

## Our Changing Bodies Information for Parents

We will be commencing our SRE unit after the February half term. Below is some information to inform you about what content is being covered. We will commence with a recap of the Year 5 objectives: Can I describe the physical and emotion changes that occur during puberty, including personal hygiene?

1	Can I identify and explain the roles of the reproductive organs?
2	Can I explain how babies are made?
3	Can I explain how babies are born?
4	Can I understand and describe the impact of a new baby on a family?

All children will learn the same information and we will watch the videos as a class. Before the sessions start, we explain that we have some ground rules: it's ok to giggle a bit, we will use proper names for body parts, the content can be discussed at home with parents but not on the playground or with younger siblings.

The videos that we use in class are linked below, if you wish to view them prior to the sessions.

Within the sessions we have open discussions about all topics within the confines of the rules above. They cannot ask personal questions and will never be asked to share personal information. We use a question box so that they can ask questions they want to anonymously. We will only answer questions relevant to this year's curriculum - other questions we will say have to be asked at home and, as parents, you can decide whether to answer or not.

If anyone is away for these sessions, we will make sure we let them catch up.

**If you would like to watch the videos yourself so you can discuss the learning after our sessions click on these link:**

<https://www.clickview.co.uk/free-teaching-resources/puberty/> - puberty recap

<https://www.fpa.org.uk/yasmine-and-tom-home/> - sexual intercourse (these resources are only available via a subscription, though there is a free trial available if you wish to view)

<https://youtu.be/lM2-8se6pp8> - birth