



St Mary's Church of England (Aided) Primary School

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Year 6- Relationships and Sex Education

Dear Parents and Carers

Throughout Year 6, they have covered a range of different topics in PSHE lessons. During the final term of the school year, the topic for Year 6 is "Changing Me" which covers relationships and sex education. We aim to ensure that your child is provided with the knowledge and awareness around this topic, before they leave for secondary school, as suggested in the National Curriculum.

The unit of learning for Year 6 will cover conception and birth. This will be taught in the third lesson of the topic – please see the highlighted section of the curriculum map below which includes information about the specific content and language that will be addressed. The highlighted content is not currently a statutory requirement and parents can request that their child is not present for these lessons. If children do not attend lessons, we cannot guarantee that they will not seek out the information elsewhere, for example, second hand through their friends after the lesson.

Please read through the content and language listed below and if you have any questions or comments regarding this please get in touch with either myself or Mrs Davison. You would be very welcome to come into school and view the lesson slide show presentation and resources in advance to help support your decision. Please note that children will only be withdrawn if you request it.

Kind Regards,

Caroline Hawkins

PSHE leader



Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. My Self Image <ul style="list-style-type: none"> • <i>Self-image</i> • <i>Self-esteem</i> • <i>Real self</i> • <i>Celebrity</i> 	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Puberty vocabulary as represented on the flash cards</i> 	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
Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth Assessment Opportunity <ul style="list-style-type: none"> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Foetus</i> • <i>Placenta</i> • <i>Umbilical cord</i> • <i>Labour</i> • <i>Contractions</i> • <i>Cervix</i> • <i>Midwife</i> 	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends <ul style="list-style-type: none"> • <i>Attraction</i> • <i>Relationship</i> • <i>Pressure</i> 	I understand how being physically attracted to someone changes the nature of the relationship and	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and

	<ul style="list-style-type: none"> • <i>Love</i> • <i>Sexting</i> • <i>Consent</i> 	what that might mean about having a girlfriend/ boyfriend	that I should not feel pressured into doing something I don't want to
(As above)	4a. Adolescent Friendships <ul style="list-style-type: none"> • <i>Independence</i> • <i>Identity</i> • <i>Values</i> • <i>Relationships</i> • <i>Pressure</i> • <i>Adolescent</i> 	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity	I can be assertive when appropriate
Know who to ask for help if they are worried about change	5. Real self and ideal self <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> • <i>Challenge</i> • <i>Mental health</i> 	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'
Are looking forward to change	6. The Year Ahead <ul style="list-style-type: none"> • <i>Transition</i> • <i>Secondary</i> • <i>Looking forward</i> • <i>Journey</i> • <i>Worries</i> • <i>Anxiety</i> • <i>Hopes</i> • <i>Excitement</i> 	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 know how to prepare myself emotionally for the changes next year.