

Relationships and Sex Education Parent Consultation

Year 6



*'Enabling our children to become healthy,
independent and responsible members of
society.'*

Relationships and Sex Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools.

The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.



HILLSIDE PRIMARY SCHOOL

Relationship and Sex Education Policy

Date Approved: June 2023
Last Reviewed: March 2024

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For more information on this please read our RSE policy which is available on the school website.

This outlines what RSE is, our aims, the responsibilities of everyone involved etc.

This is the scheme we follow to ensure we are covering the topics and information required. This is then adapted to suit the needs of our children.



You, Me, PSHE

A scheme of work for
the primary school

Years 1-6

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Identity, society and equality: Making relationships with adults and children. Develop confidence in leaving the main carer and come into nursery happily and settled.	Identity, society and equality: Making relationships. Identifying and talking about different feelings.	Physical health and wellbeing: Fun times.	Physical health and wellbeing: What keeps me healthy?	Drug, alcohol and tobacco education: Tobacco is a drug.	Identity, society and equality: Democracy.	Physical health and wellbeing: In the media.	Drug, alcohol and tobacco education: Weighing up risk.
	Develop nursery routines Focus on school rules Consent Good touch/bad touch E-Safety	Learning and following routines. School rules Consent Good touch/bad touch E-Safety Staying healthy: immunisations, hand washing	Consent Good touch/bad touch E-Safety: Computing Democracy: School council	Consent Good touch/bad touch E-Safety: Computing Democracy: School council	Consent Good touch/bad touch E-Safety: Computing Democracy: School council	Consent Good touch/bad touch E-Safety: Computing Democracy: School council	Consent Good touch/bad touch E-Safety: Computing Democracy: School council	Consent Good touch/bad touch E-Safety: Computing Democracy: School council
Autumn 2	Mental health and emotional wellbeing: Understand own feelings and talk about them.	Mental health and emotional wellbeing: Identifying, talking about and understanding feelings of ourselves and others.	Keeping safe and managing risk: Feeling safe.	Mental health and emotional wellbeing: Friendship.	Keeping safe and managing risk: Bullying - see it, say it, stop it.	Drug, alcohol and tobacco education: Making choices.	Identity, society and equality: Stereotypes, discrimination and prejudice.	Identity, society and equality: Human rights.
	Firework safety Staying healthy: immunisations Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing OneLife: Healthy Living Anti-bullying	E-Safety: Computing OneLife: Healthy Living Anti-bullying	E-Safety: Computing Animals including Humans: Science Anti-bullying	E-Safety: Computing Anti-bullying
Spring 1	Keeping safe and managing risk: Developing confidence to try new activities.	Mental health and emotional wellbeing: Identifying, talking about and understanding feelings of ourselves and others.	Identity, society and equality: Me and others.	Keeping safe and managing risk: Indoors and outdoors.	Mental health and emotional wellbeing: Strengths and challenges.	Physical health and wellbeing: What is important to me?	Keeping safe and managing risk: When things go wrong.	Mental health and emotional wellbeing: Healthy minds.
	Consent Good touch/bad touch E-Safety Children's Mental Health Week	Consent Good touch/bad touch E-Safety Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week	Consent Good touch/bad touch E-Safety: Computing Children's Mental Health Week

Our PSHE curriculum covers the 7 main areas throughout the school.

These are covered across the year groups where the learning in each area is developed further as they get older.

Whilst RSE is explicitly taught in Y2, Y4 and Y6, consent & good touch/bad touch is taught every term to each year group.

Spring 2	Mental health and emotional wellbeing: Understand feelings of others.	Identity, society and equality: Celebrating difference (India), festivals and celebrations.	Drug, alcohol and tobacco education: What do we put into and on to bodies?	Drug, alcohol and tobacco education: Medicines and me.	Identity, society and equality: Celebrating difference.	Keeping safe and managing risk: Playing safe.	Mental health and emotional wellbeing: Dealing with feelings.	Keeping safe and managing risk: Keeping safe - out and about.
	Consent Good touch/bad touch E-Safety: Computing Child Health	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Anti-bullying	E-Safety: Computing Emotions & feelings Anti-bullying
Summer 1	Identity, society and equality: Turn taking and solving conflicts.	Keeping safe and managing risk: Weather safety, playing safe, road safety, trip safety.	Mental health and emotional wellbeing: Feelings.	Sex and relationship education: Boys and girls, families.	Careers, financial capability and economic wellbeing: Saving, spending and budgeting.	Sex and relationship education: Growing up and changing.	Drug, alcohol and tobacco education: Different influences.	Sex and relationship education: Healthy relationships/how a baby is made.
	Consent Good touch/bad touch E-Safety	Consent Good touch/bad touch E-Safety Healthy eating Recap school rules, transitions and routines.	Consent Good touch/bad touch E-Safety: Computing	Consent Good touch/bad touch E-Safety: Computing	Consent Good touch/bad touch E-Safety: Computing	Consent Good touch/bad touch E-Safety: Computing	Consent Good touch/bad touch E-Safety: Computing	Consent Good touch/bad touch E-Safety: Computing
Summer 2	Identity, society and equality: Transitions and new beginnings.	Identity, society and equality: Transitions and new beginnings.	Careers, financial capability and economic wellbeing: My money.	Sex and relationship education: Boys and girls, families.	Physical health and wellbeing: What helps me choose?	Sex and relationship education: Growing up and changing.	Careers, financial capability and economic wellbeing: Borrowing and earning money.	Sex and relationship education: Healthy relationships/how a baby is made.
	E-Safety	E-Safety Anti-bullying	E-Safety: Computing Anti-bullying Anti-social behaviour	E-Safety: Computing Anti-bullying Anti-social behaviour	E-Safety: Computing Anti-bullying Anti-social behaviour	E-Safety: Computing Anti-bullying Anti-social behaviour	E-Safety: Computing Anti-bullying Anti-social behaviour	E-Safety: Computing Anti-bullying Anti-social behaviour

In the Summer term, Y6 will be learning about 'healthy relationships/how a baby is made'.

The curriculum and resources have been constructed to ensure the teaching is appropriate to the age and needs of the children.



Healthy
relationships

The majority of these lessons are compulsory and are part of the National Curriculum.

They will learn...

Here are some worries that someone might have about physical and emotional changes that happen during puberty:

My moods are so up and down and I can't seem to control them

I haven't started my periods yet and all my friends have

I have started my period and really need to talk to someone

I had a wet dream and I feel ashamed

Someone asked me to be their girlfriend/boyfriend and I don't know what that means

I sometimes get an erection for no reason

I have started to sweat more and I am worried that I smell

My skin is so greasy and I am getting spots

I have very strong feelings about another person who I really like

My voice is changing and it's so embarrassing

I am so much taller than my friends

I am so much smaller than my friends

I want to be alone more than usual and feel I need privacy

Someone touched me and I didn't feel comfortable

Now add three more worries someone might have and write them in the blank bubbles.

The changes that occur during puberty

They will learn...



To consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

They will learn...

Talk about feelings	Talk about deeper feelings
Hold hands	Eat together

What values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

They will learn...



About roles and responsibilities of carers and parents

They will learn...



To answer each others questions about relationships and sex confidence, where to find support and advice when they need it.

The following lessons within the boxed slides are not compulsory and you are entitled to withdraw your child from these if you wish too.

However, they are carefully planned with the aim of supporting our children in making safe and informed decisions during their school years and beyond.

Please speak to a member of the Office team if you wish to discuss this further.

They will learn...

How does pregnancy begin?



When a man and a woman are in a relationship they may choose to make love. This is when both people consent to and take pleasure in touching each other. Both people need to feel safe and comfortable and it should make them happy.



How does pregnancy begin?



Sometimes when a man and woman are making love, the man's penis gets stiff and the woman's vagina gets slippery.



How does pregnancy begin?



Now the woman's vagina is slippery, the man's penis can slide inside easily. This action is called sexual intercourse.



About human reproduction in the context of the human lifecycle

They will learn...

How does pregnancy begin?



When a man and a woman are in a relationship they may choose to make love. This is when both people consent to and take pleasure in touching each other. Both people need to feel safe and comfortable and it should make them happy.




How does pregnancy begin?




Sometimes when a man and woman are making love, the man's penis gets stiff and the woman's vagina gets slippery.



How does pregnancy begin?

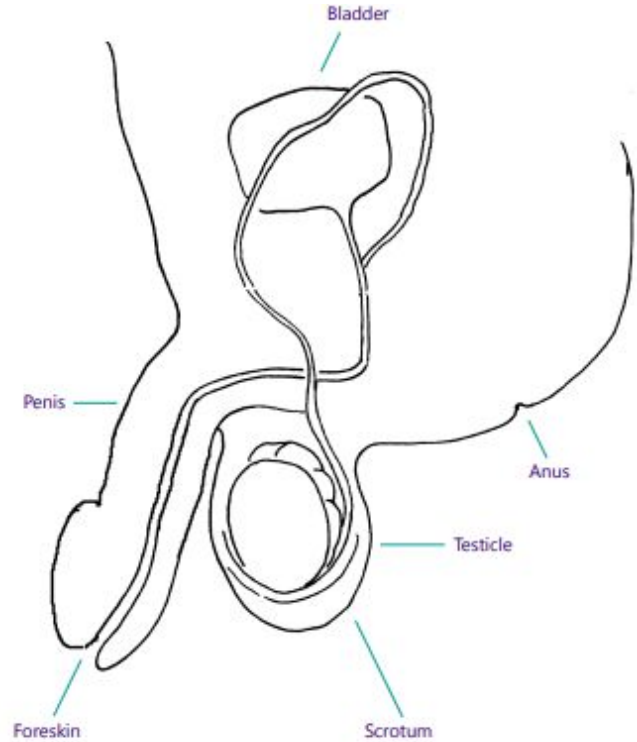
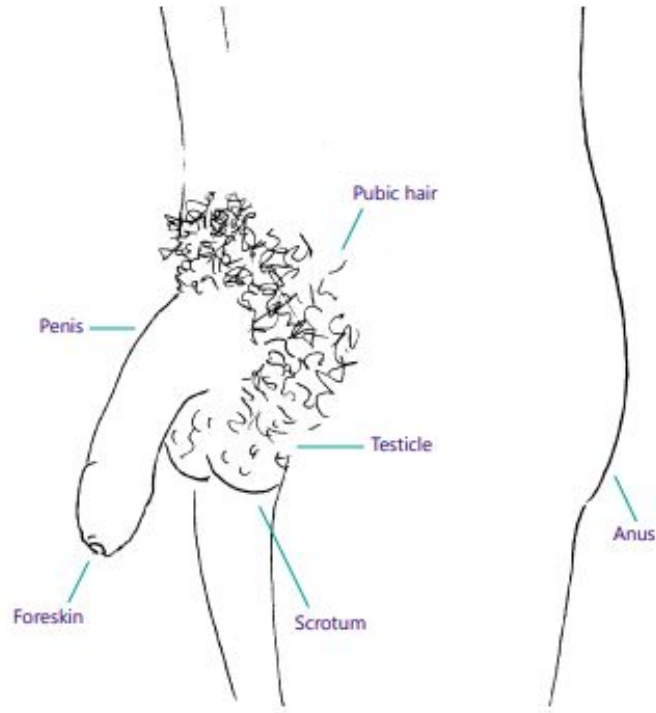


Now the woman's vagina is slippery, the man's penis can slide inside easily. This action is called sexual intercourse.

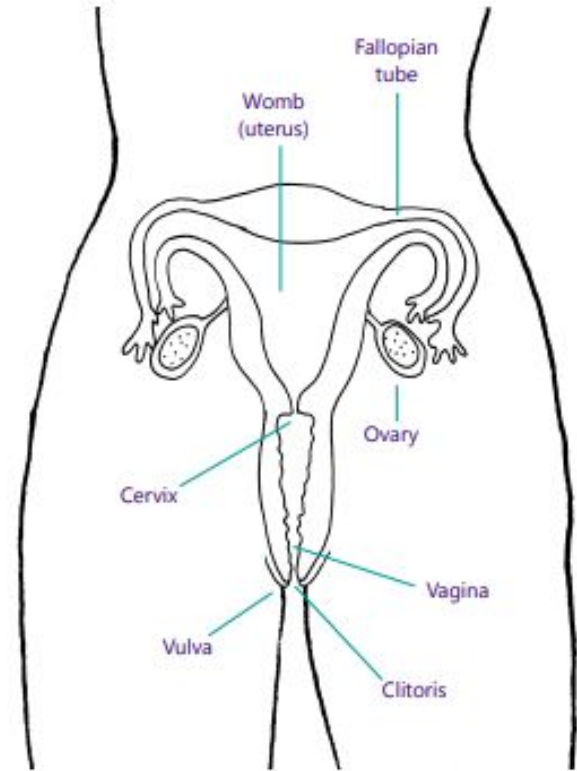
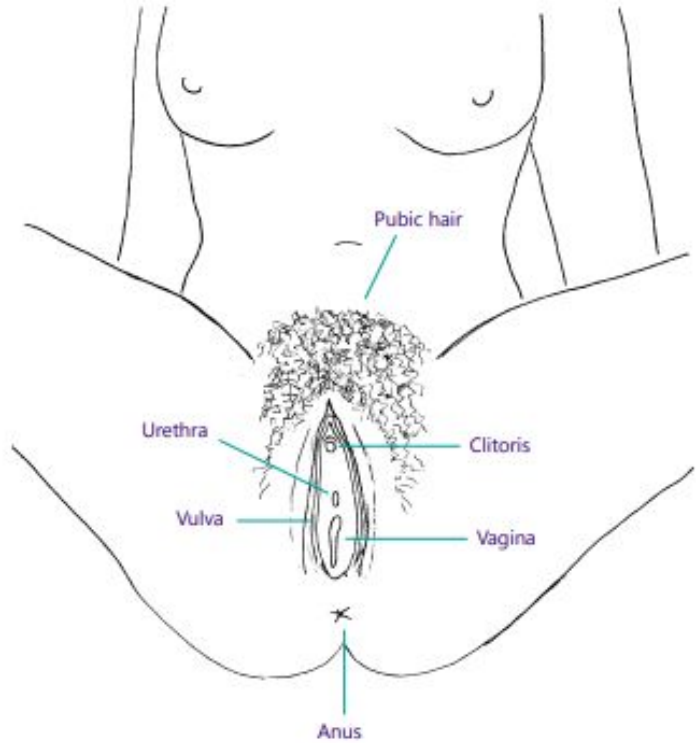


How a baby is made and grows (conception and pregnancy)

Key vocabulary they will learn...



Key vocabulary they will learn...



How can you help at home?

- Talk to your child before, during and after the topic. *Children and young people say they greatly value being able to talk to their parents/carers about these topics. Be open and honest about what they are learning.*

- Use the correct vocabulary.

This is really important in keeping both themselves and others safe so please encourage this.



Please contact your child's class teacher if you have any questions.

