

Preston Manor Lower School Relationships, Health and Sex Education

Year 5

New Guidance

- ▶ Health and Relationships Education is mandatory in all state-funded Primary Schools starting September 2020
- ▶ As parents/carers, you have the right to withdraw your child from all or parts of Sex Education lessons, but not Health and Relationships Education lessons.
- ▶ There is only 1 element of sex education, which happens in Year 6. Year 6 parents can withdraw their child from this if they wish.

You will have the opportunity to look at the content of these lessons, and have a discussion with the teacher, prior to them being taught.

Overview of RHSE Curriculum for **Year 5:**

- ▶ Puberty
- ▶ Adults' Views
- ▶ Children's Views
- ▶ Male and Female Changes
- ▶ Puberty and Hygiene

Puberty

What I know about puberty

What emotional and physical changes may boys and girls go through during puberty?
Fill in the shapes below with your ideas. Darlee has completed the first one for you.

**Armpit hair
can grow.**



Growing and Changing

How do we change as we grow? What new things can we do or learn?
List your ideas below.

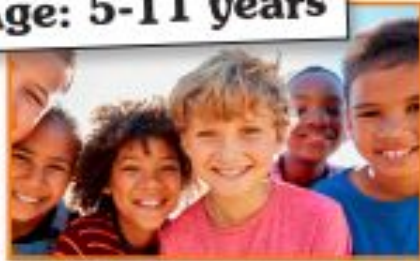
Male and Female

Age: 0-5 years



Four horizontal dashed lines for writing.

Age: 5-11 years



Four horizontal dashed lines for writing.

Age: 11-18 years



Four horizontal dashed lines for writing.

Age: 18+



Four horizontal dashed lines for writing.

