



24th May 2024

Dear Parent/Carers of Year 6

Relationships and Sex Education (RSE) as part of PSHE Lessons.

As part of our PSHE Curriculum ([SCARF](#)) during the summer term, children will be focussing upon 'Growing and Changing'. This will cover aspects of the PSHE curriculum such as: taking care of our body, how we change as we grow up, respecting privacy and our bodies, emotions as well as puberty in upper Key Stage 2. Sex education (Making Babies) is only taught in Year 5. Correct anatomical vocabulary will be used during sessions. The full RSE Policy [is on our website](#).

Our PSHE scheme of work introduces language appropriate for the age of the children. It is important that children know the correct names for parts of their body as it increases a child's self-confidence and positive body image. We teach children that all parts of their body are important, and no shame or stigma are attached to any part.

Year 6:

What's the Risk? (1)

Identify risk factors in a given situation; understand and explain the outcomes of risk-taking in a given situation, including emotional risks.

What's the Risk? (2)

Recognise what risk is; explain how a risk can be reduced; understand risks related to growing up and explain the need to be aware of these; assess a risk to help keep themselves safe.

I Look Great!

Understand that fame can be short-lived; recognise that photos can be changed to match society's view of perfect; identify qualities that people have, as well as their looks.

Media Manipulation

Define what is meant by the term stereotype; recognise how the media can sometimes reinforce gender stereotypes; recognise that people fall into a wide range of what is seen as normal; challenge stereotypical gender portrayals of people.

Pressure Online

Understand the risks of sharing images online and how these are hard to control, once shared; understand that people can feel pressured to behave in a certain way because of the influence of the peer group; understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.

Helpful or Unhelpful? Managing Change

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Recognise some of the changes they have experienced and their emotional responses to those changes; suggest positive strategies for dealing with change; identify people who can support someone who is dealing with a challenging time of change.

Is this Normal?

Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; suggest strategies that would help someone who felt challenged by the changes in puberty; understand what FGM is and that it is an illegal practice in this country; know where someone could get support if they were concerned about their own or another person's safety. FGM is raised in the context of, 'Who is the best person to decide what happens to a person's body?' and briefly explaining what FGM is.

Anatomical vocabulary ('doctor words'): *puberty, FGM*

If you have any questions, please contact your class teacher or me.

Best wishes

Mrs L. Knock
Deputy Headteacher
PSHE subject leader