



Relationships, Sex and Health Education - Year 6

Information for Parents

During the summer term, children in Year 6 will be undertaking the unit 'Growing and Changing' in our Relationships, Sex, Health and Education (RSHE) programme. The purpose of this letter is to highlight to you what we will be covering so you can support your child at home.

During the unit of work, children will learn about puberty, change and becoming independent. This will include:

- to recognise some of the changes as they grow up e.g. increasing independence
- about what being more independent might be like, including how it may feel
- about the transition to secondary school and how this may affect their feelings
- about how relationships may change as they grow up or move to secondary school
- practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school
- identify the links between love, committed relationships and conception
- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults
- how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb
- that pregnancy can be prevented with contraception
- about the responsibilities of being a parent or carer and how having a baby changes someone's life

The resources we use to teach this (lesson plans, presentation slides, group activities) are recommended by the PSHE Association and are available on our school website if you would like to see these. Alternatively, please speak to a member of staff if you would like to have a look.

At Sutton Bonington, we believe that our teaching methods and the resources we use are appropriate to the age group of children it is intended for. Learning about puberty, reproduction and conception in the primary phase is essential to ensure that children know the accurate facts before going to secondary school and to ensure that children understand why the body changes in adolescence and approach this change with confidence.

The majority of the content taught in Year 6 falls under the remit of the National Curriculum for Science, and statutory Relationships and Health Education and so we recommend that all children should take part in the sessions. However, parents do have the right to withdraw children from content that is taught beyond this. At Sutton Bonington, we define this content as that exploring conception and the responsibility of being a parent/carers. Please get in touch if you wish to discuss withdrawing your child further.

If you have any questions, please speak to your child's class teacher.

Sutton Bonington Primary School