GREEN RIDGE
PRIMARY ACADEMY

Year Six RSE Information

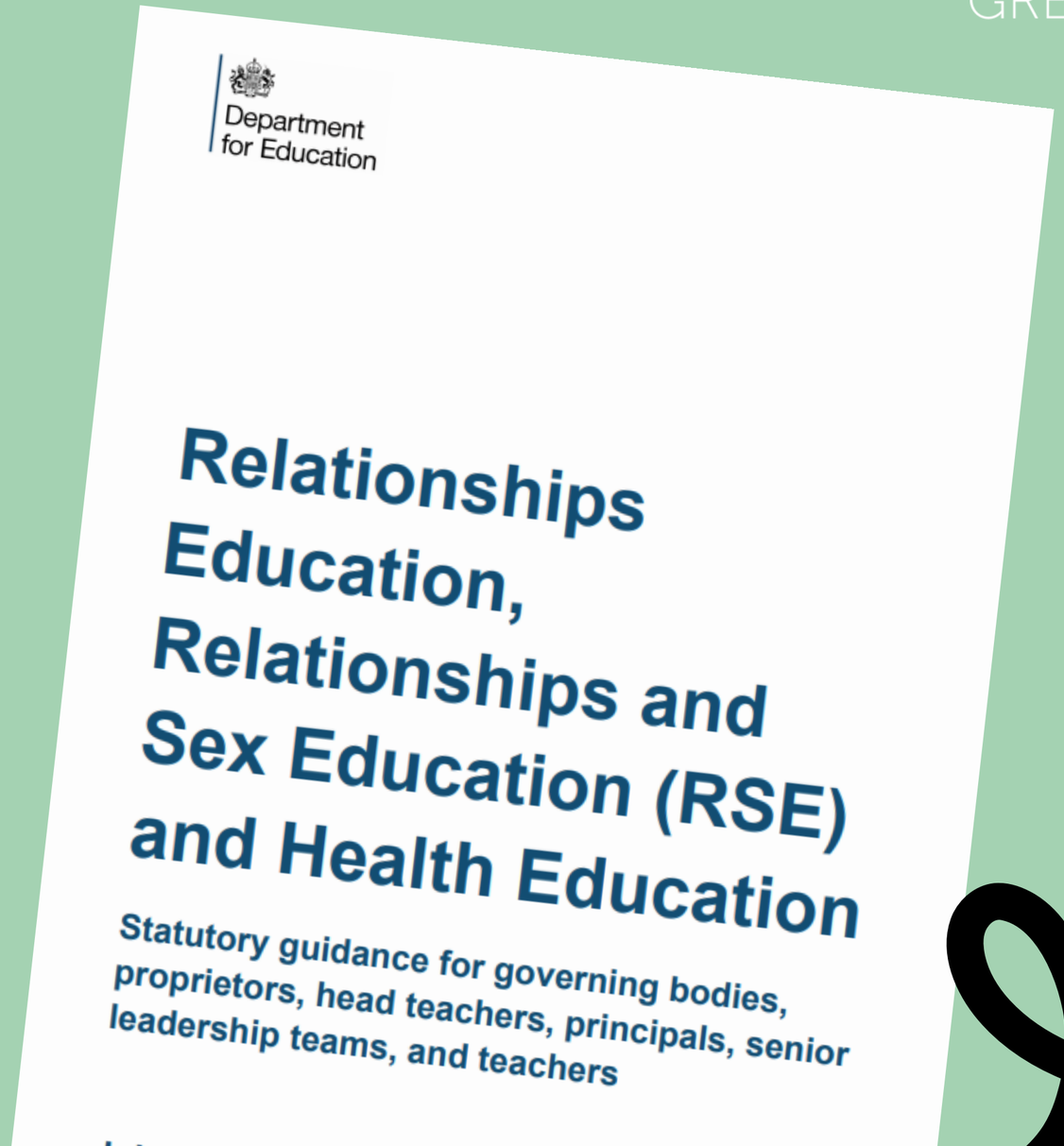
[Insert Date]

Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons.

https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education


Department for Education

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

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

Lesson One: My Self Image

GREEN RIDGE
PRIMARY ACADEMY

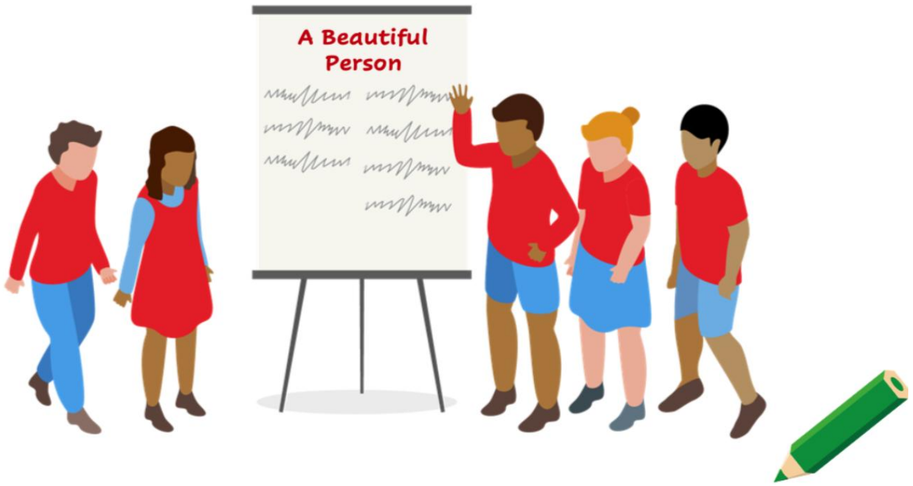
Lesson overview

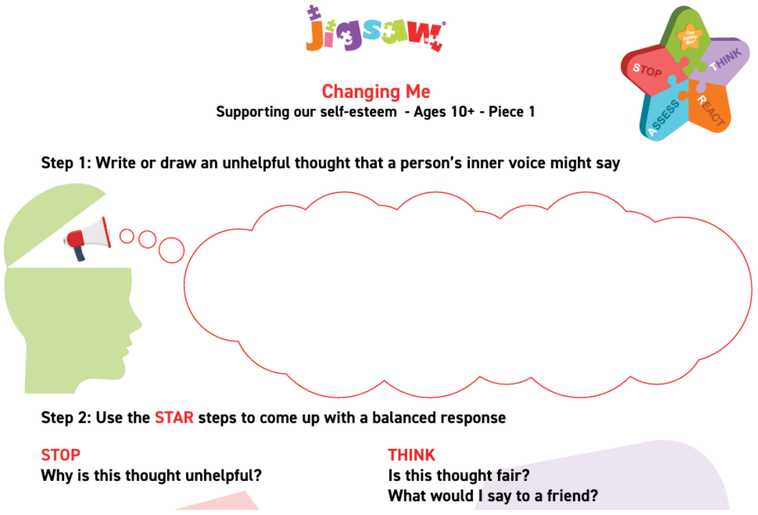
- I know how to develop my own self esteem
- I am aware of my own self image and how my body image fits in to that

Key Vocabulary

- Self-image
- Self-esteem
- Real self
- Celebrity

Examples of lesson content





Lesson Two: Puberty

GREEN RIDGE
PRIMARY ACADEMY

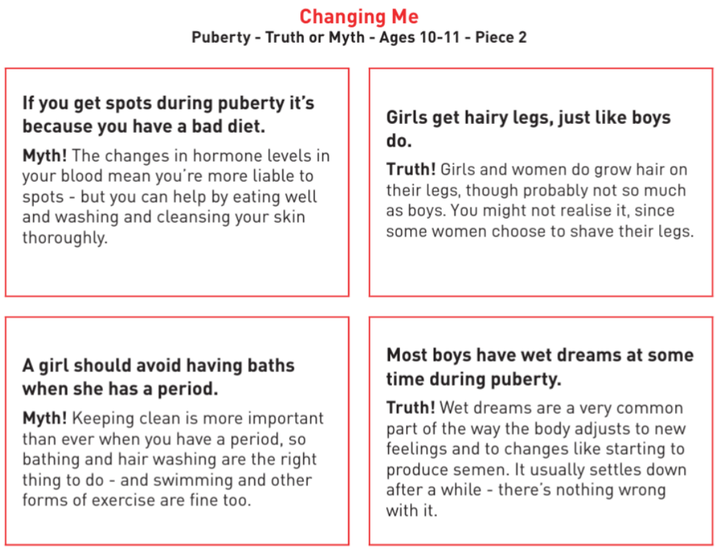
Lesson overview

- I can express how I feel when change happens
- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally
- I can express how I feel about the changes that will happen to me during puberty

Key Vocabulary

- Opportunities
- Freedoms
- Responsibilities
- Puberty vocabulary – SEE NEXT SLIDE

Examples of lesson content



Changing Me

Puberty - Truth or Myth - Ages 10-11 - Piece 2

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since some women choose to shave their legs.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

Please note: This is a puberty lesson and is therefore part of statutory Primary health and well-being content in England – specifically part of the Developing Bodies content. There is no sex education in this lesson, so parents do not have the right to withdraw their child(ren) from this lesson.

Lesson Two: Puberty Flashcards

GREEN RIDGE
PRIMARY ACADEMY

Breasts grow
Penis gets larger
Sweaty armpits
Hair grows on the body
Muscles get bigger
More body odour
Get spots and blackheads

Hips widen
Adam's apple gets bigger
Periods start (Menstruation)
Growth spurt
Voice deepens
Shoulders Widen
Hair grows on the face

Wet dreams
Feeling moody
Discharge (leaking fluids)
Hair gets greasier

Please note: This is a puberty lesson and is therefore part of statutory Primary health and well-being content in England – specifically part of the Developing Bodies content. There is no sex education in this lesson, so parents do not have the right to withdraw their child(ren) from this lesson.

Lesson Three: Conception

GREEN RIDGE
PRIMARY ACADEMY

Lesson overview

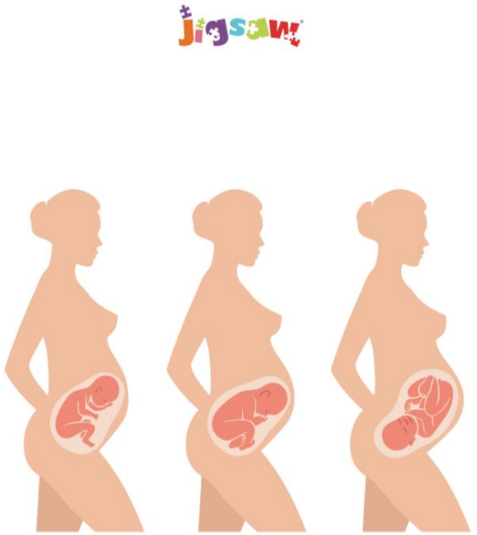
I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born
I recognise how I feel when I reflect on the development and birth of a baby

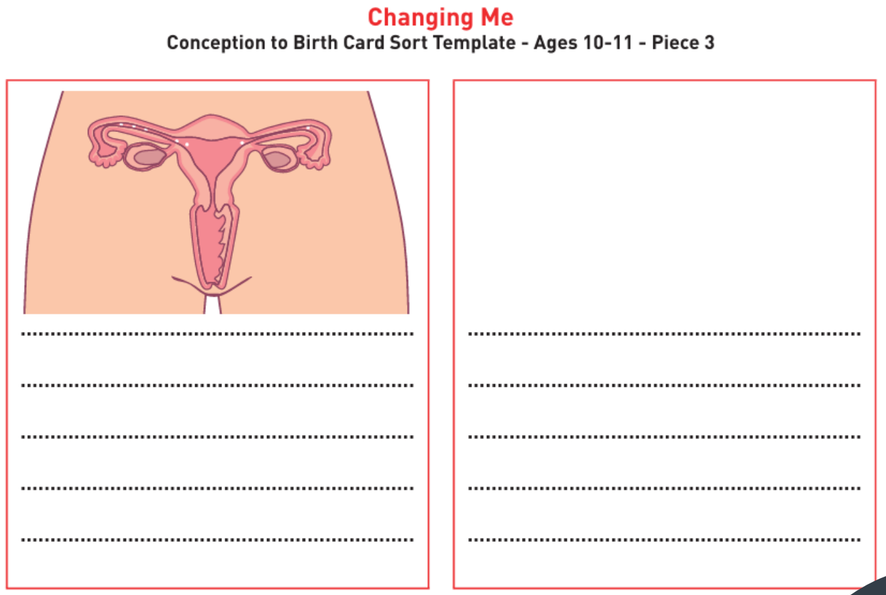
Key Vocabulary

- Pregnancy
- Embryo
- Foetus
- Placenta
- Umbilical cord
- Labour
- Contractions
- Cervix
- Midwife
- Caesarean

Examples of lesson content

https://www.youtube.com/watch?v=XEfnq4Q4bfk





Lesson Four: Boyfriends & Girlfriends

GREEN RIDGE
PRIMARY ACADEMY

Lesson overview

- I understand and respect the changes that they see in other people
- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend
- I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to

Key Vocabulary

- Attraction
- Relationship
- Pressure
- Love
- Sexting
- Consent

Examples of lesson content

Should I, Shouldn't I?

Have a boyfriend/ girlfriend at the age of 10	Text 'I love you' to your boyfriend/ girlfriend	Sulk until you get what you want from your boyfriend/ girlfriend	Make fun of somebody's looks and say they'll never get a boyfriend/ girlfriend
Chat to your parents about a boyfriend/ girlfriend worry	Criticise yourself for not having a boyfriend/ girlfriend	Send a 'sexy' photo or text to prove you love somebody	Have a boyfriend/ girlfriend at the age of 15
Tell someone that you'll only go out with them if they do something you want	Chat to a friend about a boyfriend/ girlfriend worry	Accept other people's compliments about you	Look online for advice about boyfriend/ girlfriend problems

Lesson Five: Real self and ideal self

GREEN RIDGE
PRIMARY ACADEMY

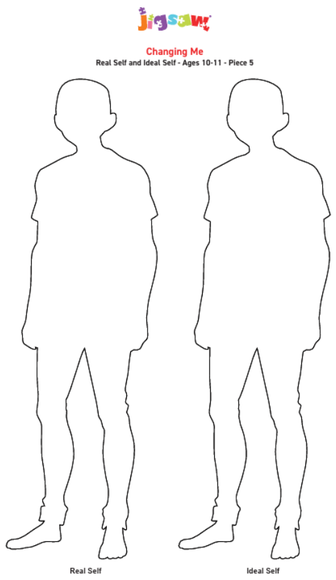
Lesson overview

- I know who to ask for help if they are worried about change
- I am aware of the importance of a positive self-esteem and what I can do to develop it
- I can express how I feel about my self-image and know how to challenge negative 'body-talk

Key Vocabulary

- Self-esteem
- Negative body-talk
- Choice
- Feelings/emotions
- Challenge
- Mental health

Examples of lesson content



Lesson Six: The Year Ahead

GREEN RIDGE
PRIMARY ACADEMY

Lesson overview

- I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.
- I know how to prepare myself emotionally for the changes next year

Key Vocabulary

- Transition
- Secondary
- Looking forward
- Journey
- Worries

Examples of lesson content