

Dear Parents/Guardians,

This half term during our PSHE work, we will be continuing on from the Sex and Relationships Education begun in Year Five around the topic of Puberty.

This is the outline of our lesson content.

Session One	Changes in the body which happen during puberty. The children will sort and discuss whether they just happen to Lucinda, just to Godfrey or to both of them. <ul style="list-style-type: none">• Wet dreams may start• Sperm starts being produced• Erections can happen• A white liquid might start coming out of the vagina• Periods start• The clitoris grows a bit bigger• Eggs start to mature in the ovaries• Moods seem to change a lot• Sexual feelings begin• You might begin to masturbate
Session Two	Changing relationships – this centres around Lucinda thinking that she is in love with someone at the school disco and leaving Godfrey behind when she leaves. We will discuss what we think ‘being in love’ means and how relationships with people may change as we get older.
Session Three	How a baby is made. This centres around Lucinda’s sister being pregnant and we will be discussing how the children think that this happened. We will be discussing the points on the sheet with the children and will also discuss contraception and myths around preventing pregnancy.
Session Four	We will look at examples from the problem page (see included sheet) and the children will come up with ideas of the advice that they would give.

We will be giving the children the opportunity to ask questions but they may well have more questions for you at home. Purchasing a book about growing up could be a really good starting point for discussions at home.

If you have any questions you would like to ask about what we will be covering, please let us know.

Thank you for your support

Year Six Teachers