



Wheatcroft Primary School



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Dear Parents and Carers,

In the coming weeks your child will be completing the 'Changing Me' unit of our PSHE curriculum. This unit links to the new Relationship and Sex Education (RSE) guidance from the government; following on from the information that you have already received earlier in the year, we would like to remind you of some of the specific topics and vocabulary that come up in each unit. This is to ensure you are aware of what is being covered in order to enable you to support your child at home in case any questions arise. Naturally, staff will use their discretion and professional judgement when answering any other questions which may arise as part of the lessons and discussions. We would like to remind you that as previously advised, you do have the opportunity to withdraw your child from aspects of the curriculum which deal with human reproduction; please advise us in writing if this is the case.

Listed below are some of the key points that will be covered:

Key Stage 1

- Children will learn about the different stages of human life (baby, toddler, child, teenager, adult and elderly).
- They will learn the anatomically correct language for labelling different parts of the of the body, such as arms, legs, belly button, penis, vagina, testicles, anus, vulva, breasts and nipples.
- They will learn where these body parts are located and which parts are private parts.

Lower Key Stage 2

- In Year 3, there is coverage of how babies grow. The children explore how people and animals look different as they progress from babies to adulthood. There is an exploration of how babies develop in the uterus and what they need to grow. We also begin to explore visible changes to the body as people grow. Changes within the body are discussed in relation to how the body is adapted to make babies. Stereotypical ideas on families are also explored and the role of parents.
- In Year 4, there is a greater emphasis on how babies are made within the body, with an exploration of the role of the sperm and the egg. All children will explore both male and female internal and external body parts and how this relates to pregnancy. The children look at puberty and the menstruation cycle and how this links back to pregnancy; there are scientific diagrams to go alongside these lessons. They will then explore general changes to their own lives that are in their control and changes that are outside of their control.

Upper Key Stage 2

- In both year groups, the vocabulary for parts of the body from earlier years will be revisited. Words such as masturbation & wet dream will be discussed as well as explanation of menstruation and sanitary products. Children will learn about the journey from conception to birth. We will also cover being positive about body image and discussion around stereotypes. We will emphasise that there are many different types of relationships in the adult world and they are not all as straightforward as we might assume. The care and responsibility for any baby/child that results from a relationship should be paramount whatever the circumstances.
- In Year 6, we will revisit these ideas as well as covering not being pressured by others to take part in behaviour that is either inappropriate or they are not mature enough for, e.g. sexting or having a boyfriend/girlfriend.

If you have any questions please speak with your child's class teacher.

Yours sincerely
Mrs D Miller
Headteacher