

Below you will find information about what your child's year group will cover in RSE. If you would like to discuss any of the information further, please speak with your child's class teacher.



Relationship and Sex Education coverage:

Year 5- Growing and changing

In this unit your child will review and extend their understanding of the external sexual parts of males and females, including the scientific body name parts. They will learn:

- To distinguish between good and not so good feelings, using appropriate vocabulary to describe these
- To identify people who can be trusted and the kind of touches which are acceptable or unacceptable
- How someone might feel when they are separated from someone or something they like
- The correct words for the external sexual organs and discuss some of the myths associated with puberty
- To identify some products that they may need during puberty and why menstruation happens
- To recognise how our body feels when we are relaxed
- That some people can get bullied because of the way they express their gender
- To identify situations where someone might need to break a confidence in order to keep someone safe

Vocabulary

Wellbeing resilience trust unwanted attention unwanted touch separation fostered
vaginal opening urinary opening scrotum foreskin anus wet dream erection
stretch marks crush genitalia semen mood swings prejudice biological sex
sexual orientation gender identity gender expression verbal abuse physical abuse