

Below you will find information about what your child's year group will cover in RSE. If you would like to discuss any of the information further, please speak with your child's class teacher.



#### Relationship and Sex Education coverage:

Year 4 – Growing and changing

In this unit your child will learn about the changes that occur during puberty. They will learn:

- Some of the changes that occur in life and who to speak to about these changes
- How the onset of puberty can have emotional as well as physical impact on their bodies
- The parts of the body that males and females have in common and those that are different and learn the correct terminology for their genitalia
- The key facts of the menstrual cycle and identify some of the ways to cope better with periods
- How to ask for help if a secret made them feel uncomfortable or unsafe
- That marriage is a commitment to be entered into freely and not against someone's will and includes same sex and opposite sex partners
- The reasons why a person would want to be married, or live together, or have a civil ceremony

#### Vocabulary

Marriage live together civil partnership forced marriage secret surprise puberty  
menstrual cycle eggs periods menstruation sanitary pads tampons menstruation  
Puberty pubic hair eggs sperm testicles breasts ovaries womb vagina  
Labia compromise hormones