

Dear Parents/Guardians,

From the week commencing 2nd June, we will be teaching the 'Growing and Changing' unit of SCARF.

As you may be aware, this unit will cover aspects of Relationships Education (RSE). As a result, your child may come home and have questions or talk about the topics that we will be discussing in class. Please find below an overview of the unit which will be taught throughout the last term of school.

| Year 5 | |
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| Lesson name: | Lesson Overview: |
| How are they feeling? | Children will be able to: <ul style="list-style-type: none">• Use a range of words and phrases to describe the intensity of different feelings• Distinguish between good and not so good feelings, using appropriate vocabulary to describe these;• Explain strategies they can use to build resilience |
| Taking notice of our feelings | Children will be able to: <ul style="list-style-type: none">• Identify people who can be trusted;• Understand what kinds of touch are acceptable or unacceptable;• Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch. |
| Dear Ash | Children will be able to: <ul style="list-style-type: none">• Explain the difference between a safe and an unsafe secret;• Identify situations where someone might need to break a confidence in order to keep someone safe. |
| Growing up and changing bodies | Children will be able to: <ul style="list-style-type: none">• Identify some products that they may need during puberty and why;• Know what menstruation is and why it happens. |
| Changing bodies and feelings | Children will be able to: <ul style="list-style-type: none">• Know the correct words for the external sexual organs;• Discuss some of the myths associated with puberty. |
| Help! I'm a teenager - get me out of here! | Children will be able to: <ul style="list-style-type: none">• Recognise how our body feels when we're relaxed;• List some of the ways our body feels when it is nervous or sad;• Describe and/or demonstrate how to be resilient in order to find someone who will listen to you. |

If you would like any additional resources to use at home to support with talking to your children about sex and relationships, and related topics there is a suggested book list attached to this letter.

Should you have any questions, please speak to your child's class teacher or Miss Goodship.

Thank you for your continued co-operation.

Miss C Goodship
P.S.H.E. Lead