



Thursday 11<sup>th</sup> December 2025

## RE: Year 6 RSE

Dear Parents/Carers,

In 2021, a new RSE (Relationships and Sex Education and Health Education) curriculum was introduced to replace the old SRE (Sex and Relationships Education). The focus is much more on healthy relationships, and RSE is primarily taught through PSHE lessons throughout the year, with links to the science curriculum about the human body too. After Christmas, Year 6 will be focusing on the relationships part of this curriculum. Below is an outline of the topics that will be taught throughout the half term.

Links to the videos we will be using are included in the overview if you wish to watch these. It would be helpful if you **do not** show your child the videos in advance, but you may wish to watch them together **after** our sessions to reinforce the themes and issues discussed in class.

Please note that the only lesson that you have a right to withdraw your child from is the 'Making Babies' lesson. If you do not wish your child to participate in this lesson, please inform Mrs Dunne, detailing the reasons why, by completing a secure online form, which you can find by following this link: [RSE Withdrawal – Fill in form.](#)

Week commencing	Lesson summary
5 <sup>th</sup> January	<p style="text-align: center;"><b>I look great</b></p> <ul style="list-style-type: none"> <li>• Understand that fame can be short-lived</li> <li>• Recognise that photos can be changed to match society's view of perfect</li> </ul>
12 <sup>th</sup> January	<p style="text-align: center;"><b>Media manipulation</b></p> <ul style="list-style-type: none"> <li>• Define what is meant by the term stereotype and recognise how the media can sometimes reinforce these</li> <li>• Reference to the risk AI can pose</li> <li>• Recognise that people fall into a wide range of what is seen as normal</li> <li>• Challenge stereotypical gender portrayals of people</li> </ul>
19 <sup>th</sup> January	<p style="text-align: center;"><b>Pressure online</b></p> <ul style="list-style-type: none"> <li>• Understand the risks of sharing images online and how these are hard to control once shared</li> <li>• Understand that people can feel pressured to behave in a certain way because of the influence of the peer group</li> <li>• Understand the norms of risk-taking behaviour</li> </ul>



26 <sup>th</sup> January	<p style="text-align: center;"><b>Helpful or unhelpful? Managing change</b></p> <ul style="list-style-type: none"> <li>• <i>Recognise some of the changes they have experienced and their emotional responses to those changes</i></li> <li>• <i>Suggest positive strategies for dealing with change</i></li> <li>• <i>Identify people who can support someone who is dealing with a challenging time of change</i></li> </ul>
2 <sup>nd</sup> February	<p style="text-align: center;"><b>Is this normal?</b></p> <ul style="list-style-type: none"> <li>• <i>Discuss the term 'puberty' and give examples of some of the physical and emotional changes associated with it</i></li> <li>• <i>Identify the changes that happen through puberty to allow sexual reproduction to occur</i></li> <li>• <i>Understand what FGM is and that it is an illegal practice in this country;</i></li> <li>• <i>Know where someone could get support if they were concerned about their own or another person's safety</i></li> </ul> <p>Videos: Amaze.org  <a href="#">Puberty: Am I Normal? #AskAMAZE (youtube.com)</a>  <a href="#">Pimples and Periods: A Puberty Guide</a>  <a href="#">Menstruation: What To Expect (youtube.com)</a>  <a href="#">Top Signs Boys are in Puberty (youtube.com)</a>  <a href="#">What is a Wet Dream? (Nocturnal Emission) (youtube.com)</a></p>
9 <sup>th</sup> February	<p style="text-align: center;"><b>Making babies</b></p> <ul style="list-style-type: none"> <li>• <i>Know a variety of ways in which the sperm can fertilise the egg to create a baby;</i></li> <li>• <i>Know the legal age of consent and what it means</i></li> <li>• <i>Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</i></li> </ul> <p>Videos:  Planned parenthood: <a href="#">Pregnancy Information   Everything You Need to Know</a>  Birth: <a href="#">Patient Education Animation: Labor and Vaginal Birth - YouTube:</a>  Different ways to have a baby <a href="#">How Do Queer Couples Have Babies? - YouTube</a></p>

If you have any further questions, please feel free to discuss these with myself or your child's class teacher.

Yours sincerely,

*L Paterson*

Miss L Paterson  
Year 6 Leader and Class Teacher