

Personal, Social, Health and Economic Education



Growing and Changing Year 6

What your child will be learning:

This half term's PSHE topic 'Growing and Changing' incorporates Relationships Sex and Health Education (RSHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships.

Children also learn how to keep themselves safe and to ask for help when they need it. In Year 6, it is also important to recognise that we need to prepare the children for their transition into secondary school, where they will be mixing with and hearing things spoken about by much older children/young people.

In Year 6, this topic builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at:

Body image and the media: We want the children to recognise that photos can be changed to match society's view of 'perfect'. It is also important that the children can identify qualities that people have, as well as their looks.

Puberty and what is 'normal': We aim to teach the children about physical and emotional changes during puberty and where to get support if they are feeling challenged by these changes. Lessons will extend pupils' thinking about puberty and the concept of change throughout our lives. It explores, in more detail, some of the feelings associated with change. It helps pupils to consider changes that might occur alongside puberty, including moving to secondary school and the new roles and responsibilities that might accompany this.

We also aim to teach the children about consent and understanding that nobody has the right to alter their bodies.

Sexual intercourse, conception, reproduction and birth: During these lessons, children will understand changes that happen in puberty to allow sexual reproduction to occur, as well as ways in which the sperm can fertilise the egg to create a baby, including sexual intercourse and assisted reproduction.

By Year 6, it is likely that pupils will have some idea about how babies are made through sexual intercourse. Although it is possible they may have some misconceptions, very few pupils will still believe myths or make-believe stories. Having an understanding of what is meant by sex is an important foundation for the RSHE they will receive at secondary school. This lesson emphasises that having sexual intercourse, or the decision to have a baby, is something for when they are much older. It also emphasises the importance of consent in this context. It enables pupils to reflect on values and responsibilities within healthy adult relationships.

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Managing pressure online: It is vital that the children understand the risks of sharing images online and how these are hard to control once shared. It is also important to know that risk-taking behaviour is much lower than it is believed to be.

Vocabulary your child will be learning:

media manipulation, gender stereotype, right to privacy, confidential, egg, ovaries, sperm, testicles, vagina, penis, embryo, womb, surrogacy, adoption, assisted reproduction, adoption, immune system, orgasm, sexual intercourse, consensual, condom.

Questions your child may ask after the lesson:

- When did you start your period?
- What sanitary products should I use?
- Have you ever had a wet dream?
- What deodorant should I use?
- How old do you have to be to have sex?
- Do you have to be in love to have sex?
- What's an erection?
- What's an orgasm?
- Have you had sex?
- How was I conceived?
- Did you get sick when you were pregnant?
- Can you tell me about when I was born?
- What can I do to be more independent?
- Have you ever been pressured to post a silly picture online or to someone?
- Is it normal..?



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Resources for Parents:



[KS2 PSHE and Social](#)



[Puberty](#)
[Pregnancy & Reproduction](#)



[Very Well Family](#)



[Outspoken Sex Ed](#)



[Studies For Parents: Relationships Talking With Your Child and Sex Education](#)

[How To Build Your Child's Independence](#)

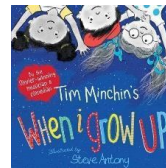
Books to support learning:



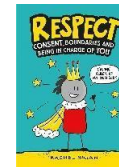
[The Puberty Book](#)



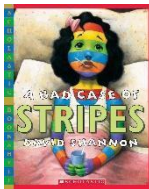
[Hair in Funny Places](#)



[When I Grow Up](#)



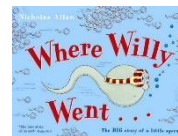
[Respect](#)



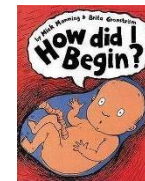
[A Bad Case of Stripes](#)



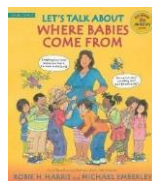
[Who Loves Me?](#)



[Where Willy Went](#)



[How did I Begin?](#)



[Where Babies Come From](#)



[Transition From Primary to Secondary School](#)