

PSHE and Citizenship UKS2

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 how we grow and change, both physically and emotionally and the types of relationships that people have. Children will learn about sexual relationships and sexually transmitted diseases, as well as the journey from conception to birth in human reproduction. They will also explore what it means to have a positive body image.

We will be exploring these questions:

Lesson 1: What are the changes that occur in boys' and girls' bodies during puberty? How can we look after our bodies as we grow?

Lesson 2: How might our thoughts and feelings change during puberty? How can we deal with difficult feelings and moods?

Lesson 3: Is there an ideal kind of body? What information can affect how we think and feel about ourselves and our bodies?

Lesson 4: What is a loving relationship? What kinds of loving relationship are there?

Lesson 5: What is a sexual relationship and who can have one? What is an STI and how can they be prevented? What type of physical contact is unacceptable and how should we respond?

Lesson 6: How is a baby conceived? What is contraception? How does a baby grow? How is a baby born?

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

Creating information posters about looking after our bodies; giving advice to others, as responses to problem page letters; looking at and discussing images in the media; watching and discussing a video; writing a 'recipe' for a loving relationship; taking a quiz; drawing a comic strip.

About PSHE 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 that 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.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).