



HARVINGTON SCHOOL

PUBERTY EDUCATION POLICY

The policy of the school is to provide a sensitive but comprehensive and open education on all aspects of puberty, for all girls, acknowledging the cultural and religious diversity amongst our pupils. We aim to present the facts in such a way they can learn and fit into the student's own cultural and religious beliefs without offence.

It is understood that all parents consent to the lessons, unless they contact the school to arrange to have their daughters withdrawn from classes, after meeting the facilitator of this PSHCE unit, to discuss. For Year 5 a letter is sent home to parents prior to lessons, advising them of the topics to be covered.

Content

YEAR 5 (9 – 10 years old) PERSONAL HYGIENE and PUBERTY UNIT

PSHE	Skin care	- importance of regular baths/showers - use of deodorants and other products
	Clothes	-regular changing and washing of underwear, blouses, dresses, care of top clothes, e.g. coats.
	Growing up	- female body changes - periods and why we have them - personal hygiene related to periods.

Scottish Video "Having a Period"