

Puberty, Sex and Relationship sessions in Year 5

Hello

I am the School nurse and I have been asked to teach your children about puberty and hygiene. I will be in Batheaston Primary on Monday 19th February and Thursday 22nd February, leading 2 x 1 hour sessions in Maple Class. Here is a brief outline of what is involved in the sessions and why.

The aim

The aim of the sessions on puberty is to help and support your children through physical, emotional and moral development that will happen to all of them. Throughout the sessions the children will be encouraged to respect themselves and others enabling them to move with confidence from childhood into adolescence. Year 5 is an important time to discuss body changes as puberty can begin as early as 8 years of age. It reduces anxiety for the children if they realise what is happening to them is normal.

Content

We will be discussing body changes for boys and girls. The programme is locally delivered to all Schools in the BANES area and is written by the School Nurse Team. This is based on National Guidelines "Sex and Relationship Education Guidance" (written by the Department for Education and skills 2000). These sessions are then followed on next year.

Why is it important to teach about puberty, sex and relationships?

It will help the children to understand how they are or will be developing and tackle issues that are part of growing up in a safe and nurturing environment. The information will help them to have knowledge and understanding, leading to confident, healthy and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way. Research shows that children want to talk about growing up with their parents and carers as well as in school.

What is your role as parents?

I am happy to take the children through these sessions and answer their questions but parents have a key role to play in the children's education around puberty.

Research shows that young people want to receive their initial sex and relationship education from their parents. This maintains the culture and ethos of the family. It will also mean that if they have difficulties in the future with these issues they will be comfortable to turn to you for support. So here are some things you can do with your children:

Help them learn the correct names for parts of their body.

Talk to your children about feelings and relationships.

Finally do answer their questions about these issues. If you are feeling uncomfortable a good time to talk is in the car, or during another everyday activity.

If you have any questions please leave your name and contact number with school and I will contact you directly.

Yours sincerely,

Sally Mitchell