

Information for Y6 parents on Sex and Relationships Education [SRE]

This sheet is designed to give parents a brief understanding of what we will discuss in the context of our SRE sessions in Year 6 and how these will be organised.

Purpose:

Children at the end of their primary school life are about to experience puberty, indeed some may already be at that point in their development. They need to understand the physical and emotional changes that are taking place in their own bodies and to those around them and to recognise that these are a natural and normal part of growing up. They should have the opportunity to develop understanding based on factual information within a safe environment.

Organisation / delivery:

- The sessions will be delivered by our Y6 teachers in an open but sensitive way
- The children are not split into same sex groups as it is important they understand the physical and emotional changes that are happening to each other.
- Ground rules are established at the start of sessions in terms of questions and discussion

Content and materials:

- We use resource materials designed for the primary age range - currently the BBC 'Active Focus': Growing Up - Sex Education resource DVD. [Contents are listed below]
- Scientific vocabulary is used for the parts of the reproductive system, some slang is used so that the correct terminology can be reinforced
- Animated images of sexual organs are used, together with footage of a live birth
- Erections, Wet dreams and ejaculation are discussed [animated images are used]
- We also send home a leaflet from the family planning association [FPA]: 'Growing Up - What's it all about?' [You can download this on the FPA website resources page www.fpa.org.uk]

Parents' right to withdraw children:

You have the right to withdraw your child from the *non-statutory* parts of Sex Education [those elements that are not part of the science curriculum], however we would strongly advise that you do not exercise this right without first discussing with the class teacher. Children are not protected from sexual activity by ignorance, but they may be by having knowledge and it is better for them to gain this knowledge from teachers they are familiar with than from playground 'experts' at high school, or via the Internet. We will, of course, respect your right to decide.

Child protection:

Teachers will follow school child protection procedures in the event of children disclosing any information that may suggest they are at risk of sexual abuse.

Please speak to your child's class teacher if you would like any further clarification.

Programme 1: What's happening to me?

Themes	Learning objectives	Teaching/learning activities
Looking after myself and keeping healthy	To explore the things that pupils do now to look after themselves and keep healthy	Activity sheet 1: Looking after myself
	To examine how much control pupils think they have over this, and how this might change in the future	
	To identify the things that the body does to protect and look after itself	Activity sheet 2: Who's in control?
	To examine whether we have any control over these things, and if there are things that we can do to help our bodies	
Understanding physical changes in both sexes at puberty	To identify the changes that take place in boys' and girls' bodies during puberty	Activity sheet 3: Physical changes at puberty
	To conceptualise the idea of how hormones work in the body and identify the different changes that certain hormones bring about in boys' and girls' bodies at puberty	Activity sheet 4: Why do these changes happen?
	To identify the male and female genitals, understand their location and function and learn appropriate vocabulary to describe them	Activity sheet 5: Outside, inside
Coping with physical changes during puberty	To explore the age-range over which a series of changes in girls and boys begins and ends, and to help reassure pupils that this wide range is normal	Activity sheet 6: So what's normal?
	To allow pupils to examine how they keep themselves clean and free from germs	Activity sheet 7: Keeping clean
	To identify and give reasons for the special care that needs to be given to keeping clean and looking after yourself during puberty	Activity sheet 8: Clean regime
Reasons for physical changes during puberty	To make clear the link between changes at puberty, sexual intercourse and the start of a baby	Activity sheet 9a: The hormone story: girls Activity sheet 9b: The hormone story: boys
	To understand that, in many cultures, people use contraception to control when they have children and how many they have	
	To understand that the pill and the condom are widely used contraceptives, and that the condom also protects people from sexually transmitted diseases, including HIV	
	To examine the changes in peoples' lives and the things they have to learn when they are expecting a baby and after the baby arrives	Activity sheet 10: Changing bodies, changing lives

Programme 2: How am I behaving?

Themes	Learning objectives	Teaching/learning activities
Understanding feelings and moods during puberty	To explore a range of emotions and ways of coping with them	Activity sheet 1: Finding words for feelings
	To examine what emotions feel like inside your head and how they affect your body	
	To explore the nature of a strong emotion, describing what you feel and experience, and why	Activity sheet 2: Chemical messengers
Learning to cope with changes in relationships as a result of puberty	To examine parents' and teenagers' perceptions of situations that cause conflict	Activity sheet 3: Home and away
	To explore gender stereotypes and how they might affect relationships	
	To analyse past changes in pupils' lives and how they coped with them	Activity sheet 4: Looking forward, looking back
	To explore ideas about growing and developing, and reducing risks while this is happening	Activity sheet 5: Milestones
Communicating with others during puberty	To explore feelings in others, and how they might influence a situation and its outcome	Activity sheet 6: Strangers to the truth
	To explore honesty in relationships	Activity sheet 7: The hamster dilemma – the teacher cuts this sheet into three strips and gives the pupils each strip in turn
	To discuss ways of avoiding tense situations with others, looking at the perspectives of all those involved	Activity sheet 8a: So I'm changing! Activity sheet 8b: Adjustments all round Activity sheet 9: e-mail, he-mail, she-mail

Programme 3: How are other people behaving?

Themes	Learning objectives	Teaching/learning activities
Looking after myself in relationships	To examine the nature of friendship and how it can change at puberty	Activity sheet 1: Friends
	To allow pupils to identify people who might be able to help them if they have a problem during puberty	Activity sheet 2: Who can help?
	To explore the legal aspect of age in relation to different aspects of life, including sexuality	Activity sheet 3: Legal eagles
Communication in relationships	To analyse situations that can cause tension between young people, their friends and parents and carers, and to discuss ways of coping with this	Activity sheet 4: Balancing acts
	To examine different ways in which young people going through puberty might behave towards each other	Activity sheet 5: Boyfriends and girlfriends
	To help young people understand the importance of making decisions for themselves and not succumbing to pressure from others	Activity sheet 6: Feeling good about your choices
Beyond gender stereotypes	To analyse images of gender through a variety of media, including advertising targeted at the teenage market	Activity sheet 7: Stars in their eyes
	To explore girls' perceptions of boys and boys' perceptions of girls in a variety of situations	Activity sheet 8: How we see ourselves and others