



Riverside Primary School

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Dear Parents and Carers,

Year 6 Relationships and Sex Education (RSE)

During the week beginning 6th July, Year 6 pupils will be taking part in our annual Relationships and Sex Education (RSE) programme.

The aim of these sessions is to provide children with reassuring, accurate information as they transition into adulthood. These lessons will build on their previous learning about growing up and will explicitly cover human reproduction and sexual intercourse within the context of a loving, respectful relationship.

What the Lessons Will Cover

All teaching materials are recommended by the PSHE Association and have been fully reviewed and approved by our school governors and parents. The programme will cover:

- The physical and emotional changes during puberty, including key facts about the menstrual cycle, menstrual wellbeing, erections, and wet dreams.
- Strategies to manage the changes during puberty, including the importance of personal hygiene routines (such as washing regularly and using deodorant).
- How to discuss the challenges of puberty with a trusted adult and how to get further help, information, and advice.
- **How a Baby is Made:** We will explain that a baby can grow when an egg is fertilised by a sperm. We will explain that while sexual intercourse between a male and a female is the most common way to make a baby, there are other ways involving medical assistance (such as IVF, assisted conception, or surrogacy) which can be used by both different-sex and same-sex couples. We will also explain that families are made through adoption.
- **The Importance of Consent:** We will emphasise that consent—asking for and giving, or not giving, permission—is necessary in all relationships, especially intimate and romantic ones. We will teach children that if someone is pressurised or persuaded, they have not given consent. Persuading someone to do something sexual that they are not happy or comfortable with is wrong and against the law. We will explain that this applies to all aspects of relationships, including touching, holding hands, cuddling, and kissing.

- **Digital Safety:** A brief, age-appropriate discussion on the risks and consequences of sharing private images online.

How the Lessons Are Delivered

Lessons will be taught by class teachers in an objective, balanced, and sensitive manner. Boys and girls will be taught separately for these sessions, and children will have the opportunity to ask questions anonymously.

Viewing the Materials & Asking Questions

We believe in working in partnership with parents. You can review the exact videos and PowerPoint presentations we will be using via the links provided at the bottom of this page.

If you have any further queries or would like to discuss the curriculum, please feel free to email your child's class teacher.

Right to Opt Out

Parents have the right to opt their child out of the elements of sex education that do not form part of the statutory National Science Curriculum.

Important Deadline: If you wish to opt your child out of these specific lessons, you must notify the school in writing by **Thursday 2nd July**.

Thank you for your continued support in helping our pupils grow into confident, healthy young people.

Link to all the resources:

https://drive.google.com/drive/folders/1VpHvxPfX3ea2h75NTSZOd9ehurtPS_P7

Yours sincerely,

Year 5/6 Team

