

Puberty Sessions

Parent Information

As part of a planned PSHE education programme your child's school has asked Personal Development Matters (an independent education support company) to deliver sessions on Puberty.

Schools now have a statutory duty to deliver Relationships Education and Health Education. Puberty is part of the Health Education curriculum, as there is national recognition on the importance of children receiving accurate information to support them during this time of change. Puberty is generally happening earlier for children and it is important they learn about it before it happens to them.

The sessions have been carefully planned using national guidance and best practice in PSHE education. They are delivered by an experienced practitioner and are designed to educate, inform and address misconceptions. A member of staff from the school will be present during the session to follow up any issues raised.

Sessions will be delivered in single sex groups however, in line with guidance and the views of young people the content will mostly be the same for both sexes.

The Year 5 session will include:

- Emotional and physical changes during puberty
- Menstruation – understand what happens in the body.
- Body changes
- Girls – how to manage periods including the range of products available
- Boys – further information on the changes which they will experience

The Year 6 session will include:

- Emotional and physical changes during puberty
- Information about the external and internal reproductive organs and their functions
- Further information on menstruation
- Factual information about conception and pregnancy

The Year 6 session includes an element of Sex Education which is in line with the Department for Education recommendations of what children should know before they leave primary school and will be taught in an age-appropriate way. You can withdraw your child from this aspect and if this is the case you will need to follow the school's policy to make this request.

If you have any further questions about these sessions, please contact your child's school.