



Wednesday 7th January 2026

RE: RHE – Year 5

Dear Parents/Carers,

In 2021, a new RHE (Relationships and Health Education) curriculum was introduced to replace the old SRE (Sex and Relationships Education). The focus is much more on healthy relationships and is taught primarily through PSHE lessons throughout the year, but links with the science curriculum on The Human Body too. This half term, Year 5 will be focusing on the *relationships* part of this curriculum. Below is an outline of the topics that will be taught throughout the half term.

W/C	Lesson Summary
12 th January	<p><u>Identifying and Managing Feelings</u></p> <p>Identify people who can be trusted. Understand what kinds of touch are acceptable or unacceptable. Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.</p>
19 th January	<p><u>Trusted People and Safe and Unsafe touch</u></p> <p>Explain the difference between a safe and unsafe secret. Identify situations where someone might need to break a confidence in order to keep someone safe.</p>
26 th January	<p><u>Growing up and changing bodies</u> <i>(taught in whole class groups with a Q&A in same-sex groups after)</i></p> <p>Identify some products that they may need during puberty and why. Know what menstruation is and why it happens. Discuss the way male and female bodies grow and change. Videos: Changes at Puberty, What happens to boys?, What happens to girls?</p>
2 nd February	<p><u>Changing bodies and feelings</u> <i>(taught in whole class groups with an anonymous Q&A after)</i></p> <p>Know the correct words for the external sexual organs. Discuss some of the myths associated with puberty.</p>
9 th February	<p><u>Emotions and How They Can Change During Puberty</u></p> <p>Recognise how our body feels when we're relaxed. List some of the ways our body feels when it is nervous or sad. Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.</p>

Links to the videos we will be using are provided on the overview above. We would very much appreciate it if you did not show your child the videos in advance, but you may wish to watch them together **after** our sessions to reinforce the themes and issues discussed in class.

If you have any further questions, please feel free to discuss these with your child's class teacher.

Yours sincerely,

Year 5 Team

