



Green Ridge Primary Academy RSE Year Six Parent Information Session

Curriculum

Majority of the mandatory sex education teaching falls within the Science Curriculum:

- **In Year 2**, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.
- **In Year 5**, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the changes that happen in humans from birth to old age. This includes learning what happens in puberty.

Primary *Relationships* Education



“The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendship, family relationships, and relationships with other peers and adults.”

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

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



Primary *Health* education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

“The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health.”

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

What about sex education?

“The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools from September 2019. Sex education is not compulsory in primary schools and content set out in this guidance therefore focuses on Relationships Educations.”

However...



“The Department continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born...Teaching methods need to take account of the developmental differences of children.”

What is the School's response?

- The Christopher Winter Project has devised a programme of study that includes age-appropriate content from Reception up to Year Six.
- This approach means that children have a gradual introduction to topics across different year groups.
- Each year group would have 3 RSE sessions
- There are two specific content areas parents can withdraw their children from and this will be discussed in a meeting with DHT (Y6 L3, specific puberty topics).

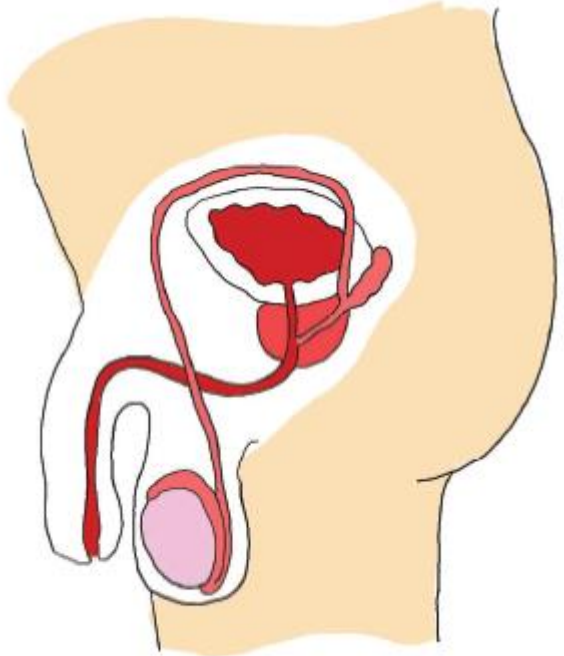
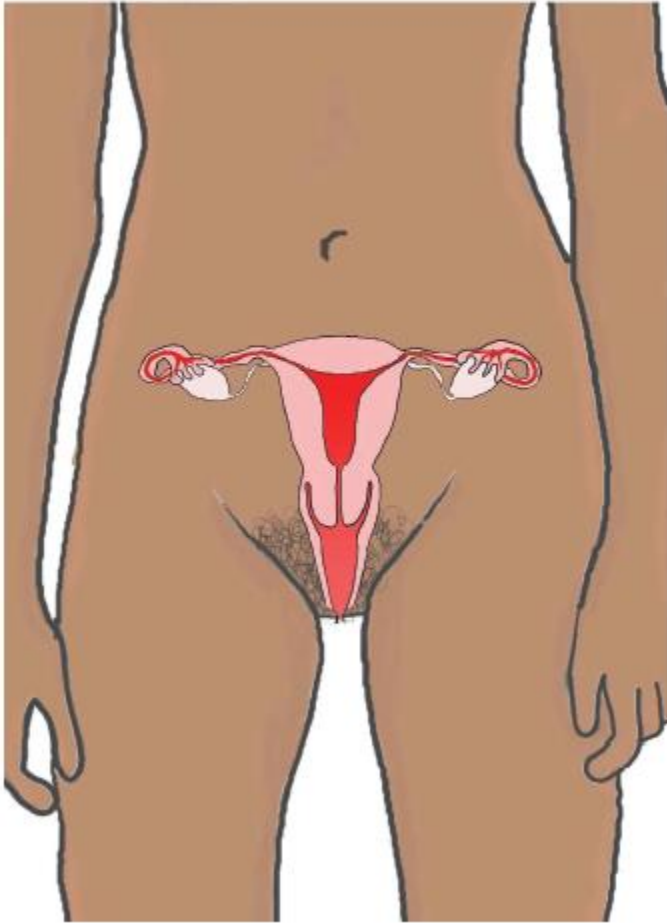
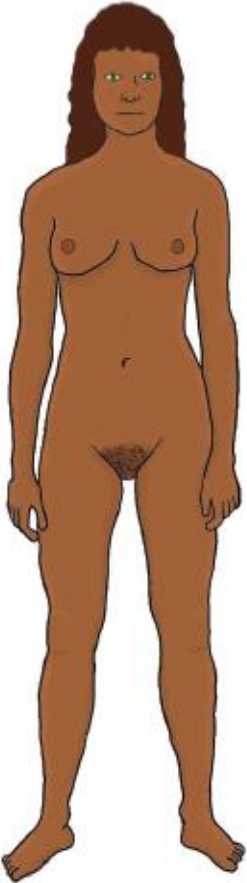


Year Five RSE curriculum – lesson one

Learning Intention: To explore the emotional and physical changes occurring in puberty.

- Children explore when puberty may happen.
- Children learn about some of the different physical and emotional changes that occur during puberty.
- Children are shown cartoon representations of male and female reproductive organs.

Example resources for lesson one

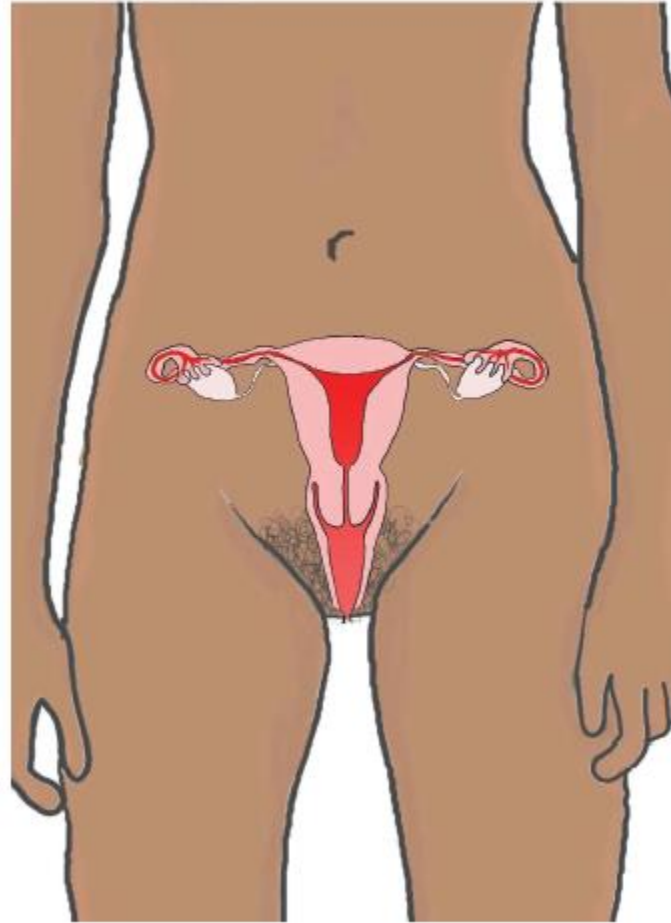
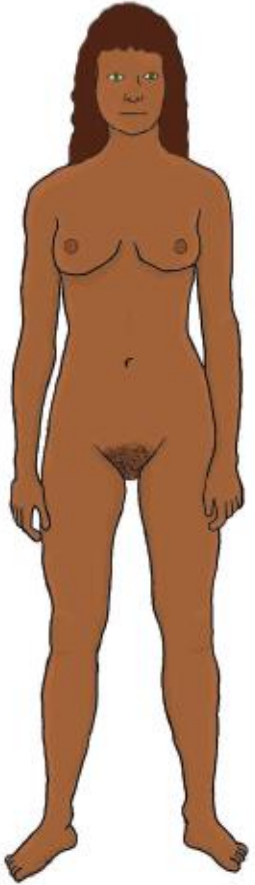


Year Five RSE curriculum – lesson two

Learning Intention: To understand male and female puberty changes in more detail.

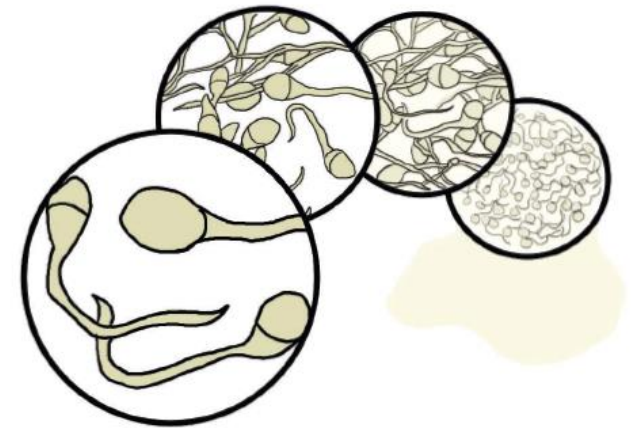
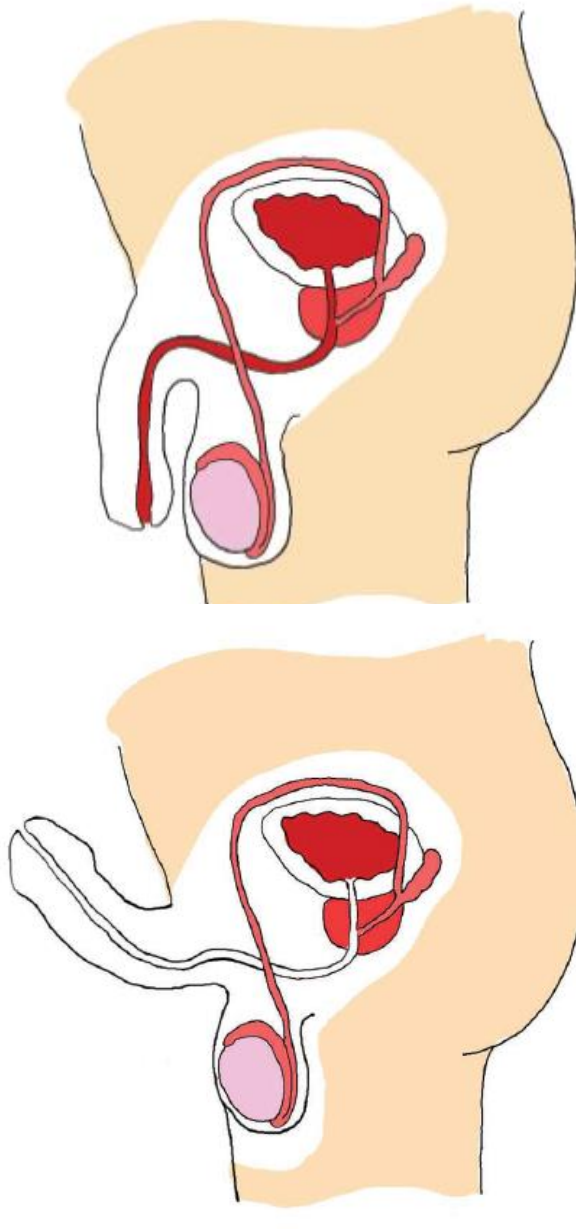
- The children will learn about the menstruation cycle and how it can have an impact on women's feelings.
- The children will learn about the changes to male bodies during puberty and how these changes might impact on men's feelings.
- Wet dreams are discussed in this lesson and parents/carers and choose to withdraw their child from this content specifically.

Example resources for lesson two





the Organs



Puberty Card Game

1. A girl gets her first period when she starts secondary school	2. A period normally lasts 2-7 days
3. All boys have wet dreams	4. Girls can go swimming when they have their periods
5. Most boys' voices break during puberty	6. The blood from a period and the semen from a wet dream are dirty
7. A boy starts to produce sperm at age 12	8. Girls who start their periods unexpectedly should go home from school immediately

1. A girl gets her first period when she starts secondary school

FALSE A girl may have her first period at any time between the ages of 8 and 16. It isn't necessarily a sign that something is wrong if she hasn't started by 16, but for peace of mind it might be a good idea to see the doctor if that is the case.

2. A period normally lasts 2 – 7 days

TRUE However this can vary from woman to woman. If periods last much longer or are very heavy it may be good to see a doctor, particularly if the periods cause tiredness. The patterns of periods may change over the course of a woman's life.

3. All boys have wet dreams

FALSE Some boys have a few wet dreams, some have a lot, some have none at all – this is all normal. A wet dream happens when a boy gets an erection during the night and ejaculates some semen sometimes without realising. An ejaculation is when strong muscles at the base of the erect penis contract and send the semen shooting out of the penis. On average an ejaculation produces about a teaspoonful of semen.

4. Girls can go swimming when they have their periods

TRUE Providing a girl is able to wear a tampon in the water, there is no reason not to go swimming. However some girls and women prefer not to use tampons, so this would rule out swimming for them.

5. Most boys' voices break during puberty

TRUE At puberty, the production of **testosterone** causes changes in several parts of the body, including the voice. The **larynx** and vocal chords enlarge which cause the voice to grow deeper. Generally, a boy's voice will start to change somewhere between the ages of 11 and 15 — although it can be earlier or later depending on when puberty starts.

6. The blood from a period and the semen from a wet dream are dirty

FALSE There is nothing 'dirty' about menstrual blood or semen. The flow of menstrual blood is connected to the menstrual cycle and the shedding of the lining of the womb. However it is important to remember that if we leave body fluids exposed to the open air for too long they will attract bacteria and begin to smell. Keeping clean and washing clothes/bed clothes is important. In some cultures and religions there are special rituals and traditions associated with menstruation.

7. A boy starts to produce sperm at age 12

FALSE A boy may start to produce sperm at any time between the ages of 9 and 15.

8. Girls who start their periods unexpectedly should go home from school immediately

FALSE Providing the young woman has access to sanitary wear and a fresh pair of pants if necessary, there is no reason for her to go home. Schools should have sanitary protection available for girls who start their period during the school day.

Year Five RSE curriculum – lesson three

Learning Intention: To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty.

- The children explore who they can go for help during puberty.
- The children explore how to stay clean during puberty.
- The children explore how emotions change during puberty.

Example resources for lesson three



Year Six RSE curriculum – lesson one

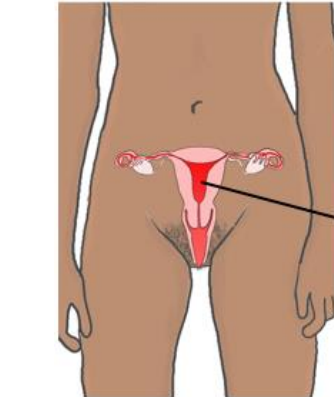
Learning Intention: To consider puberty and reproduction.

- Describe how and why the body changes during puberty in preparation for reproduction.
- Talk about puberty and reproduction with confidence.

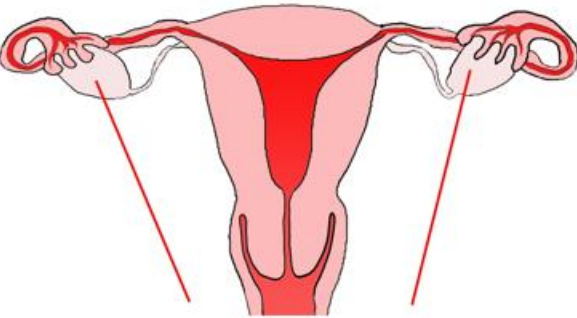
Example resources for lesson one



**PUBIC
HAIR**

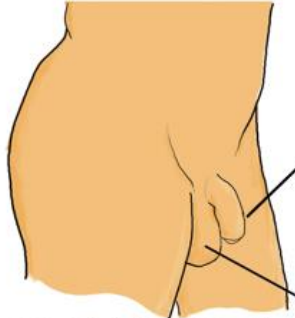
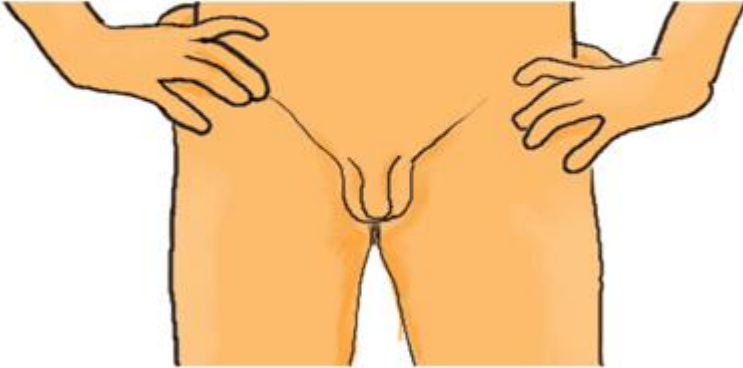


UTERUS



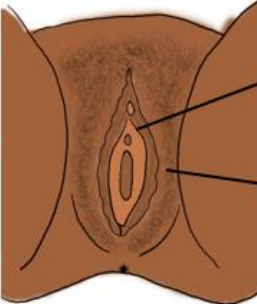
OVARIES

PENIS



PENIS

SCROTUM



CLITORIS

VULVA

1. Why do our bodies change during puberty?

2. What is an egg?

3. What is menstruation?

4. What happens during a girl's monthly period?

5. What is sperm?

6. Where are sperm made?

7. How are babies made?

8. How does sperm get out of a man's body?

9. What is a wet dream?

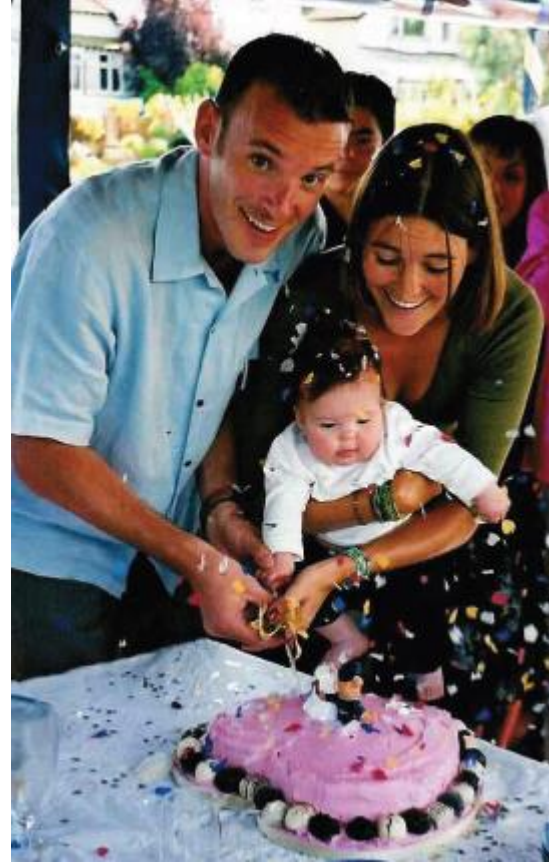
10. How many sperm does it take to make a baby?

Year Six RSE curriculum – lesson two

Learning Intention: To consider physical and emotional behaviour in relationships.

- Discuss different types of adult relationships with confidence.
- Know what form of touching is appropriate.

Example resources for lesson two

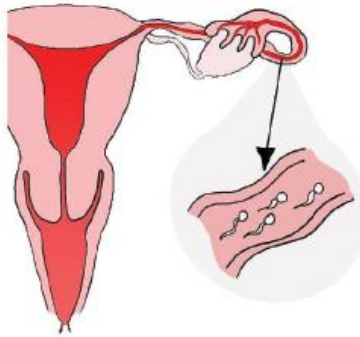


Year Six RSE curriculum – lesson three

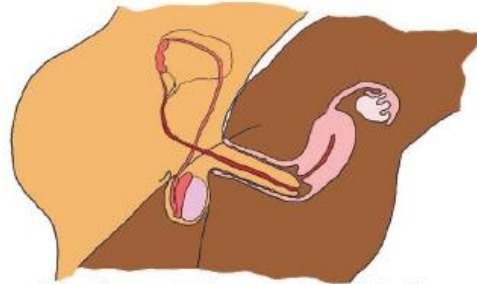
Learning Intention: To explore the process of conception and pregnancy (option to withdraw).

- Describe the decisions that have to be made before having a baby.
- Know some basic facts about pregnancy and conception.

Example resources for lesson three



The sperm swim into the woman's womb and then into the fallopian tubes.

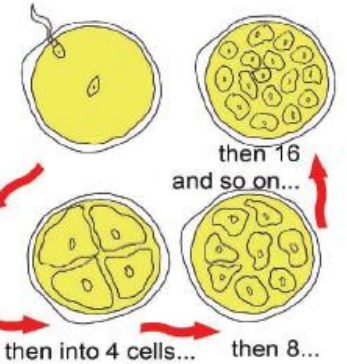


Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.

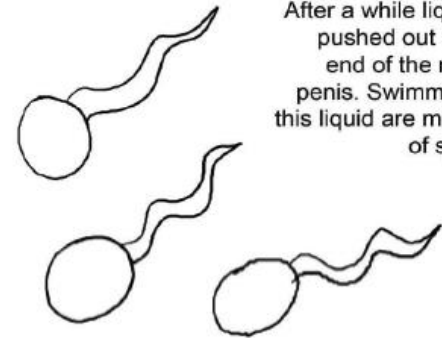


When an adult couple are in a relationship they may make love. This is when they take pleasure in touching each other in sexual ways.

The fertilised egg travels down the tube to the womb. Slowly it divides into 2 cells



then into 4 cells... then 8... then 16 and so on...



After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm



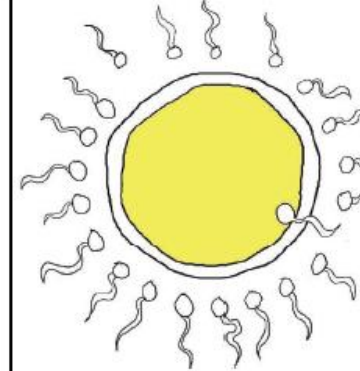
Sometimes when a man and a woman are making love the man's penis gets stiff and the woman's vagina gets slippery.



When the cells reach the womb they must attach themselves to the side so that they can continue to grow.

It usually takes nine months for these cells to become a fully grown baby that is ready to be born.

This is called pregnancy.



If there is an egg in one of the tubes it may join up with one of the sperm. The egg is now fertilised.

How does a baby start? cards



RESOURCES



RESOURCES

Year Six RSE curriculum – lesson four

Learning Intention: To explore positive and negative ways of communicating in a relationship.

- To have considered when it is appropriate to share personal/private information in a relationship.
- To know how and where to get support if an online relationship goes wrong.

Example resources for lesson four

Communication Scenario Cards

1. On Sam's twelfth birthday his mum texts him a happy birthday message with a picture of Sam in the bath aged two. His mum shouldn't have done this because he isn't wearing any clothes in the photo and now everyone will be able to see it.
2. Sophie has an online friend who lives in Germany and has sent her some pictures of her house and her pets; she asks Sophie to send her some photos of what her house looks like. It is OK for Sophie to do this because her online friend lives in a different country.
3. Maria fell out with her best friend a few weeks ago. Recently she's started getting horrible texts from an unknown number. She knows that the best thing to do is send a reply telling them to leave her alone and then block the number and tell her parents.
4. Ayman's friend has told him that this girl at school really fancies him. Ayman is too shy to speak to her. His friend says it would be safe for Ayman to send her his mobile number in a private message on Facebook.
5. Leroy's older brother lets him use his games console when he's out. He said it is safe for Leroy to use it on his own because all his 16-rated games are password protected.

Relationship Question Cards

What do we mean when we say someone is *'going out'* with someone else?

What is the difference between having a *'boyfriend'* and a *'friend who is a boy'*?

What do we mean when we say someone has a partner?

What do we mean when we say someone has an online relationship with someone else?

What do we mean when we say someone is in a long term relationship with someone else?

What is the difference between having a *'girlfriend'* and a *'friend who is a girl'*?

Questions

