



May 2021

Dear Parents/Carers,

## Year 6 Relationship and Sex Education (RSE) Programme

This half term, we will be incorporating our RSE programme into the existing Personal Social and Health Education provision (PSHE). This programme will be taught in an age-appropriate and structured way over the next half-term. The topics will be taught by your child's class teacher and will focus on the following objectives:

- **Lesson 1: Emotional and physical changes during puberty** *We will discuss the changes people's bodies go through during puberty and how we can look after our changing bodies.*
- **Lesson 2: Changing emotions** *We will discuss how thoughts and feelings may change during puberty and suggest how to deal with those feelings.*
- **Lesson 3: Body image** *We will discuss body image, stereotypes, self-esteem and how messages in the media can have a positive or negative effect on body image.*
- **Lesson 4: Loving relationships** *We will be discussing different relationships and how loving relationships are built on respect and trust.*
- **Lesson 5: What is a sexual relationship?** *We will be discussing what a sexual relationship is, who can have a sexual relationship, what happens during sexual intercourse. We will also be discussing that they have the right to be safe and to protect their body from inappropriate and unwanted contact.*
- **Lesson 6: Conception to birth** *We will be discussing process of human reproduction from conception to birth. We will look at how a baby develop inside the womb.*

The teaching of Relationships Education and Health Education (which includes learning about the changing adolescent body and puberty) is a legal requirement for all schools and parents will not be able to withdraw their child from any aspect of Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Sex Education is not statutory in primary schools but schools are expected to provide a programme of age appropriate sex education. Parents have the right to request to withdraw their child from any aspects of Sex Education other than those which are part of the science curriculum (life processes common to humans and other animals include nutrition, growth and reproduction and about the main stages of the human life cycle).

If you have any questions about the content of these sessions, please speak to your child's class teacher, who will be happy to share the resources being used with you.

Yours sincerely

### Year 6 Team

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