relationships with others whilst still keeping my own identity.
- Real self and ideal self - Be aware of the importance of a positive self-esteem and what I can do to develop it. Express how I feel about my self-image and know how to challenge negative 'body-talk'.
- The year ahead - Identify what I am looking forward to and what worries me about the transition to secondary school. Preparing emotionally for the changes next year.

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

' Lighting the Way to Success '



Headteacher: **Mr C Watkins**

Robert Street, Lower Gornal,
Dudley, West Midlands.
DY3 2AZ

Tel: 01384 818275

Fax: 01384 818276

E-mail: info@roberts.dudley.sch.uk
www.robertsprimary.org.uk

Lighting the Way to Success

