

Friday 1st May 2026

Dear Parents and Carers,

I am writing to inform you about the upcoming Relationships and Sex Education (RSE) lessons that will be taught as part of the Year 5 curriculum. These lessons are age-appropriate and designed to help children develop a healthy understanding of their bodies, relationships, and personal safety.

This term, **Year 5** will be covering the following topics:

1. **What is puberty?**

We will be learning and labelling the main parts of the body including genitalia. Describing how children change into adults so that they are able to reproduce and puberty is part of the process. They will be able to define puberty and list physical and emotional changes in both girls and boys including periods. The children will be able to explain how to look after their bodies during puberty.

2. **What are the different relationships in my life?**

We will identify the relationships we have in our life. The children will also be able to identify the difference between good and bad secrets. We will be able to describe what a healthy relationship is. We will also identify feelings and how to respond to them. The children will also be able to identify who they can approach.

3. **What is unwanted touch?**

We will recognise that our bodies belong to us and recall how to protect our bodies. To describe inappropriate and appropriate touch. We will also explain the right to privacy and where on our bodies is private?

4. **Understanding FGM**

Recall simple facts on FGM and to understand that it is never appropriate.

These lessons will be taught on the following dates:

Friday 8th May 2026- What is puberty?

Friday 15th May 2026- What are the different relationships in my life and what is unwanted touch?

Friday 22nd May 2026- Understanding FGM

Note on right to withdraw: Parents have the right to withdraw their children from **sex education classes only**. These are the lessons that deal with human reproduction and are taught in Year 6. As a school we strongly advise against withdraw and would be happy to discuss any concerns you have and share resources before the lesson takes place. If you

have any questions about the content or would like to discuss the curriculum further, please don't hesitate to get in touch with us.

Thank you for your continued support.

Yours sincerely,

Miss Williams
Class teacher
Northenden Community School