



**Silsden Primary
School**

Dear Parents/Carers,

Over the course of the next two weeks, starting today, we will be delivering our lessons on puberty as part of the Science, RSE and PSHE curriculums. Information relating to these programs of study can be found on the school website under the PSHE section.

It is recommended that puberty education is given before the process begins which is usually from 8 years. This is why we are delivering this to children in Year 5. We believe that puberty shouldn't be a 'taboo' subject – talking to young people early on will help them accept and become comfortable with the natural biological changes their bodies will experience. We will be discussing scientific body changes and development but will not be teaching sex education. In addition to the changing body, we know that young people also suddenly encounter changing expectations and social norms, based on their body parts and want to reduce any pressure to see the opposite sex as purely sexual objects. We also believe that mixed sex education on puberty and bodies ensures that the agenda is trans inclusive and not impacted on by outdated and exclusionary curricula. These lessons are part of the compulsory curriculum and parents do not have a right to withdraw their children from them. School strongly advises that all children take part in these lessons.

The lessons explore:

- The changes in the body, mind and emotions, that most people experience during adolescence.
- Personal hygiene and the importance of taking care of yourself.
- The reproductive systems functions.
- Making good decisions and staying away from risky activities.
- Encouraging children to talk with their family members.

We are aware that this topic can appear alarming to some parents. We encourage you to be patient with your children when discussing this topic as they may feel embarrassed. We aim to empower children to consider different viewpoints and discuss things maturely and respectfully.

These lessons are not a substitute for what you teach in your home, but they play an important role in preparing your children for their future. It is our belief that you, as parents/caregivers/guardians, play the most important role in the formation of your children's values and behaviours related to human growth and development.

In order to help parents at home, who may wish to have more in-depth discussions with their children, we are able to recommend appropriate materials about puberty which can be helpful to parents and children.

Yours faithfully,

K.S.Russell
Headteacher