



Wickham Common

Primary School

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Headteacher: Miss R Williams BA (Hons), NPQH

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Year 6 Relationships and Sex Education

Dear Parents/Carers,

During this term, Year 6 will be receiving lessons related to Relationships and Sex Education as part of their topic on Life Cycles, to meet the curricular requirements of Science and PSHE (Personal, Social and Health Education). This will help the children understand and cope with changes that will take place as they move through childhood towards adulthood, and to help them make mature and responsible choices.

The purpose of Relationships and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of Relationships and Sex Education (RSE) are to:

1. Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
2. Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.



All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

The programme will cover:

- 1 Love, Marriage and Relationships
- 2 Puberty
- 3 Menstruation
- 4 Personal Hygiene
- 5 Reproduction

If you have any queries, please feel free to contact your child's teacher.

Yours sincerely,
Year 6 Class Teachers