



Dear Parents and Carers

Relationship, Sex and Health Education (Living and Growing) Lessons For Year 6

Starting from the week beginning Monday 7th June, Year 6 will be looking at the Relationship, Sex, Health and Education (RSHE) curriculum. These lessons will be delivered weekly and span the rest of the summer term. We will cover content from both the Year 5 and 6 curricula as - due to the home-learning situation last year - Year 5 content has not been covered with this cohort.

Nowadays, there appears to be a vast amount of content about puberty, relationships and sex online, on TV and social media that many young people may have access to. This can make an already confusing time for older primary pupils feel even more complicated. The purpose of Sex and Relationship Education (RSHE) is to provide knowledge and understanding of how and why the human body changes during puberty. It encourages pupils to hold positive, responsible and healthy attitudes towards themselves, others and relationships. The Year 5 & 6 RSHE lessons build on the foundation of understanding from the 'Living and Growing' lessons taught in EYFS, KS1 and lower KS2.

As vital part of our school's commitment to safeguarding, we teach a session about Female Genital Mutilation (FGM). Despite being illegal in the UK, FGM is practised widely in other areas of the world. It can affect many children living in the UK and causes harm to their health and well-being. It is important that both boys and girls are informed about this practice. For further information, parents are advised to visit: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilationfgm/>

We will be exploring:

- The emotional and physical changes occurring in puberty
- How puberty affects the reproductive organs
- How to manage physical and emotional changes
- How to stay clean during puberty
- How emotions change during puberty
- How to get help and support during puberty
- How to consider the effect of their actions online
- Know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- How and why the body changes during puberty
- Considering emotional and physical behaviour in relationships
- What forms of touching are/n't appropriate
- Positive and negative ways of communicating in a relationship
- Basic facts about conception and contraception
- Where to go for help if they are concerned about inappropriate touching.
- What the law says about sex and relationships

- Basic facts about pregnancy
- Decisions that have to be made before having a baby
- Understanding how someone stays safe and in control of their body.
- Knowing what Female Genital Mutilation (FGM) is.

If young people start their transition into adulthood with correct and relevant information - as well as the confidence and knowledge to understand what is happening to them - they will hopefully grow into self-assured and healthy adults. This starts with learning the basics about growing up. The sessions in school may reinforce what you are already doing at home. All topics will be delivered in a sensitive and age-appropriate way by your child's class teacher. Please email or send a message on Seesaw if you have any questions; we will be happy to discuss any part of the program. **There will be a parent forum on Tuesday 8th June, which will be held via video call (more information will be sent about this soon).** Copies of the learning materials will be available on request from your class teacher.

Yours sincerely,

Miss A Couch (6C) & Mrs E Smith (6S and Year 5/6 Phase Leader)