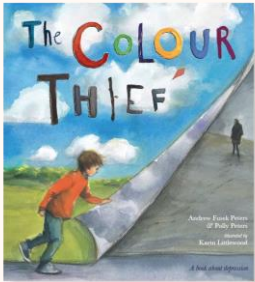




## About

The Story Project is a programme that uses books to teach the 'PSHE' (Personal Social Health Economic) curriculum. Children read the stories as a class, talk about the themes and then take part in activities linked to the learning.



PSHE is a topic that supports children to understand themselves and those around them. It helps children develop skills and knowledge to keep themselves safe and promote happy, full lives. Using books to teach this is a proven way to promote open conversations; children learn through the eyes of the characters in the books. This makes complicated themes easy to understand and helps children understand other people's viewpoints.

**Note:** Schools can choose whether to teach Sex Education in Year 6. If they do so, families have the right to withdraw their children from these lessons if they wish. Please talk to your child's class teacher.

## What children will learn about in this year

- How to get help with mental health issues
- Body image and self-esteem
- Puberty
- The rules and traditions of marriage and civil partnerships
- Times of family change and different types of families
- Racism and discrimination
- Peer Pressure
- Legal and illegal substances
- *(In some schools) How babies are made*



## Supporting this learning at home

Here are some easy ways to support these topics at home:

- Make a plan together of small changes you can do as a family to help look after the planet. There are some good ideas [here](#).
- Together, write a list of things your child is excited about as they grow up (e.g., greater independence, moving to high school etc.).
- Create a 'puberty starter pack' ready for when puberty starts. As an example, it could include deodorant, body spray, face wash, sanitary items, a book or a diary to track how they are feeling.
- Create a [safety plan](#) together for how you will store medicines at home. Make sure children know the rules (e.g. not taking medicine without a trusted adult's permission)

## Further Resources

**Here are some similar books you could read at home:**

'Growing Up' by Rachel Greener and Clare Owen

'The Final Year' by Matt Goodfellow

'I am Enough' by Grace Byers

