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A Learning Ladder for Life

May 2024

## Relationships and Sex Education (RSE) - Year 6

Dear Parents/carers,

During Term 6, we will be teaching children about health and sex education as part of our PSHE programme of study - *Relationships and Sex Education (RSE)*. The following table shows what your child will be learning about next term as part of their PSHE lessons.

	Content Covered
Lesson 1	<b>Self Image/Real Self and ideal self:</b> I am aware of my own self-image and how my body image fits into that. I am aware of the importance of a positive self-esteem and what I can do to develop it.
Lesson 2	<b>Puberty:</b> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
Lesson 3	<b>Conception:</b> I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.
Lesson 4	<b>Babies: Conception to Birth:</b> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
Lesson 5	<b>Boyfriends and Girlfriends:</b> I am aware of the importance of a positive self-esteem and what I can do to develop it.
Lesson 6	<b>The Year Ahead:</b> 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.

	Sex Education: Right to Withdraw
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Parents have the right to withdraw their child/ren from lessons highlighted in yellow. All other lessons are compulsory. All teaching materials are appropriate to the pupil's age and emotional maturity and your child/ren's teachers will present the information in an objective, balanced and sensitive manner.

**If you decide to take your child out of the highlighted lesson/s, please arrange a time with your child's class teacher regarding opting out of RSE lesson/s.**

Yours sincerely

Miss H Ballard  
Assistant Headteacher