

**BOLTON METROPOLITAN BOROUGH  
ST MARY'S CE PRIMARY SCHOOL DEANE**

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**Headteacher**

Mr Ross Powell BSc (Hons), PGCE, NPQH

Tel: 01204 333494

Edale Road  
Deane  
Bolton  
BL3 4QP

Tuesday 18<sup>th</sup> June 2025

**RE: CHANGING ME PSHE UNIT**

Dear Parents/Carers,

We will be beginning our Changing Me topic in PSHE as part of our Relationships and Sex Education. Please see below for an overview and sequence of learning in this unit of work.

**Overview**

Children learn about their own body image and self-image. They also learn about the struggles they may have with their own body image, as well as the struggles that other people may have. They learn about the choices they have, for example, the choice to be in a relationship. Children learn about personal hygiene and the different ways that they need to look after themselves during puberty. Children identify the things they are looking forward to as they become a teenager, but also the responsibilities this brings. This is the area in which children will cover the age of consent. Children then finish the puzzle by identifying what they are looking forward to when moving to their next class.

**Sequence of learning**

Lesson 1 - I am aware of my own self-image and how my body image fits into that.

Vocabulary: Self, body image, self-image, perception, self-esteem, affirmation, characteristics, aspects

Lesson 2 - I am aware that other people may struggle with body image and self-image too as they grow up.

Vocabulary: Self, body image, self-image, perception, self-esteem, affirmation, characteristics, aspects

Lesson 3 - I understand that being in a relationship is a personal choice.

Vocabulary: Touch, appropriate, inappropriate, choice, yes and no, understanding, consent

Lesson 4 – I understand that, as my body changes, I may need to take care of myself in different ways.

Vocabulary: Sweat glands, body odour, sweat, puberty, cleaning, independence, menstrual cycle, genitals, period, pubic hair, breasts, nipples, internal and external sex organs, reproductive system, ovary, uterus, vagina, egg, fallopian tubes, fertilised, follicle, sperm, lining of the uterus, ovulation, vaginal discharge, PMS (premenstrual syndrome), exercise, blood flow, blood loss, party-liners, tampon, sanitary towels, applicator, menstrual cup

Lesson 5 - I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).

Vocabulary: Teenager, milestone, perceptions, puberty, responsibilities, consent.

Lesson 6 – I can identify what I am looking forward to when I move to my next class.

Vocabulary: Change, hope, manage, cope, opportunities, emotions, fear, excitement, anxious.

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The 'Changing Me' unit includes a mix of: **Statutory Content (Health and Relationships Education)**, which all pupils are required to take part in, and **Non-statutory Content (Sex Education)**, which parents/carers have the **right to withdraw** their child from.

*In Year 5, only lessons 1, 2, 3 and 5 are non-statutory.* These lessons are age-appropriate and delivered with sensitivity by staff. However, parents and carers have the right to request that their child be withdrawn from these non-statutory elements.

If you DO NOT wish for your child to participate in the non-statutory lessons, please contact Mrs Walker either in writing or via email at [office@st-marys-deane.bolton.sch.uk](mailto:office@st-marys-deane.bolton.sch.uk) by Thursday 26<sup>th</sup> June 2025, stating which lessons you wish your child to be withdrawn from and the reasons why. If you wish to view any of the lesson resources used in the teaching of this unit of work, please contact your child's class teacher.

We encourage you to discuss this topic with your child at home, as your support plays a crucial role in their understanding of these important life topics.

Thank you for your continued support.

Yours sincerely,



Ross Powell  
Headteacher