

RSE Parent Meeting

14/10/26

Delivery of the lessons

The lessons are delivered by skilled practitioners who receive regular training, and updates.

The lesson content is based on evidence and government guidance and is reviewed regularly.

Pupils are taught in mixed sex groups because it is important to understand the changes for all people.

- Some lessons are re caps of previous learning from Year 5
- Some lessons will be new learning in Year 6
- You have a right for your child to not attend these sessions
Please let your child's class teacher know if writing via the school office parent@burlingtonjunior.org
- This presentation will be shared on the school website

The School Health Team offer four lessons on Relationships, Sex and Health Education in Kingston primary schools.

Lessons complement the school curriculum. This document provides information about the content of lessons 3 and 4 which include:

- Recap on emotional and physical changes in puberty
- What makes people unique and challenging stereotypes
- Different types of relationships in people's lives
- Features of positive relationships
- How a baby is made and born

Emotional and Physical Changes to Body

Lessons build on prior knowledge of puberty.

This includes why people go through puberty, physical and emotional changes.

Puberty changes include periods, breast development, penis and testicle development, sweating, spots, growing taller, pubic hair.

The range of emotions that people might experience including mood swings, feeling excited about increasing independence and changing into an adult.

Normal for people to develop feelings of attraction towards others although not everyone will experience this.

Everyone experiences them in different ways and at different times.

Relationships, including sex

Lessons build on prior learning and support pupils to understand the different types of relationships people experience including family, friends, trusted adults and romantic relationships as children become adults.

Similarities and differences in different types of relationships are explored with the aim of building an understanding of core qualities important in all relationships.

An activity to develop understanding of what qualities are in healthy relationships, helps to inform the discussions and explores what qualities are needed for strong relationships. Discussions explore what might happen if some qualities are removed and rupture and repair of relationships is discussed. It is acknowledged that if a relationship doesn't feel positive anymore it might end and that is okay.

A scenario-based activity supports pupils to explore behaviours in relationships and how these might reflect a good or bad relationship. This is supported by a video clip

[Trusted adults.](#)

<https://www.youtube.com/watch?v=Pc-B6bm8Qyc>

Discussion supports understanding of the meaning of consent and the place it has in different types of relationships. This is supported by a video clip [consent for kids - YouTube.](#)

Sexual attraction is discussed and pupils are made aware that as young people grow up and become adults, feelings of attraction to others might result in thinking more about sexual activity, which is one way that adults might choose to show love and attraction to a partner; this should feel good in the right relationship and at the right time.

The age of consent and the importance of being ready for a sexual relationship is discussed.

Sexuality is defined as romantic attraction to others. Attraction can be between people of the same or opposite sex, any sex or gender or no one at all.

<https://www.youtube.com/watch?v=h3nhM9UUjc>

Who am I ?

Puberty is a time when children can think more about who they are. Children are encouraged to think about what makes each person unique: beliefs, religion, parts of their personality, how they feel about themselves.

Everyone is different and what is important is that people are respectful of others.

Stereotypes and their influence is explored.

How a baby is made and born

Conception and the development of the baby up to birth is discussed.

Conception is when the male and female sex cells come together. This usually occurs through sexual intercourse between a male and a female. The male puts his penis into the female's vagina which is something both people must have given their consent to and should feel nice. The male ejaculates sperm into the female's vagina and if this meets an egg a baby is sometimes made. Conception through IVF is also briefly covered.

A baby isn't always made when a male and female have sex. It is also noted that adults do not just have sex to conceive a baby – they might choose to have sex for pleasure in an adult relationship. Children are informed about the age of consent and why we have a law to keep children safe because it is important to be ready for sexual relationships so that it is a positive experience.

Development of the baby from conception to birth is discussed including a brief discussion of the function of the umbilical cord and placenta and the process of labour.

A basic explanation of how multiple births occur is given.

How can parents/carers support their child

- Conversations that are little and often rather than a “big talk”
- There are several good websites for further information. The School Health Team recommend the following:
- <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-body/>
- This website has ideas on activities parents can do at home and also advises on how to answer questions: www.outspokeneducation.com
- <https://www.senseandconnect.co.uk/rshe-for-parents.html>
- The ‘Every Mind Matters’ campaign has some useful information on supporting children with their emotional health
<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Any questions?

Mrs Le Voir will be available after the meeting if you want to ask anything in private.