

## Teaching of Puberty

We follow guidance from Ofsted and the PSHE Association to teach about puberty *before* its onset.

We will start teaching about puberty in Year 5. However, we will respond to children's concerns as and when they arise.

### Year 5

Learning about feelings and friendships, setting ground rules, personal safety and healthy lifestyles:

- Respect for others and for ourselves
- Recognising feelings, controlling our own behaviour
- Responding to peer pressure and seeing other's points of view
- How and who to ask for help
- Investigating drug use and misuse in society,
- Being safe on-line by creating strong passwords and using safe search
- How to respond in dangerous situations - would you know how to stay safe?
- Know the qualities important to friendship and skills needed for successful relationships
- Recognising what families provide for us
- Understand our responsibilities and expectations in families

### Year 6

Learning about friendships, families, having different opinions and keeping ourselves safe:

- Forming friendships and treating others with respect
- Exploring peer pressure and role models (linked to anti-bullying week)
- Recognising the diverse nature of families
- Exploring what 'love' is and the different types of love we may experience
- Understanding the differences between marriage / civil partnerships and 'living together'
- Understanding we can have similarities and differences of opinion
- How to be safe when crossing roads
- How to use strong passwords and revising 'safe searches'
- Investigate how they see others and what others can see about them online:
  - When do you meet people online?
  - When do you give your real name?
  - Would you create a whole new online persona?
  - Why do some websites have age restrictions?
  - How do you respond to comments?
- What happens if someone leaves you a comment that makes you feel bad?

## Relationships and Sex Education and Parents

**Your role as parents and carers is crucial.**

The Relationships and Sex Education programme at Cale Green is designed to support and complement your role as parents as you support your children through the challenges and responsibilities that getting older brings.

### What can you do?

It is important that the children feel able to discuss and question issues both at home and at school. You can do this by:

- **don't save it for the 'Big Talk'!**
- supporting the school in its RSE programme
- model good relationships
- examine your own views and attitudes
- talk to your children
- listen to your children – don't be shocked and don't judge
- know where to get information and advice
- talk to others
- start simply and use language you are comfortable with
- share some of your own experiences being honest about the pitfalls and difficulties of maintaining long term stable relationships
- find out when school is teaching RSE so you can ask your child about their learning
- use everyday situations to start conversations
- talk about the importance of considering the feelings of others in relationships not just the biology
- help your child deal with the emotional aspects of relationships
- **start early - start simply - start now!**

At the request of parents we have a small lending library of books (which have been chosen by parents) which can be used at home to help you discuss issues around puberty with your children.

These resources can be collected from Mrs Heslop (our Learning Mentor) on a Wednesday afternoon from 2.00pm.

If you wish to discuss any aspect of our approach to teaching Relationships and Sex Education please do not hesitate to contact school.

# Cale Green Primary School



## Personal, Social and Health Education - Relationships and Sex Education

Autumn 2017

## A GUIDE FOR PARENTS



**Healthy Schools**  
STOCKPORT