

Welcome to our Year 6 RHE Parent Information Meeting



Miss Turner – South Africa Class
Miss Callender – Japan Class

Key aims of the meeting



- To define the term RHE
- To provide you with an opportunity to view resources that will be used to help teach your child
- To clarify your rights as a parent
- To prepare you for some possible sensitive questions at home
- To reinforce the importance of a home-school partnership

What is Relationships and Sex Education?

Sex and Relationships Education (SRE/RSE) in primary schools is the learning about our bodies. Reproduction and puberty within the context of emotions, relationships and healthy choices. It plays a significant part in helping children understand themselves and how they relate to others and prepares them for adulthood.

SRE is a key aspect of Science and RHE (Relationship and Health Education) in primary schools, ensuring that children:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for help and support
- Are prepared for puberty

Emotional intelligence and self esteem are also important skills for young people to have to make informed, healthy choices, and it is therefore essential that teaching and learning about sex and relationships is planned and implemented within a broad framework (DFEE, 2000).

Why do we teach RSE?



- Every local education authority, headteacher and governing body has a statutory responsibility to make sure that RSE is provided.
- The biological content of RSE must be taught as part of the Science National Curriculum. These are legal requirements and emphasise best practice by recommending that RSE is planned and delivered as part of Personal, Social, Health, Economic and Citizenship Education.

Why do we teach RSE?



- Ofsted expressed concern in its 2013 PSHE report that lack of high-quality, age-appropriate RSE in over a third of schools left young people vulnerable to inappropriate sexual behaviours and exploitation. It is clear, therefore, that PSHE education plays a vital part in helping to meet schools' responsibilities to safeguard their pupils.

RHE at St Mary's

Rules for RHE Lessons

- We join in and ask questions if we want to.
- We make sure that everybody feels listened to.
- We make sure everybody feels ok - we don't put people down.
- We use the correct vocabulary when possible; if we are unsure, we ask the teacher.
- We do not name names.
- We know we can ask for further help or advice if we want to.



What will we be covering in our lessons?



Sessions include:

- Understanding the need for personal hygiene – that bacteria and viruses can affect health and that simple, safe routines can reduce their spread.
- To know some of the bodily changes that occur in a female body (including menstruation).
- To know of the bodily changes that occur in a male body.
- To know that positive relationships are based on love and friendship (including marriage).
- To understand about human reproduction.

Our eight lessons

- Lesson 1: LO: To learn about the changes that occur during **puberty**.
- Lesson 2: LO: To consider different attitudes and values around **gender stereotyping**.
- Lesson 3: LO: To understand **sexuality** and demonstrate positive attitudes.
- Lesson 4: LO: To learn what values are important in **relationships** and to appreciate the importance of **friendship** in intimate relationships.
- Lesson 5: LO: To learn about **human reproduction** in the context of the human life cycle.
- Lesson 6: LO: To learn **how a baby is made and grows** (conception and pregnancy).
- Lesson 7: LO: To learn about the **roles and responsibilities of carers and parents**.
- Lesson 8: LO: To summarise what we have learnt about **sex and relationships**, and know where to find **support and advice**.

Personal hygiene



- Importance of cleanliness and personal hygiene
- What to expect and what to do as growing up



What happens during puberty?



On average girls begin puberty at ages 10-11 and complete puberty ages 15-17.

Boys generally begin puberty at ages 11-12 and complete puberty at ages 16-17.

Physical changes -

- Growth spurt
- Breast development
- Under arm and pubic hair growth
- First period (menarche)
- Presence of vaginal discharge
- Increase in fat mass
- Sweat more (body odour)
- Oily skin/spots



Physical changes-

- Growth spurt
- Facial hair growth
- Deepening of voice
- Increase in lean muscle mass
- Underarm and pubic hair growth
- Enlargement of genitals
- First ejaculation
- Sweat more (body odour)
- Oily skin/spots

Emotional changes-

- Mood swings
- Feeling more sensitive
- Feeling self conscious about physical changes
- Feeling peer pressure
- Conflicting thoughts

All of these changes and feelings are common during puberty and are sometimes very hard to deal with.

If you are struggling, confused or just need some support and a friendly chat please talk to your loved ones. If you don't feel you can, then get in touch with one of many available helplines out there to help.

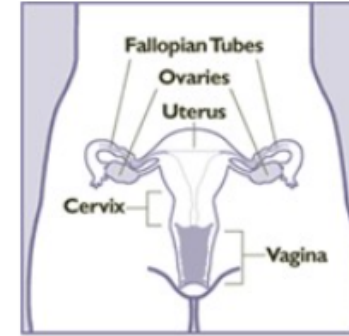
UK NHS confidential helpline- 0808 800 2222
9am - 9pm Mon-Fri
10am - 3pm Sat - Sun



- Becoming an adult
- Puberty
- Emotional and physical changes
- Making informed choices

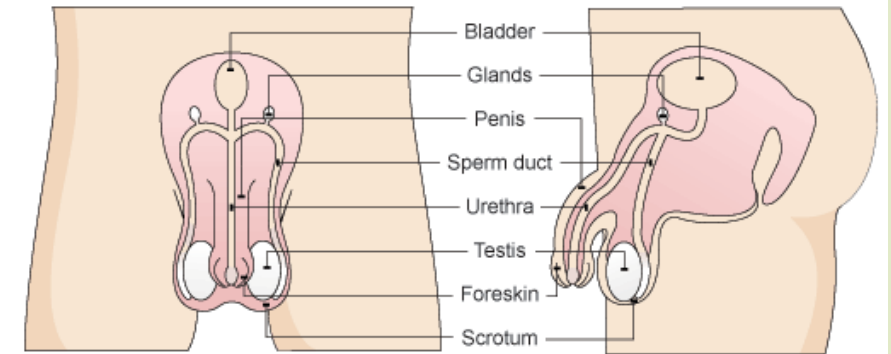
Female Reproductive system

Making choices
Puberty
Menstruation
Reproductive system



Male Reproductive system

- Physical and emotional changes
- Male reproductive system



Relationships and families

- How babies are made/conception
- Birth of a baby
- Loving relationships



Sensitive issues



- Tackling tricky questions
- Confidentiality
- Right to withdraw



Any questions?

