



14th May 2026

Dear Parents/Carers,

Year 5 Relationship and Sex Education (RSE) Programme

Next half term, we will be incorporating our RSE programme into the existing Personal Social and Health Education provision (PSHE). This programme will be taught in an age-appropriate and structured way over the course of the half-term. The topics will be taught by your child's class teacher and will focus on the following objectives:

- **Lesson 1: Emotional and physical changes during puberty** *We will discuss how and why our bodies grow and change*
- **Lesson 2 & 3: Physical changes during puberty** *We will discuss the physical changes that take place to a girl's body and a boy's body as they go through puberty.*
- **Lesson 4: Keeping clean** *We will be discussing the importance of keeping our bodies clean and how to look after our bodies as they change. We will also be discussing that they have the right to be safe and to protect their body from inappropriate and unwanted contact and the importance of consent.*

The teaching of Relationships Education and Health Education (which includes learning about the changing adolescent body and puberty) is a legal requirement for all schools and parents will not be able to withdraw their child from any aspect of Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Sex Education is not statutory in primary schools but schools are expected to provide a programme of age-appropriate sex education. Parents have the right to request to withdraw their child from any aspects of Sex Education other than those which are part of the science curriculum (life processes common to humans and other animals include nutrition, growth and reproduction and about the main stages of the human life cycle). The Sex Education content is taught in Lesson 5 of the Year 6 RSE unit.

If you have any questions about the content of these sessions, please speak to your child's class teacher, who will be happy to share the resources being used with you.

Helping your children understand changes at puberty

Parents are recognised as children's primary educators for Relationships and Sex Education (RSE), yet many feel unprepared and are unsure how to support what is being covered at school. Here are some useful resources - some just for parents, some just for children and others to be shared. They are designed to support you in helping your child at each stage, to become more aware of themselves and others, to help them navigate the emotional and physical changes that take place during puberty, as well as learning about sex in the context of safe, loving relationships.

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Below is a list of suggested books suitable for different ages. They are all available on Amazon. Please do look them up and read the reviews because only you know what stage your child is at and what is appropriate for their developmental stage. Some books cover a wider range of topics and it is important you feel comfortable with the content of the book. Suggested reading list for 8-11 year-olds, covering reproduction/ puberty/ relationships/ gender:

- What's Happening to Me? (Boy's Edition) by A Frith
- What's Happening to Me? (Girl's Edition) by S Meredith
- Girls Only All About Periods and Growing-Up Stuff by V Parker
- How your Body Works by Judy Hindley
- Let's Talk About Where Babies Come From by R H Harris
- Let's Talk About Sex by R H Harris
- Sex is a Funny Word by C Silverberg and F Smyth
- The Period Book: A Girl's Guide to Growing Up by K Gravelle
- The Puberty Book: The classic puberty book for girls and boys aged 9–14 by W Darvill
- The Boys' Guide to Growing Up by P Wilkinson
- The Girls' Guide to Growing Up by A Naik
- How to love: a guide to feelings and relationships for everyone by Alex Morris
- Puberty in numbers: everything you need to know about growing up by Liz Flavell
- Useful books for parents
- The Sex Education Answer Book: By the Age Responses to Tough Questions Kids Ask Parents About Sex by C Hakanson
- Can I have babies too? Sexuality and Relationships Education for Children from Infancy up to Age 11 by S Van Der Doef,
- Brilliant Questions About Growing Up: Simple Answers About Bodies and Boundaries by A Forbes-Robertson

Yours sincerely

Year 5 Team

