

RELATIONSHIPS, HEALTH AND SEX EDUCATION (RHSE) IN YEAR 6

We want all children at Berry Hill to grow up healthy, happy, safe, and able to manage the challenges and opportunities that they will face when growing up. All primary age children across England will be taught Relationships, Health and Sex Education (RHSE).

During the Relationships, Sex and Health Education lessons the focus will be relationships. This will include relationships within families, friendships and how these relationships can develop into more intimate relationships as they grow older.

The lessons are designed to equip your child with knowledge at an age-appropriate level that will help them to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. All of the lessons will be delivered by your child's class teacher. This will help support the children as they will feel more comfortable to ask any questions that they may have in a safe environment. The lessons will include discussions and opportunities to add questions into the worry box.

Sex education is part of the secondary curriculum but the advice from the government is to start teaching children in Year 6 at an age appropriate level. By teaching sex education in Year 6, we will be supporting your child to make informed decisions on how to keep safe.

On the next pages, you will find a more detailed breakdown of what will be covered. Please do not hesitate to contact us if you have any questions.

WHAT WILL MY CHILD LEARN?

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect.

Throughout the lessons, we will cover peer pressure and consent. This is important for the children to understand so they know how they can avoid any situations where they may feel pressured as they mature.

We will cover how your child can keep safe online in more detail. This will include sharing information and pictures of themselves. We will look at different relationships and sexualities including LGBTQ+.

- Physical health, fitness and mental wellbeing
- Facts and risks associated with drugs, alcohol and tobacco
- Puberty – changes to adolescent body and dealing with emotions
- Relationships: friendships, families, relationships including LGBTQ+.
- Key characteristics that make a good, healthy relationship.
- Peer pressure, sexual consent and appropriate physical contact.
- Conception to birth (Science National Curriculum)
- Internet safety and harms
- Human reproduction – sperm and egg (science)
- How pregnancies can be avoided
- Personal hygiene

We will briefly discuss how a man and woman have sexual intercourse and how this can lead to pregnancy. We will explain that a man has an erection and ejaculates inside a woman's vagina. **This section of the lesson you can choose to withdraw your child from if you wish.** We will then link back to science of conception, which is compulsory.

As a parent, you have the right to withdraw from sex education that is additional to the science curriculum. If you would like to ask any questions or discuss withdrawing your child from this section of the lessons, please contact Mr Trenowden, Mr Abbas or Mrs Stirling-Wood. We are more than happy to discuss any areas of concern with you.