

Dear Parents and Carers,

## Year 6 'Growing and Changing' Relationships and Sex Education Unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

During Term 6, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 6 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. From September 2026, schools will be required to teach the 2025 revised DfE guidance for Relationships and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children in supporting them with their transition to secondary school.

The updated guidance gives a stronger focus on developing skills, as well as knowledge, particularly in navigating a complex, digital world safely and healthily. It recognises that primary schools may decide to discuss online sexual content when they know that pupils have seen pornography. Teaching should be age-appropriate and respectful of all children, including those who may have no familiarity with the topics under discussion.

Current data shows that 27% of 11-year-olds have seen online sexual content (Pornography). This equates to up to 8 children in a year 6 classroom. Whilst the majority haven't seen pornography, it is often the most vulnerable that do.

The lesson delivered to our pupils (*Online Sexual Content*) will focus on body parts, growing and changing, rules and laws, consent, healthy relationships, reproduction, online sexual content and online safety. Your Year 6 child will explore the following themes:

- Identify the qualities of a caring, safe, happy and healthy relationship.
- Understand the internet contains a lot of content that can be inappropriate and upsetting for children, some of which is sexual in nature.
- Understand the laws around viewing online sexual content.
- Understand the potential impact, for children, who have viewed this content, and know where to go for advice and support.

This session contains **non-statutory sex education**, as it teaches about online sexual content that children may be exposed to. This lesson is designed to be taught after the non-statutory lesson 'Making Babies', which teaches children about human reproduction. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. If children ask questions that go beyond the planned curriculum, staff will consult the school's RSE policy and inform parents, to support discussions on an

individual basis or at home if needed. Each pupil's privacy will be respected, and no one will be asked to reveal personal information; although children will be reminded that should anyone share anything personal, adults may need to share this information with other trusted adults, in order to keep them safe. Children will follow a class agreement, encouraging them to be respectful when discussing the content, and to be mindful of discussing content near younger children as they may not be ready for this.

We know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate behaviours, and having the skills and confidence to talk to a trusted adult to report anything that's made them feel uncomfortable – in the real world or online.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women who reported that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

[Helping your children understand changes at puberty](http://www.coramscarf.org.uk/rse-for-Y6-and-P7)  
([www.coramscarf.org.uk/rse-for-Y6-and-P7](http://www.coramscarf.org.uk/rse-for-Y6-and-P7))

If you have any questions about the programme or would like to know which lessons you can request that your child is withdrawn from, please do not hesitate to speak to your child's class teacher or the Headteacher.

Kind regards,  
Miss Carter (PSHE Lead)

## **Growing and Changing** - part of our Personal Social Health and Economic Education (PSHE)

### **Year 6**

#### **What your child will be learning about:**

Term 6's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will also learn how to keep themselves safe and how to ask for help when they need it.

In Year 6, we prepare children for their transition into secondary school, where they will be mixing with and hearing things spoken about by much older children. We aim to provide children with the right information before potentially being exposed to confusing or wrong information.

We cover topics that build on and reinforce all the themes of the previous years, with new content included into the lesson plans looking at:

#### **Body image and the media**

We want the children to recognise that photos can be changed to match society's view of 'perfect'. It's also important that the children can identify qualities that people have, as well as how they look.

#### **Puberty and what is 'normal'**

We teach the children about physical and emotional changes during puberty and where to get support if they are feeling challenged by these changes. Lessons extend pupils' thinking about puberty and the concept of change throughout our lives. We explore, in more detail, some of the feelings associated with change. It's helpful for pupils to consider changes that might occur alongside puberty, including moving to secondary school and the new roles and responsibilities that might accompany this.

We also teach the children about consent and understanding that nobody has the right to alter their bodies. Children will understand that FGM involves cutting/altering a girl's genitals, that it is an illegal practice in this country, and where to get support if concerned about their own or another's safety.

#### **Sexual intercourse, conception, reproduction and birth**

During these lessons, children will gain an understanding of the changes that happen in puberty to allow sexual reproduction to occur, as well as ways in which the sperm can fertilise the egg to create a baby, including sexual intercourse and assisted reproduction.

By Year 6, pupils will likely have some understanding of the fact that babies are made through sexual intercourse. Although it's possible they may have some misconceptions, very few pupils will still believe myths or make-believe stories. Having an understanding of what is meant by sex is an important foundation for the RSHE they will receive at secondary school. The lesson about this emphasises that having sexual intercourse, and also the decision to have a baby, is something for when they are much older. The importance of consent in this context is also highlighted. This enables pupils to reflect on values and responsibilities within healthy adult relationships.

### **Managing pressure online**

It is vital that the children understand the risks of sharing images online and how these are hard to control once shared. It is also important to know that the frequency of risk-taking behaviour is much lower than it is believed to be.

Children explore skills, as well as knowledge, needed for navigating a complex, digital world safely and healthily. They learn that the internet contains a lot of content that can be inappropriate and upsetting for children, some of which is sexual in nature. They begin to understand the laws around viewing online sexual content, and discuss where to go for advice and support if they've seen this kind of content themselves.

### **Vocabulary your child will learn:**

adoption, media manipulation, gender stereotype, right to privacy, female genital mutilation, confidential, egg, ovaries, sperm, penis, testicles, scrotum, vulva, vagina, vaginal discharge, clitoris, labia, nipples, anus, embryo, womb, breasts, wet dreams, erections, menstruation, periods, sex, sexual intercourse, conception, embryo, pregnancy, assisted reproduction, IVF, surrogacy, birth, labour, caesarean, orgasm, consensual, consent, condom.

## Questions your child may ask at this age:

- What was puberty like for you?
- Is it normal?
- What deodorant should I use?
- When did you start your period?
- What period products should I use?
- Have you ever had a wet dream?
- What's an erection?
- How old do you have to be to have sex?
- Do you have to be in love to have sex?
- What's an orgasm?
- Have you had sex?
- How was I conceived?
- Did you get sick when you were pregnant?
- Can you tell me about when I was born?
- What can I do to be more independent?
- Have you ever been pressured to post a silly picture online or to someone?
- How can I tell someone not to do something that's making me uncomfortable, but without hurting their feelings?
- Can you help me practise being assertive?
- Can you make sure my settings are secure and up-to-date on my device/ phone/ tablet, to keep me safe online?



Resources for Parents: [SCARF Growing and Changing Parents Page](#)

**OUTSPOKEN**  
Sex Ed

[Age 6-10 | Outspoken Sex Ed](#)

*Sarah Sproule*

[How to talk to your kids  
about everything RSE](#)

 Patient

[Normal and Abnormal Puberty](#)

 Planned Parenthood

[Resource for Parents](#)

**amaze**

[Puberty](#)

[Pregnancy &  
Reproduction](#)

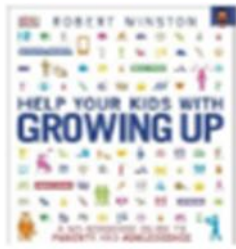


[Starting your periods](#)

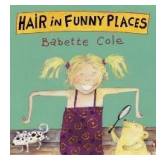
**BBC**

[Operation Ouch:  
How babies are  
made](#)

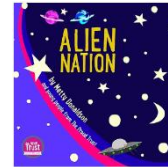
## Books to support learning:



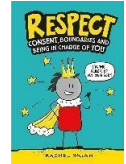
[Helping your kids with growing up](#)



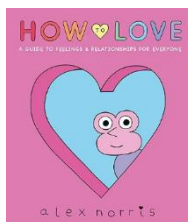
[Hair in Funny Places](#)



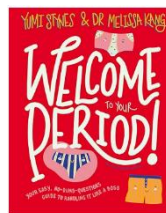
[Alien Nation](#)



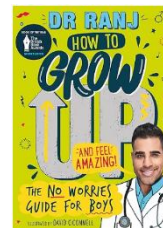
[Respect](#)



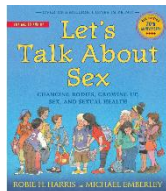
[How to love \(11+\)](#)



[Welcome period](#)



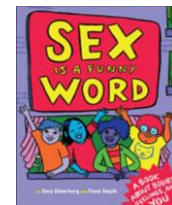
[How to grow up and feel amazing](#)



[Let's talk about sex](#)



[Transition From Primary to Secondary School](#)



[Sex is a funny word](#)