

Dear Parents/Carers,

As part of our Personal, Social, and Health Education (PSHE) curriculum in Year 4, the children will be learning about how their bodies and abilities change as they grow. These lessons are age-appropriate and are designed to help children understand and feel confident about the natural changes that happen during puberty and throughout growing up.

During this unit, your child will explore the following key learning points:

- They will begin to understand that their bodies will go through changes as they grow into adults and these changes can be different for males and females.
- They will be able to identify some of the physical differences between a child's body and an adult's body.
- They will explore the importance of personal hygiene and learn practical ways to look after themselves as their bodies change.
- They will reflect on the physical and emotional growth they have already experienced and the skills they have developed so far in their lives.

As part of these lessons, we will also be discussing the NSPCC's Talk PANTS rules. Through these discussions, we aim to teach children the following important safety rules without giving explicit information or telling scary stories.



NSPCC image



The lessons empower children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- Appropriate and inappropriate touch
- Their right to say no to things that make them feel upset or uncomfortable
- The names for parts of the body
- Who to turn to if they ever feel upset or worried.

These discussions will be delivered with care and sensitivity, aiming to build self-awareness, confidence, and good habits for physical and emotional wellbeing.

If you have any questions about what we'll be covering please don't hesitate to get in touch.

Kind regards,

LKS2 Teachers