

St. Peter's Catholic Primary School

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**'Christ at the
Centre'**



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year 4

As part of our statutory 'Relationships and Health Education' curriculum, the children will be learning about some of the differences between boys' and girls' bodies in their RSHE lesson in the fortnight beginning 9th June 2025. You do not need to do anything, but I wanted you to be aware that the lesson is taking place in case any follow-up questions arise.

The lesson content for this session is outlined in more detail below.

Session	Lesson Content:	Learning Intention:
1	In this session, children will develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia. This session is a precursor to the session which will follow called "Changing Bodies" which will look specifically at some of the changes that boys and girls will face when they enter puberty. Through the role-play drama and presenter-led video, children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.	Children will: <ul style="list-style-type: none">• Learn what the term puberty means;• Learn when they can expect puberty to take place;• Understand that puberty is part of God's plan for our bodies.
2	In the previous session, the pupils looked at the word 'puberty' and learnt how puberty is part of God's plan to help us love others more. In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.	Children will: <ul style="list-style-type: none">• Learn correct naming of genitalia;• Learn what changes will happen to boys during puberty;• Learn what changes will happen to girls during puberty.

There are also some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource

for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>
- <https://www.youtube.com/watch?v=-lL07JOGU5o&app=desktop>

Please do not hesitate to contact me if you have any questions.

Best wishes

Louise Buxton

