

Dear Parents and Carers,

We are pleased to confirm that our School Nurse, will be delivering a '**Growing Up Talk**' to Year 6 on **Monday 17<sup>th</sup> June**.

The 'Growing Up Talk' will enrich what the children have been learning in PSHE as part of the Growing and Changing unit of the RSE curriculum. The 'Growing Up Talk' will incorporate 4 presentations; presentations 1-4 are **statutory** and presentation 5 is **non-statutory**. A small amount of non-statutory content is included as it helps to answer some of the questions that children are asking prior to starting secondary school. All of the content is appropriate to the age of the class and the children will be fully supported by the Year 6 Team throughout the presentations. Please note, the class will be split into gender groups for puberty presentations.

Here is an overview of the 'Growing Up' presentations:

1. **Healthy Relationships (statutory content)**

- What is a good friend?
- Living in an online world
- What is a relationship?
- Families
- Healthy relationships.

2. **Puberty and Growing Up (statutory content)**

- What does puberty mean?
- When do these changes happen?
- What causes these changes?
- Your changing brain
- Emotional changes
- Body changes
- Pantatsaurus- It's good to talk!

3. **Puberty- Girls**

- Do I have to wear a bra?
- Take a closer look down there- Your body
- What happens on the inside?
- What sanitary protection products should you use?

4. **Puberty- Boys (statutory content)**

- What changes happen to boys?
- Hormones
- Take a closer look down there

- What happens on the inside?
- What is an erection and wet dreams
- What is normal?
- Keeping clean

5. **Reproduction (Non-statutory content)**

*The presentation aims to raise awareness of the process of reproduction and consent.*

- What is sex? Discussion
- What is consent? Discussion and video- Tea Consent video <https://www.blueseatstudios.com/consent>
- Reproduction
- Stages of foetal development

The School Nurse would be happy to discuss the content of the presentations and answer any questions that you may have. Please contact the school if you would like further information. If you wish to withdraw consent for your child to experience the Reproduction presentation, please contact the office and they will be able to give you the relevant form to complete.

Many thanks for your co-operation and continued support.

School Office

Sent via

School Life