



Thomas A Becket Junior School

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Dear Parents and Carers,

Year 6 Relationships, Health and Sex Education (RSHE)

As part of our Year 6 PSHE curriculum, children will be taking part in their Relationships, Health and Sex Education (RSHE) learning after half term.

At Thomas A Becket Junior School, RSHE sits within our wider PSHE curriculum and is taught through a carefully planned, age-appropriate programme which builds on learning from previous years. Our approach reflects the statutory Relationships and Health Education guidance and our school RSHE policy.

The Year 6 learning will take place across two lessons.

Lesson 1 – Puberty and the Human Life Cycle

Children will revisit their previous learning about puberty and explore how puberty fits within the wider human life cycle. They will learn about:

- the stages of the human life cycle
- the physical, emotional and social changes that can happen during puberty
- hormones and the role they play in these changes
- changes experienced by biological females and biological males
- menstruation, erections, ejaculation and wet dreams
- why puberty happens and how it prepares the body for adulthood.

Lesson 2 – How does a new life begin?

Children will build on their understanding of puberty and learn about human reproduction at an age-appropriate biological level. They will learn about:

- the biological female and male reproductive systems
- egg and sperm cells
- the menstrual cycle
- fertilisation
- how a fertilised egg develops during pregnancy and that a woman gives birth
- the different ways in which families can grow, including birth, adoption, fostering, surrogacy and IVF.



The lessons **do not teach children about sexual intercourse**. Our focus is on helping children understand their bodies, the changes associated with puberty and the biological processes of fertilisation, pregnancy and birth. We recognise that parents and carers may wish to have further conversations with their children at home in a way that reflects their own family values and beliefs.

Throughout the lessons, clear ground rules will be established so that children feel safe and comfortable. Children will be encouraged to use correct biological vocabulary, respect the feelings and experiences of others and ask questions in a safe and respectful environment. They will also be reminded that they do not need to share personal information during class discussions.

As in Year 5, the lessons will be taught in mixed-gender, class-based groups. We believe it is important that all children understand the changes that can happen during puberty, including changes that may not happen to their own bodies. This helps to build understanding, respect and empathy as children grow.

Relationships Education and Health Education are statutory in primary schools and relevant aspects of human development and reproduction are also taught through the National Curriculum for Science. Parents do not have the right to withdraw their child from statutory Relationships Education, Health Education or National Curriculum Science. Parents **do have the right to request that their child is withdrawn from any additional sex education taught outside the Science curriculum**.

In our Year 6 programme, **the additional sex education element is very limited**. Children are taught that an egg cell and a sperm cell are needed for human reproduction and that when a sperm cell joins with an egg cell this is called fertilisation. **We do not teach how the sperm and egg come together and we do not teach children about sexual intercourse**.

If you are considering withdrawing your child from this additional element, or if you have any questions about what will be taught, please contact us. We would be very happy to discuss the content with you before you make a decision.

Thank you for your continued support in helping us provide children with accurate, age-appropriate information as they prepare for the next stage of their lives.

Warmest wishes,

Toria Bono

PSHE Lead and Year 4 Leader

Harry Potter

PSHE Lead and Year 5 Leader