

June 2026

Dear Parent/Carer

As you may have seen on the curriculum map for summer term, in PSHE we will be teaching your child:

- How to identify external genitalia and reproductive organs.
- About the physical and emotional changes during puberty.
- Key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams*.
- Strategies to manage the changes during puberty including menstruation*.
- The importance of personal hygiene routines during puberty including washing regularly and using deodorant.
- How to discuss the challenges of puberty with a trusted adult.
- How to get information, help and advice about puberty.

These PSHE lessons will take place in the latter part of the summer term, before the children finish in Y4. These objectives are **statutory** under health and science education. I hope by detailing how we plan to cover these objectives it will ease any worries or uncertainties. All children, including those who develop either earlier or later than average, need to know about puberty before they experience the onset of physical changes.

Here is an overview of the content we will be covering:

Lesson 1 - Your child will learn the correct scientific names for the external genitalia and reproductive organs.

Female internal organs: cervix, uterus, ovary, fallopian tube, vagina

Female external organs: vulva, labia, vaginal opening, urethra opening.

Male organs: penis, bladder, testicle, sperm duct, urethra.

Lesson 2 - Your child will learn about the physical and emotional changes during puberty.

In this lesson children will discuss what excites them about growing up and any worries they might have. They will discuss how a person's body changes as they get older, noticing simple changes such as height, broader chest and shoulders, breasts develop, hips become wider (in females). They will then watch a video showing some of the physical changes that occur.

Lesson 3* - Your child will learn key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams. Strategies to manage the changes during puberty including menstruation.

****For this lesson the girls and boys will be separated.***

NB If you have any further questions or concerns, please do speak to a member of staff who will be happy to discuss this further. Alternatively, if there are several parents / carers who wish to discuss the lessons further (face to face), there will be a parent meeting arranged for Monday, 6th July after school (adults only). If you wish to attend, please let us know by the usual routes: Dojo, office, email or phone call to school office.

Girls

The girls will go through the changes discussed in the previous lesson (breast development, hips widening and pubic hair growth). They will then watch a video about the menstrual cycle. The girls will then be shown different types of protection (sanitary towels and tampons). Teachers will then discuss how each is used, when they need to be changed and how to dispose of them.

Girls start their periods at the same age their mum did.	False - it may happen at the same age but everyone is different. Generally the trend is that girls are starting their periods at a younger age so you might be younger than your mum.
You can't have a shower during your period	False - keeping clean is really important and even more so during your period.
Women stop having periods when they get older	True - usually women stop having periods around the age of 50, this is called the menopause.
A girl shouldn't wear pale coloured trousers during her period	False - there is nothing to stop you and if you are confident in the protection you are wearing there isn't a problem. You might choose not to wear pale colours but it is your choice.
Girls sometimes feel moody before or during their period	True - this does not always happen but some girls can feel different before or during their period. This is caused by the changes in your hormones and you may feel irritable, moody or tearful as well as physical changes such as tiredness and headaches. This is known as PMT or PMS - premenstrual tension/syndrome.
Periods are always painful	False - periods are not always painful but some girls and women will have some pain. It's different for everyone, but you may have some stomach cramps just before your period starts, for the first few days or even all the way through. For most women and girls a hot water bottle can help or taking some painkillers (talk to a grown up about this) if the pain gets too bad. If you get a lot of pain you might need to go and see the doctor.
Once you start your period you will have one every month	False - generally periods follow a 28 day cycle but this isn't always the case and they may be more or less frequent. When a girl first starts her periods, it may take a while to have a regular cycle.
You shouldn't talk about periods	False - periods are natural and nothing to be ashamed of. If you have any questions or worries you should talk to someone you trust.

Boys

The boys will be told about periods and that they are something that happens to girls. They will complete a true or false quiz and have opportunity to ask questions and further develop their understanding of the changes that will happen during puberty.

A boy's voice will change	True - your voice will get deeper. You may hear this being called your voice 'breaking' - but don't worry, it doesn't actually break! This change happens because of the hormones being released during puberty and the growth of the vocal cords. The process can take time and there may be times when you are not sure how your voice will sound when you go to speak or sing, but don't worry it's all perfectly normal.
Your penis and testicles will grow	True - this is part of puberty and is caused by hormones in your body.
A boy will get erections	True - as the penis gets bigger, boys will start to have erections. An erection is when the penis fills with blood and gets larger and stands away from the body.
Boys generally go through puberty before girls	False - girls usually start puberty before boys. This means they might grow taller at an earlier age and seem a bit more grown up. This will even out over time.
Your hands and feet might grow before you arms and legs catch up	True - your body doesn't do everything at the same time. As different parts grow you might feel slightly awkward but eventually everything will even out.
Boys have wet dreams	True - while you are asleep you might get an erection and ejaculate. Ejaculation is the release of a substance called semen through the urethra, at the top of the penis. This happens to many boys and is perfectly normal and nothing to worry about.
Boys can have enlarged nipples	True - because your hormones aren't balanced boys might get swollen nipples and worry they are growing breasts. But don't worry - once the hormones settle down the swelling will go away.

Children will be encouraged to talk to a trusted adult if there is anything they are worried about. Each class will also have a question box where children can post any further questions or worries they may have.

Yours faithfully,
The Year 4 Team.