



Year 6 RSE

Parents and  
Carers  
Information

**Get the facts**  
on Relationships  
and Sex Education

# The Statutory and Non-Statutory Curriculum.

- **Relationships and Health Education**



There is a requirement for all children to be taught as part of PSHE

- **The Human Body and Life Cycle**



There is a requirement for all children to be taught this as part of the Science curriculum.

**KS2 POS: describe the changes as humans develop to old age**

- **Sex Education**



This is non-statutory in Primary schools but there is recommended government guidance that some content should be covered. **(Parents can withdraw their children from these Year 6 lessons)**

DFE Non-Statutory Guidance states: 'It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.'

# **Relationships and Sex Education as part of the PSHE curriculum became statutory in Primary schools in 2020**

The statutory Curriculum in Primary schools for RSE focuses on:

## **Relationships education**

This includes topics relating to:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Keeping safe

## **Health education**

This includes topics relating to:

- Mental wellbeing
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid

## **Links to the Science Curriculum**

This includes topics relating to:

- identifying, naming, drawing and labelling the basic parts of the human body
- describing the changes as humans develop to old age.

# RSE At Brampton

## Early years

- Valuing the body
- Body parts
- My teeth
- Shapes and sizes
- Self care skills
- Change and responsibilities

## We use the Cambridgeshire PSHE Service:

### Year 1 and 2

- Babies to children to adults
- Growing up
- Caring families
- Family variety
- Marriage
- Changing responsibilities

### Year 3 and 4

- Stages of human life cycle
- Seed+egg
- Being grown up
- My responsibilities
- Families' responsibilities
- Caring families

### Year 5 and 6

- Human lifecycle
- Sexual reproduction
- Changing emotions and relationships
- Responsibility for others
- Love and care
- Marriage & civil partnership
- Families



At Brampton  
we believe it is  
important for  
pupils to  
experience RSE  
at Primary  
school for the  
following  
reasons:

- It is an environment where they feel safe and secure;
- They are with people they trust (adults and friends);
- They are able to learn within the context of relationships and health education;
- They are prepared for the physical and emotional changes associated with puberty;
- They learn how to keep themselves safe;
- They learn at the same time and are able to support one another;
- They are able to ask questions to sensitive issues.
- They are able to make informed and sensible choices in their future lives.

# Year 6 RSE Content 2024

- To know about different ways babies are conceived and born including sexual reproduction and sexual intercourse. (*Science POS and Health within PSHE POS*)
- *To be able to recognise their changing emotions with family and friends and be able to express their feelings and concerns positively. (Health within PSHE POS)*
- *To understand that you have some responsibility for the feelings and well being of others. (Health within PSHE POS)*
- *To have an awareness that there should be stable, caring relationships in a family to ensure children are cared for securely. (Health within PSHE POS)*
- *To consider the reasons people enter marriage, civil partnerships e.g. love, trust, commitment (Health within PSHE POS)*

# Language to be used during RSE

Apprehension	Damage	Grown up	Penis	Shave
Bacteria	Deodorant	Hips	Period	Sperm duct
Body Odour	Development	Hygiene	Positive	Stereotypes
Boyfriend	Eating	Homosexual	Precaution	Tampon
Breast	Ejaculate	Independence	Pregnancy	Teenager
Broaden	Emotion	Infection	Puberty	Testicles
Cervix	Erection	Labia	Pubic hair	Toiletries
Change		Love	Relationships	Urethra
Clitoris	Fallopian tube	Masturbation	Repair	Uterus
Clothing	Family	Menstruation	Responsibility	Vagina
Conception	Germs	Moods	Sanitary towel	Vesicle
Concern	Girlfriend	Negative	Scrotum	Voice breaking
Consideration	Grow	Ovary / Ovum		Vulva

# RELATIONSHIP AND SEX EDUCATION

## GROUND RULES

DO remember that anything discussed within this classroom must remain confidential.

DO listen carefully to all that is discussed.

DO ask questions if you do not understand.

DO remain focused on the subject being discussed.

DO behave in a mature fashion and ask sensible questions.

DO NOT make fun of or laugh at comments or questions your classmates pose - there is a strong possibility that you may have the same questions but not be brave enough to ask!

Try not to be embarrassed about this subject - obviously some of the words and activities we are going to use will be rather sensitive but are necessary to develop your understanding.

REMEMBER - these sessions are designed to develop your understanding, so that you are able to make sensible decisions in future life, so do participate as fully as you can.



# What helps children?

## Key messages to parents from children.

- Take responsibility for talking to us. Don't just wait for us to ask.
- If we ask you things, always tell the truth. Don't put it off or say 'I'll tell you when you're older.'
- Don't be angry and try not to be embarrassed.
- If we ask what a word means, ask us what we think the word means first.
- If you don't know something, be honest and say that you don't know.
- Give us books or leaflets but talk to us too.
- Don't expect school to tell us everything – we want to hear from our parents too.
- Don't laugh at us or spread gossip about what we have been talking about.
- Don't save it all up for a one-off 'birds and bees' lecture. We'd rather you talked naturally, little and often.



# Book resources and ideas

- Mummy Never Told Me - Babette Cole
- Zagazoo - Quentin Blake
- Tadpole's Promise - Jeanne Willis & Tony Ross
- What's Happening to Me? (girls) - Susan Meredith
- What's Happening to Me? (boys) - Alex Frith
- Hair in Funny Places - Babette Cole
- Changes - Anthony Browne
- Home Now - Lesley Beake
- Mummy Laid an Egg - Babette Cole
- Where Willy Went - Nicholas Allan
- Let's Talk About Where Babies Come From - Robie H. Harris
- What's Inside your Tummy, Mummy? - Abby Cocovini
- What Makes a Baby? - Cory Silverberg
- Let's Talk about Sex - Robie H Harris
- The Worst Princess- Anna Kemp
- The Boy who Grew Flowers - Jen Wojtowicz



# For more information

If you'd like more information about PSHE or RSE please contact us via the school office.

If you would like to withdraw your child from the sex education elements of RSE, please put this in writing to Mr Allen.

To read the government guidance for Primary parents on RSE follow this link:  
[assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)

PSHE Association:

[PSHE Association and ASE: Teaching about puberty in KS2 \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)