



Relationships

RELATIONSHIPS

- RSHE lessons in school cover marriage, birth, cyber safety, dating, friendships and family life.
- A good friend is someone who is trustworthy, loyal, a good listener and does not judge you.
- It is important to respect the feelings of others if we are to maintain positive relationships.
- There are lots of different types of family.
- Never share personal information with people who you 'meet' online—no school uniform, no personalised clothes, no real names, tight privacy settings, only friends can see you.
- New relationships will be formed as you transition from Year 5 to Year 6, from new friends to new teachers.



Sex Education

SEX EDUCATION

- A baby grows inside a woman's womb - the womb stretches as the baby grows.
- From birth to now, our body changes - we get taller, we get heavier and hair grows.
- As we get older still, we continue to get taller and our bodies continue to change.
- During puberty, hair grows under the arms and on the pubic areas.
- When girls go through puberty, they sweat more, they may get spots, their breasts grow, their hips become wider and their period starts.
- For boys, they sweat more, hair will start to grow on their face, their voice will get deeper, they might get spots, their shoulders will grow broader.



Community

COMMUNITY

- Being part of a community means being a part of something greater than you.
- Communities can include your school, sports club, cubs, church group etc.
- There are local voluntary groups who support health and wellbeing, including Droitwich Council for Voluntary Service.
- There will be changes in your school community at the end of this year: you will move into Year 6.
- The Great Get Together, founded in 2017, is an initiative inspired by the late Jo Cox designed to bring people together.



MENTAL and EMOTIONAL HEALTH

- The Time to Talk box is in every classroom. This box can be used to ask questions about anything that may be worrying you, in or outside of school.
- We all have different feelings: happy, afraid, sad, amused, bored, anxious, confident...
- There are many different ways to manage our feelings.
- Good relationships are built when we respect other people's feelings.

Key vocabulary and meanings

***Puberty** - is when a child's body begins to develop and change as they become an adult

***Community** - a group of people living in the same place or who have a particular thing in common

• **Period** - where a small amount of blood comes out of the vagina over a few days each month. When a girl has been through puberty, she usually stops growing any taller.

• **RSHE** - stands for Relationships, Sex and Health Education.