

RSHE PARENT SESSION

RELATIONSHIP, SEX, HEALTH EDUCATION

YEAR 6

RELATIONSHIPS, HEALTH AND SEX EDUCATION

- It helps them to understand healthy relationships and consent, recognise abuse and ask for help; and reduces gender-based violence.
- It is sequenced to prepare children and young people as they move through puberty, adolescence and into adulthood
- The opportunity to explore and ask questions in a safe, secure environment and explore factual resources in a non-threatening way
- Gives them the chance to learn about safe relationships ready for their transition to secondary school

HOW DO WE TEACH?

Your Questions



After the lesson I wanted to know...

A large, empty rounded rectangle with a thin black border, intended for students to write their questions.

- Body changes and growth covered by the science curriculum
- Relationships and puberty covered by the CWP project
- Ground rules set for discussions
- The opportunity to write down thoughts, questions after the session

WHAT IS CHRISTOPHER WINTER PROJECT (CWP)?

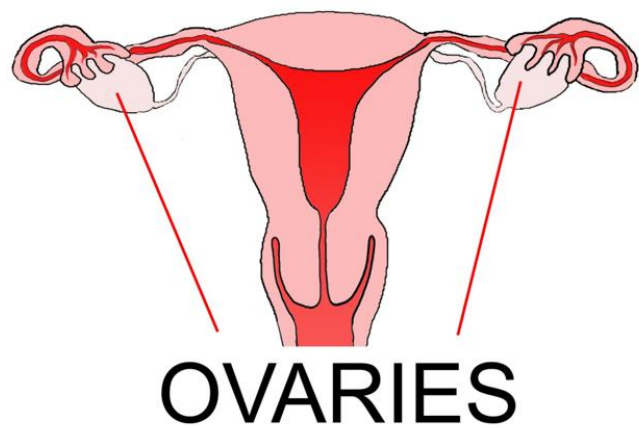
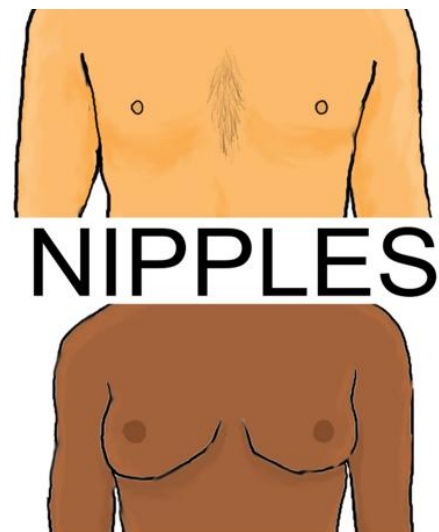
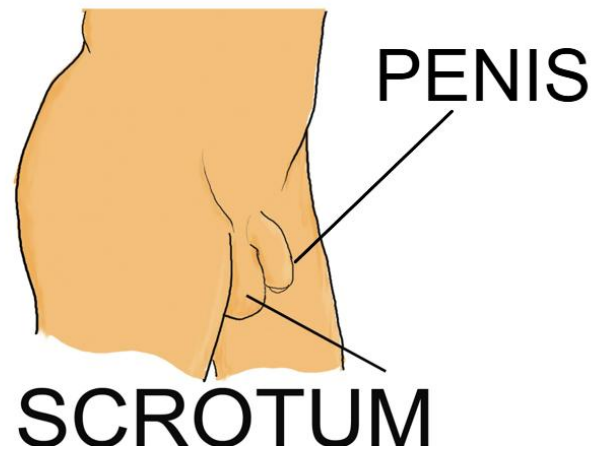
An accredited resource that uses games, pictures and discussion points to explore relationships, and sex.

All requirements fit in with the national statutory guidance for the RSHE curriculum

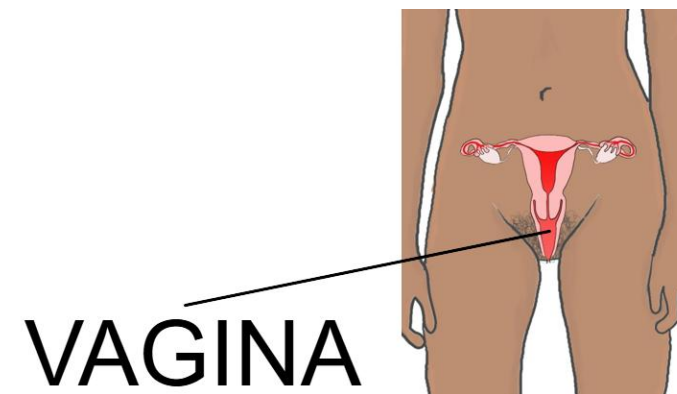
Statutory Guidance	Learning Intentions and Learning Outcomes
Health Education Mental wellbeing (6c,6d,6f,6g,6i,6j) Changing Adolescent body (8a,8b)	Learning Intention To consider puberty and reproduction Learning Outcomes Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence
Relationships Education Families and people who care for us (1a,1b,1d,1f) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important
Relationships Education Families and people who care for us (1c,1d,1e) Key Stage 2 Science - recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to parents	Learning Intention To consider different ways people might start a family Learning Outcomes Describe the decisions that have to be made before having children Know some basic facts about conception and pregnancy
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong

WORDS WE WILL USE

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety



the Part name



6. Where are sperm made?

7. How are babies made?

8. How does sperm get out of a man's body?

9. What is a wet dream?

10. How many sperm does it take to make a baby?

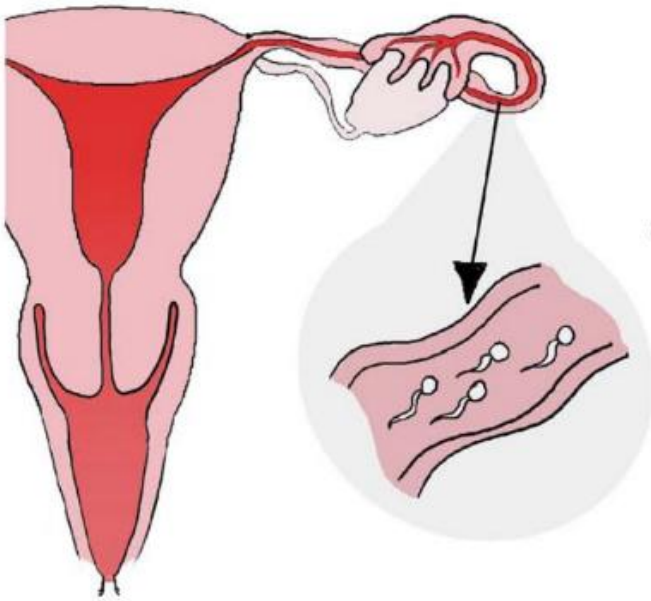
1. Why do our bodies change during puberty?

2. What is an egg?

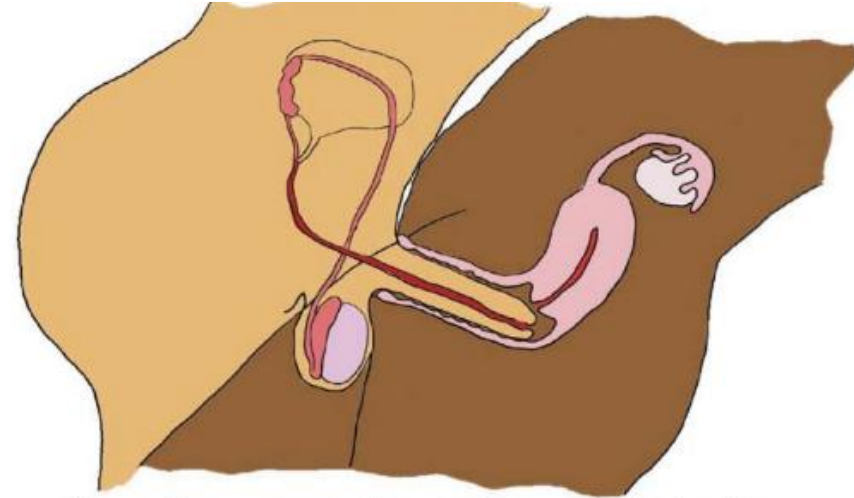
3. What is menstruation?

4. What happens during a girl's monthly period?

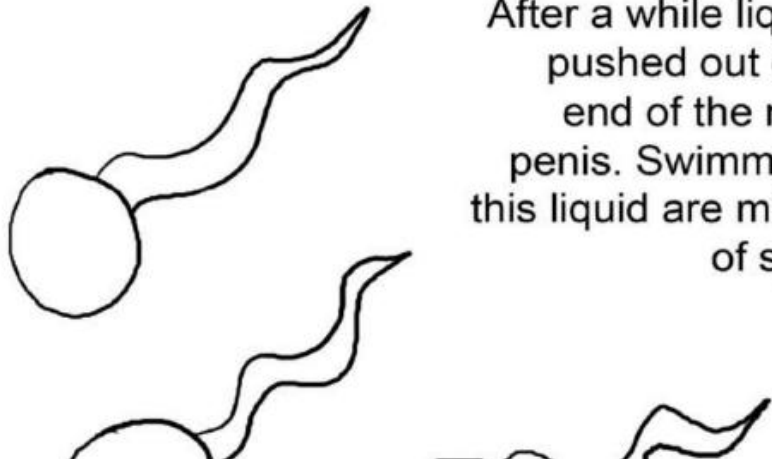
5. What is sperm?



The sperm swim into the woman's womb and then into the fallopian tubes.



Now the woman's vagina can take the man's penis inside it. This is called sexual intercourse. It should feel nice.



After a while liquid is pushed out of the end of the man's penis. Swimming in this liquid are millions of sperm



Sometimes when a man and a woman are making love the man's penis gets stiff and the woman's vagina gets slippery.

Conception and Pregnancy Quiz

	True	False	Unsure
1. A woman has to have sexual intercourse with a man in order to have a baby	☐	☐	☐
2. When a woman is pregnant her periods stop	☐	☐	☐
3. Identical twins occur when one egg is fertilised by two sperm	☐	☐	☐
4. Most babies are born after being inside their mothers for nine months	☐	☐	☐
5. The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb	☐	☐	☐
6. A girl can become pregnant just before she has her first period	☐	☐	☐
7. A woman can become pregnant the first time she has sexual intercourse	☐	☐	☐
8. A woman can buy a pregnancy testing kit from the chemists to find out if she is pregnant	☐	☐	☐
9. Pregnancy begins when a woman's egg meets a man's sperm in the woman's vagina	☐	☐	☐
10. All pregnant women feel sick in the morning	☐	☐	☐

Relationship Question Cards

What do we mean when we say someone is *'going out'* with someone else?

What is the difference between having a *'boyfriend'* and a *'friend who is a boy'*?

What do we mean when we say someone has a partner?

What do we mean when we say someone has an online relationship with someone else?

What do we mean when we say someone is in a long term relationship with someone else?

What is the difference between having a *'girlfriend'* and a *'friend who is a girl'*?

5. Leroy's older brother lets him use his games console when he's out. He said it is safe for Leroy to use it on his own because all his 16-rated games are password protected.

6. While Jade is away on summer holiday her boyfriend asks her to send him a picture of her on the beach. She is uncomfortable with doing this because once you send a picture from your phone, there is no way of getting it back or deleting it.

7. Amy has sent her best friend Denise a really funny picture of a boy at school, which he sent her as a private message. Denise tells Amy she shouldn't have shared it with her because it's wrong to share private messages or pictures, even with your best friend.

8. One of Ali's Instant Messenger buddies has asked him to meet up with him in the local park. Ali replies to say he can't go without an adult's permission. Ali should give his mum's phone number so the buddy can call her and check it's OK.

1. On Sam's twelfth birthday his mum texts him a happy birthday message with a picture of Sam in the bath aged two. His mum shouldn't have done this because he isn't wearing any clothes in the photo and now everyone will be able to see it.

2. Sophie has an online friend who lives in Germany and has sent her some pictures of her house and her pets; she asks Sophie to send her some photos of what her house looks like. It is OK for Sophie to do this because her online friend lives in a different country.

3. Maria fell out with her best friend a few weeks ago. Recently she's started getting horrible texts from an unknown number. She knows that the best thing to do is send a reply telling them to leave her alone and then block the number and tell her parents.

4. Ayman's friend has told him that this girl at school really fancies him. Ayman is too shy to speak to her. His friend says it would be safe for Ayman to send her his mobile number in a private message on Facebook.

Communication and Touch Cards

1. Kel is 14 years old and has been going out with Shay for two weeks. Kel wants to kiss Shay but is too embarrassed to ask. Kel decides to just kiss Shay anyway. Shay doesn't really want to kiss Kell but is too embarrassed to say anything.

2. Sayeed and Mark have been best mates for ages and Sayeed often gives Mark a big hug each morning when they meet at school. They have never spoken about it but it just happens. Mark doesn't really like being hugged but he goes along with it because he doesn't want to lose the friendship.

3. Jay always gets told to kiss his grandma when she comes over. He really doesn't want to but feels like he has to and feels like he can't say anything.

4. Christy and Sam have been married for three years they both often like to have a cuddle after work when they get home. They can often tell without asking the other person if they want a hug just by looking at their body language.

5. Hai really loves giving her friends a hug but always checks in with them to see if they want a hug too. If they say "no thanks", that's fine.

6. Jax and Roo are both 18 and have been dating for a year. Right from the beginning of their relationship they had conversations about what kind of touch they did or didn't like.

YEAR 6 Puberty Problem Page

A problem shared...

Dear Problem Page,

Boys in my class sometimes talk about wet dreams. When I asked what they are they all laughed at me and now they keep going on about it. How will I know when I have a wet dream and how can I stop them making fun of me?

P, 12

"They all laughed at me"

"He's asked me out and I don't know what to do"

Dear Problem Page,

My family doesn't talk about things like sex and going out with people. I've got an older sister but she is married and doesn't live with us anymore. I know about some stuff but now this boy has asked me out and I don't know what to do. What does going out mean and how do you do it?

T, 12

Dear Problem Page,

Growing Pains

I am starting puberty and I have lots of questions about growing up. I don't live with my family so I can't ask them about it and I feel embarrassed about asking my carer. Who should I speak to and what should I say?

A, 11

Dear Problem Page,

Too Close to Home

I can't talk to anyone in my family about personal things because they get too embarrassed. I had my first period last week but I didn't tell anyone. I don't know what to do when I have it again. How can I get sanitary protection and what do I do if I have to go swimming? Please help.

R, 12

Dear Problem Page,

My nan never lets me go out with my friends on Saturday. The only time she said I could go out she told my brother to come and meet me after the cinema and bring me home. It was really embarrassing and I got really mad at her. What can I do to make her see that I am growing up and need more freedom?

S, 12

"How can I tell her I need more freedom?"

Dear Problem Page,

Ballet Blues

I've been doing ballet since I was seven and I really enjoy it and have been in two shows. Before nobody said anything about it, but since I've been at my new secondary school people in my class sometimes laugh at me and make jokes about it. Why do people think boys shouldn't dance and what can I do to stop them making fun of me?

W, 13

Dear Problem Page,

People in my class often say stuff is gay when they mean that it is rubbish. It really upsets me because my aunts are gay. I can't tell anybody in my class because they might start saying things about me. Why do people say things like that and how can I make them stop?

A, 13

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- [Pregnancy and Reproduction Explained](#)
 - [CEOP Education](#)
 - [Talking to your child about online sexual harassment: A guide for parents | Children's Commissioner for England](#)
 - [How to talk to children about difficult topics | NSPCC](#)
 - [Healthy relationships | NSPCC](#)

