

**Relationships Education,
Relationships and Sex Education
(RSE) and Health Education at
Priors Hall – a learning community.**

Year 6 Information



How do we structure our RSE lessons?

Our RSE content is taught through our PSHE lessons. We follow the Kapow scheme of work so our lessons are sequenced and progressive between the years.

The RSE content is distributed between 3 of our PSHE units:

**Family and
relationships**

**Health and
wellbeing**

**Safety and the
changing body**



How do we structure our RSE lessons?

We also deliver a myHappymind lesson each week. This is a mental health and wellbeing programme which also covers the majority of the RSE statutory guidelines. Opportunities are therefore provided to revisit concepts to help reinforce the learning.



Which RSE statutory requirements are we meeting in Year 6?

Families and people who care about me:

- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships:

- Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.



Which RSE statutory requirements are we meeting in Year 6?

Respectful relationships:

- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- What a stereotype is, and how stereotypes can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.



Which RSE statutory requirements are we meeting in Year 6?

Online relationships:

- People sometimes behave differently online, including by pretending to be someone they are not.
- The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

Being safe:

- How to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.



How is RSE covered in our units?

Families and relationships:

- To resolve conflict, through negotiation and compromise.
- Respect.
- Understanding that everyone deserves to be respected.
- Grief.

Safety and the changing body:

- The reliability of online information.
- The changes experienced during puberty.
- How a baby is conceived and develops.



How is my child taught about puberty and human reproduction?

Children aged 10-11 will:

- Further develop their understanding of the physical and emotional changes that happen during puberty.
- Learn about the biology of conception. (Parents have the right to withdraw their child from the 'Main event' part of this lesson.)
- Learn how a baby develops in the womb and is born. (Parents have the right to withdraw their child from the lesson.)



Top Tips: How to help at home

- Model safe and healthy internet use by using digital media and the internet in the way you want your child to use it now and in the future. For example, you might keep internet-connected devices out of bedrooms, and use technology for positive purposes.
- You might find that your child is more up to date with changing privacy and safety settings than you are! Ask your child to share what they know about online safety and the risks associated with using online platforms or the internet. Work together to adjust settings on devices and apps, emphasising the importance of keeping your child safe.
- Emotional ups and downs are a part of life. One of the best ways to address the concept of mental health and wellbeing is to let your child know that sometimes you feel flat too. It's important for your child to know that you'll be there for them when they're feeling flat or having a tough time. It can help just to say, 'I can see you're having a difficult day' letting your child know you are there to support them.
- Check any age restrictions on applications and social media as many should not be used by children under 13 years old. Discuss social media with your child and the risks of inappropriate content that they might see online. Encourage children to report anything that makes them feel uncomfortable to you, or via platforms, and take time to talk through why this content is offensive or inappropriate together.



Frequently Asked Questions

Who can my child talk to if they are worried about anything they have learnt?

Every child at Priors Hall has completed a 'Supportive 5' where they have identified 5 trusted adults within the school. Children can talk to any of these adults.

Can children be withdrawn from RSE?

RSHE content is statutory and there is no right to withdraw for parents. The only aspects parents have the right to withdraw children from is sex education. There are two lessons to which this applies: both lessons are taught in year 6 and they cover the science of conception, pregnancy and birth.



Who can I talk to about RSE at Priors Hall?

Please contact the class teacher on Class Dojo or contact the Personal Development lead, Mrs Barratt, on katiebarratt@priorshallalc.com

