



May 2019

Dear Parents,

Next week we will be beginning our series of lessons on puberty as set out in our school's Sex and Relationships curriculum. We thought you would appreciate the opportunity to see what topics will be covered so that you can follow up with conversations at home.

The lessons will cover the following:

- **Challenging sex stereotypes**
What assumptions do we make about jobs/activities/choices for men and women?
- **Changes that occur through our lives**
An introduction with discussions to establish that we will always be facing changes in our lives and that change is something we can manage and prepare for.
- **Changes that occur with puberty**
We look at the physical and emotional changes that affect boys and girls and explain the role of hormones.
- **Menstruation and wet dreams**
For this lesson we separate the boys and girls. Although both groups will cover both topics, the emphasis will be on the changes that affect them. These lessons will be repeated in Year 6.

Kind regards,

Miss Walker, Mrs Dight and Miss Brown