



Arnold Mill Primary School

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Dear Parents/ Carers,

Next week, Year 5 and 6 will be starting a programme of lessons on 'RSE' (Relationships and Sex Education). We will be using the health and relationships guidance which schools are expected to follow.

The year groups will be split for these lessons so that children can be taught concepts appropriate to their age. Within each year group, most of the lessons will be delivered to the year as a whole. However, if appropriate, boys and girls will be split; this will offer pupils the opportunity to ask gender-specific questions.

Clear ground rules will be explained to all of the children. Class 'Worry Boxes' will be used to allow children to ask any questions that they would like to ask anonymously. We will deal with most issues that arise openly and honestly, but there are some subjects that are not covered until Key Stage 3 or later - we will explain that these questions will not be answered.

Year 5:	Year 6:
➤ Knowing the correct words for the external sexual organs ➤ Discussing some of the myths associated with puberty ➤ Identifying some products that they may need during puberty and why ➤ Knowing what menstruation is and why it happens ➤ Knowing what FGM (female genital mutilation) is and that it is illegal in this country ➤ Identifying people who can be trusted ➤ Understanding what kinds of touch are acceptable or unacceptable ➤ Describing strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch ➤ Explaining the difference between a safe and an unsafe secret ➤ Identifying situations where someone might need to break a confidence in order to keep someone safe ➤ Recognising that some people can get bullied because of the way they express their gender ➤ Giving examples of how bullying behaviours can be stopped	➤ Recognising some of the changes (including emotional responses) experienced ➤ Identify people who can support someone who is dealing with a challenging time of change. ➤ Defining the word 'puberty' (physical and emotional changes) ➤ Understanding what FGM is and that it is an illegal practice in this country and knowing where to get support for their own or another person's safety. ➤ Understanding that fame can be short-lived and recognising that photos can be changed to match society's view of perfect ➤ Identifying qualities in people - not looks alone ➤ Media manipulation: stereotypes; media reinforcement of gender stereotypes and challenging stereotypical gender portrayals ➤ Understanding the risks of sharing images online and how these are hard to control, once shared ➤ Understanding that people can feel pressured to behave in a certain way because of the influence of peer group

Year 5:	Year 6:
	➤ Knowing that the norms of risk-taking behaviour are usually lower than people believe them to be ➤ Identify the changes that happen through puberty to allow sexual reproduction to occur

We feel that these lessons will give your child a chance to dispel any misunderstandings and will provide them with the vital knowledge that they will need as they approach puberty and secondary school.

Many thanks,

UKS2 team