

Dear Parents and Carers,

Our next unit in Science is the development from young child to adult. The Science curriculum stipulates that *'Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.'* This will include discussions about the physical and emotional changes we go through during early adolescence and puberty.

The Year 5 SRE policy at Willow Brook also requires us to *'cover understanding the physical changes that take place during puberty, why these changes happen and how to manage them... explore the physical and emotional changes that take place to both boys and girls during puberty...'* This can be a sensitive subject for some children, consequently it may not be appropriate to distance teach.

Therefore, I have provided some resources below for you to peruse and utilise when talking to your children, if and when you think the time is right. Some sites are more suitable for adults, please check you are happy with the content before letting your child look at a site. If you are hesitant to cover this at home, we will be recapping this learning in Year 6 in the summer term.

As always, I am available to discuss any questions you or your child may have about this topic.

Thank you,

Miss Harris

An interactive site about the physical changes during adolescence:

<https://www.dkfindout.com/uk/human-body/life-cycle/adolescence/>

NHS Website with a comprehensive list of emotional and physical changes (more suitable for adults)

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

Childline Website with a list of Boys' FAQs and Girls' FAQs

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-boys/>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-girls/>

KidsHealth Site that offers advice about discussing puberty and adolescence with your child

<https://kidshealth.org/en/parents/talk-about-puberty.html>