



# Riverside Primary School

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Dear Parents and Carers,

## Year 5 Puberty and Growing Up Lessons

During the week beginning **6th July**, Year 5 pupils will be taking part in lessons focused on puberty and growing up. These sessions will be recapping and building upon what they previously learned in Year 4.

The purpose of these lessons is to provide children with reassuring, accurate knowledge about how the human body changes during puberty. Having this information early helps young people understand what is happening to them, building their confidence as they grow and reinforcing the conversations you may already be having at home.

### What the Lessons Will Cover

All teaching materials are recommended by the **PSHE Association** and have been thoroughly reviewed by school governors and parents to ensure they are objective, balanced, and sensitive.

Our "Growing and Changing" unit will explicitly cover:

- The physical and emotional changes during puberty.
- Key facts about the menstrual cycle, menstrual wellbeing, erections, and wet dreams.
- Strategies to manage the changes during puberty, including menstruation.
- The importance of personal hygiene routines during puberty, such as washing regularly and using deodorant.
- How to discuss the challenges of puberty with a trusted adult.

- How to get information, help, and advice about puberty.

## How the Lessons Are Delivered

Lessons will be taught by class teachers and are carefully tailored to the age and emotional maturity of the children. Boys and girls will be taught separately for these sessions, and children will have the opportunity to ask questions anonymously using a question box.

## Viewing the Materials & Asking Questions

We believe in working closely with parents. You can review the exact presentations and materials we will be using via the resource links provided at the bottom of this page.

If you have any questions or would like to discuss how your child will be supported during these sessions, please feel free to speak to or email your child's class teacher.

Thank you for your continued partnership in supporting our pupils' growth and well-being.

Yours sincerely,

Year 5/6 Team

Resources:

<https://drive.google.com/drive/folders/1UPjEJFygUrXbdoAPyxR3cNGBnvXHfEjK>

