

Dear Parents/ Carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education, particularly in the current times we find ourselves. We do this through our Personal, Social, Health, and Economic Education (PSHE) and Relationship and Sex Education (RSE) teaching which comes from the new statutory RSE guidance. We wanted to inform you of the topics and vocabulary your child will come across during this year. In Year 6 your child will look at many topics such as:

- To know how and when to seek support including adults to speak to in school if they are worried about their health
- How to report concerns of abuse and the vocabulary and confidence to do so.
- Understand that peer pressure to conform to stereotypes comes from the media and peers
- Recognise the difference between healthy and unhealthy relationships and understand their right to physical boundaries
- Deepen their understanding of good and not so good feelings, to extend vocabulary to enable them to explain the range and intensity of feelings
- Understand how to keep safe using the internet and other technology
- Understand the influence of the media when forming views on sex and relationships
- Consider why people get married or have stable relationships and why this is important on family life.
- Consider when an adult might be ready for parent hood
- Revise and develop the understanding of puberty
- Understand how babies are conceived and are born
- To understand what LGBT means and the meaning behind vocabulary used to describe a persons sexuality and feelings

PSHE and RSE will be taught throughout the year by the class teacher.

During the year children will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Your child will take part in additional PSHE assembly sessions, which will also cover a number of topics from the new guidance including:

- Emotions and how to recognise and talk about them and to judge whether what they are feeling or how they are behaving is appropriate
- Friendships including the characteristics of a healthy friendship and that all friendships have their ups and downs but this can often be worked through to repair the friendship
- The importance of respecting others even when others are very different to themselves, courtesy and manners
- Families, how each family is different and how families are important and what they provide for each other
- Mental wellbeing, how this is an important part of everyday life, looking at simple self care techniques and the benefits of a healthy lifestyle
- Looking at different types of bullying, how to help and what effects this can have on people and how to help as a bystander
- Isolation and loneliness can affect children and that it is important to talk about their all their feelings positive and negative with an adult and seek support if needed.
- How to recognise if a relationship of any type is making them feel happy or unsafe and how to seek help

You may find that your child starts asking questions about a topic at home, you might want to take the opportunity to talk to your child about these topics. You are the most important educators of your child regarding personal issues and we hope you welcome the support we as a school can offer.

We are also aware some children start their periods by year 6 or start in year 6 and many may worry about how they will deal with their period at school. We make the children aware there are sanitary products in school, if required, and that they will be offered a separate toilet to the main children's toilet. This offers a private and safe place to discretely go to the toilet and change without fear of others hearing rustling papers or noticing they are taking a bag in with them.

Most parts of RSE are compulsory - these are part of the National Curriculum for Science. Parents can withdraw their children from all other parts of Sex Education if they wish to do so. However, we believe that the presentation of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons.

Below you will find the new vocabulary covered throughout the year in Year 6 along with the vocabulary covered in the previous year.

Year 6		
Sexual feelings Sexual intercourse Consent Intimacy Contraception Condom The pill Marriage Divorce Separation Co-habit Spouse Conceive	IVF Surrogacy Abortion Agender Ally Bisexual Cisgender Crossdresser Feminine Gay Genderfluid Lesbian Masculine Non binary	Pansexual Queer Questioning Straight Trans (gender) Aids HIV Transmitted Sexting Illicit pictures

Year 5		
Physical changes Emotional changes Menstruation Wet dreams Semen Erection	Communication Personal/private information Internet safety Sexual reproduction Hormones	Sweat Masturbation Scrotum

If you have any questions or would like to know more then please do not hesitate to contact the class teacher. They will be more than happy to go over any queries you may have.

Yours Sincerely

Bridgeview Special School