

Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)

Year 6

Next half term's PSHE topic '*Growing and Changing*' will incorporate Relationships and Health Education (RHE) and will be 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 will be preparing 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 they are potentially exposed to confusing or incorrect information.

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

Body image and the media

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

Puberty and what is 'normal'

We will teach the children about physical and emotional changes during puberty and where they can get support if they feel challenged by these changes. Lessons will extend pupils' thinking about puberty and the concept of change throughout our lives. We will explore, in more detail, some of the feelings associated with change.

It will be helpful for pupils to consider changes that might occur alongside puberty, including moving to secondary school and the new roles and responsibilities that may come with this.

We will also teach the children about consent and help them understand that nobody has the right to alter their bodies. By the end of the unit, children will understand that FGM involves cutting or altering a girl's genitals, that it is illegal in this country, and where to get support if they are concerned about their own or another person's safety.

Sexual intercourse, conception, reproduction and birth

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

By Year 6, pupils will likely already have some understanding that babies are made through sexual intercourse. Although they may still hold misconceptions, very few pupils will continue to believe myths or make-believe stories. Having a clear understanding of what is meant by sex will form an important foundation for the RSHE they will receive at secondary school.

The lesson will emphasise that sexual intercourse—and the decision to have a baby—

is something for much later in life. It will also highlight the importance of consent in this context and enable pupils to reflect on the values and responsibilities within healthy adult relationships.

Managing pressure online

It will be vital for the children to understand the risks of sharing images online and how these can be difficult to control once shared. It will also be important for them to know that risk-taking behaviour is much less common than they may believe.

Vocabulary your child learnt:

media manipulation, gender stereotype, right to privacy, female genital mutilation, confidential, egg, ovaries, sperm, testicles, vagina, penis, embryo, womb, surrogacy, adoption, assisted reproduction, adoption, immune system, transmission, orgasm, sexual intercourse, consensual.

Questions your child may ask at this age:

- When did you start your period?
- What period products should I use?
- Have you ever had a wet dream?
- What deodorant should I use?
- How old do you have to be to have sex?
- Do you have to be in love to have sex?
- What's an erection?
- 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?
- Is it normal?



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



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

[Stages of puberty](#)

[Outspoken Sex Ed](#)



[Starting your periods](#)



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

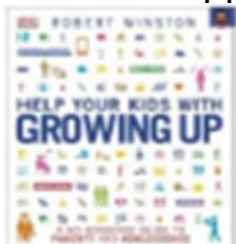


[Puberty](#)
[Pregnancy & Reproduction](#)

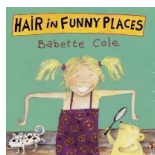


[Operation Ouch: How babies are made](#)

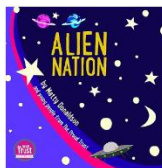
Books to support learning:



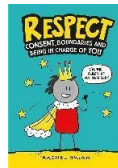
[Helping your kids with growing up](#)



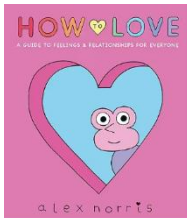
[Hair in Funny Places](#)



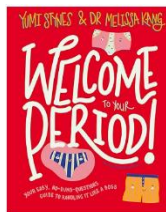
[Alien Nation](#)



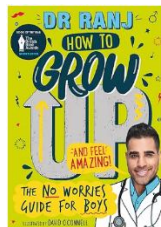
[Respect](#)



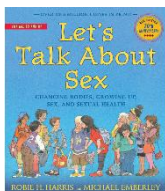
[How to love \(11+\)](#)



[Welcome period](#)



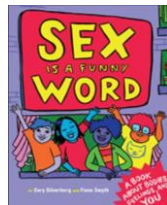
[How to grow up and feel amazing](#)



[Let's talk about sex](#)



[Transition From Primary to Secondary School](#)



[Sex is a funny word](#)