

PSHE and Citizenship LKS2

Health and Wellbeing - Growing Up

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is 'Growing Up'.

This topic builds on children's knowledge of the human body; how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies and how male and female bodies play a part in human reproduction. They will also learn about different relationships and family structures.

We will be exploring these questions:

Lesson 1: What are the differences between a male body and a female body? What are the male and female parts of the body for?

Lesson 2: What changes happen to boys' bodies as they grow up? Why do these changes happen?

Lesson 3: What changes happen to girls' bodies as they grow up? Why do these changes happen?

Lesson 4: How do feelings change as we grow up? What is a crush and how does it feel?

Lesson 5: What are loving relationships like? What kinds of family are there?

Lesson 6: How are babies made? How are babies born?

Your child will be taking part in a range of activities, including the following:

Labelling diagrams; discussing pictures and photos; identifying and describing changes in boys and girls; creating a self-help leaflet; making posters about different families and designing a new baby card.

About PSHE and Citizenship education:

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.