



24th May 2024

Dear Parent/Carers of Year 4

Relationships and Sex Education (RSE) as part of PSHE Lessons.

As part of our PSHE Curriculum ([SCARF](#)) during the summer term, children will be focussing upon 'Growing and Changing'. This will cover aspects of the PSHE curriculum such as: taking care of our body, how we change as we grow up, respecting privacy and our bodies, emotions as well as puberty in upper Key Stage 2. Sex education (Making Babies) is only taught in Year 5. Correct anatomical vocabulary will be used during sessions. The full RSE Policy [is on our website](#).

Our PSHE scheme of work introduces language appropriate for the age of the children. It is important that children know the correct names for parts of their body as it increases a child's self-confidence and positive body image. We teach children that all parts of their body are important, and no shame or stigma are attached to any part.

Year 4:

What Makes Me ME!

Identify ways in which everyone is unique; appreciate their own uniqueness; recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

Making Choices

Give examples of choices they make for themselves and choices others make for them; recognise that there are times when they will make the same choices as their friends and times when they will choose differently.

My Feelings are All Over the Place!

Name some positive and negative feelings; understand how the onset of puberty can have emotional as well as physical impact; suggest reasons why young people sometimes fall out with their parents; take part in a role play practising how to compromise.

Secret or Surprise?

Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe.

Together

Understand that marriage is a commitment to be entered into freely and not against someone's will; recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

If you have any questions, please contact me.

Best wishes

Mrs L. Knock

Deputy Headteacher
PSHE subject leader

