Dear Parents & Carers,

As part of our consultation with parents/carers regarding our Relationships, Sex & Health Education we are writing to inform you of the curriculum your child will follow in the Summer term 2022.

During the Summer Term the Year 5 teaching staff will be delivering lessons to all pupils around Relationships, Sex & Health Education (RSHE). Some lessons are linked to the Science Curriculum and include aspects of changes to the body. The lessons are carefully planned and geared to match the statutory learning requirements for Year 5 children.

Our aim in RSHE, is to equip children with the information, skills and values to have safe, fulfilling and enjoyable relationship, and take responsibility for their own health and well-being. Within these lessons, there is an emphasis on safeguarding and keeping children safe. This emphasis can be found, in particular, in the link between knowing the names of their body parts, touch and personal space, understanding appropriate and inappropriate touch, and internet safety.

Please find below a brief outline of the lesson content below:

Year 5:

* **Friendships –** Exploring the challenges of on and offline friendships
* **Trust –** Exploring trust and secrets in our friendships
* **Friendships –** Exploring peer pressure and develop skills to say no
* **Keeping Safe –** Understanding safe and unsafe touch and to be able to say no to unwanted behaviour
* **Online Safety –** Developing understanding of the risks of sharing images of themselves and their bodies online
* **Puberty –** Understanding physical and emotional changes during puberty

Yours sincerely,

Year 5 Team