



Lea Endowed C of E Primary
School
Puberty and Growing Up Policy

June 2025

LEA ENDOWED CE PRIMARY SCHOOL PUBERTY GROWING UP POLICY

'LET EVERYONE SHINE'

At Lea Endowed Church of England School we provide an excellent education for our children. We follow God's example, by loving Him, and each other, in all that we do.

Our whole school family is encouraged to achieve their full, God given potential and shine in their own special way.

"Let your light shine."

Matthew 5:16

At Lea Endowed C of E Primary School we follow the statutory guidance for **Relationships and Sex Education (RSE)** for the teaching of puberty in our school.

We teach puberty in depth as part of the Year 6 curriculum ensuring children know about:

- puberty and the changing adolescent body, particularly from ages 9 to 11, including physical and emotional changes
- menstrual wellbeing, including key facts about the menstrual cycle

We use the Channel 4 'Living and Growing' series and the children watch Programme 4 (Changes) – from Unit 2. Parents are informed prior to any teaching and they are offered the opportunity to visit school and watch the programme before it is shown to the children.

Throughout the session we aim to develop children's confidence in talking, listening and thinking about puberty and the changes this brings. To achieve this a number of teaching strategies will be used:

- Establishing very clear ground rules with pupils such as confidentiality, respect, use of the correct vocabulary and not asking personal questions
- Dealing with children's questions in an appropriate manner
- Using discussion and other appropriate materials
- Encouraging reflection
- Boys and girls are separated in the second half of the session to allow a focus on their own sex

Dealing with questions

As with any topic children will ask questions during RSE to further their understanding. Due to the sensitive nature of the topic teachers will employ strategies to ensure that questions are asked and answered in an appropriate way. Through the use of ground rules at the start of sessions children will be reminded that personal questions are not appropriate. The teacher will ensure questions are answered in an appropriate and factual way with reference to the age and maturity of the class. Teachers may feel that it is not appropriate to answer some questions in front of the whole group – the question will then be addressed on an individual basis with the pupil and in some cases with parents/carers. All staff will be

mindful of their safeguarding role and will follow the relevant school procedures if a question raises concerns of this nature.

Teachers will use the following strategies to deal with unexpected questions:

- If a question is personal, the teacher will remind pupils of the ground rules and may refer the pupil to other agencies, such as, a counsellor, school nurse, help line etc
- If the teacher doesn't know the answer to a question, the teacher will acknowledge this and may research the question later
- If questions go beyond the boundaries of our curriculum (e.g. they are of a more sexual or intimate nature) the children will be advised to talk to a parent or trusted adult
- If the question is too explicit, is outside set parameters, is inappropriate in a whole class setting or raises concerns about sexual abuse, the teacher should acknowledge it, and promise to attend to it on an individual basis

Sometimes children may ask questions about issues that are not part of the planned programme, this may show that the taught curriculum is not meeting their needs. This will be fed back to the Subject Leader as part of the evaluation and monitoring process.

For reflection, a question box may be used. This will allow children the opportunity to ask questions they may feel uncomfortable asking in a whole class setting.

Vocabulary

A variety of vocabulary may be referred to in this session. The session will start with children listing names they know for private parts. After the introduction, the scientific names will be used:

- penis
- scrotum
- testicles
- vagina
- vulva
- breasts

S Pratley (Year 6 Teacher) R Bolton (P.S.H.E Subject Lead) C Seagrave (R.S.E Subject Lead)

PSHE/RSE Link Governor I Williamson

Policy Review date: June 2026 (or earlier if required)