



12 June 2025

Dear Parent/Carer

Re: Year 6 Relationships and Sex Education

This half term, we will be commencing some work in Year 6 about 'Growing and Changing'.

This work forms part of an ongoing programme of Relationships and Sex Education, which we deliver throughout the school and is a compulsory part of the curriculum. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social, Health and Citizenship Education (PSHCE).

Our programme in Year 6 is carefully tailored to the age and needs of the children. These are the main questions we will discuss:

- How does my body change through puberty?
- What constitutes a loving relationship?
- How do I deal with changing emotions?
- Hygiene and body image
- Sexual relationships
- Human reproduction

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk to their parents/carers about these issues. For more information on this, you might look at these helpful websites:

Parent Channel - www.parentchannel.tv/sexandrelationships

NHS - www.nhs.uk/worhtalkingabout

NSPCC - www.nspcc.org.uk/preventing-abuse/keeping-children-safe/ particularly talking pants.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of RSE which are not included in the National Curriculum for Science. Please talk to your child's class teacher if you would like to discuss this.

The following language will be used as appropriate for the class, as well as the language taught in previous years. In our experience, the children are very matter of fact about it.



	Key areas of learning	Feelings/ relationships	Body parts and processes		Other
KS2 Year 6	Puberty Human reproduction Changes in boys and girls. Female and male sexual organs (internal and external) Contraception Assisted Conception Childbirth	Commitment stable relationships loving relationships Changing emotions.	puberty development period menstruation cervix labia fallopian tube clitoris ovary ovum vulva vagina penis uterus ovulation sperm hygiene	sperm duct seminal vesicle urethra pubic hair voice breaking arousal erection sexual intercourse sex ejaculate conception pregnancy semen wet dreams testicles	Sanitary towel Tampon body odour deodorant contraceptive pill condom

Please do not hesitate to contact us if you have any questions.

Miss S Rimmer & Mrs K-A Hyde
Year 6 Teachers

