



# MAYHILL JUNIOR SCHOOL

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Dear Y6 Parents,

Since September 2020, the DfE have instructed schools to teach [Relationships and Health Education](#). They have also strongly encouraged primary schools to deliver sex education to help prepare children for their transition to secondary school. At Mayhill we are using the leading children's health and wellbeing charity, Coram Life Education to support us in meeting these legal requirements.

There are many reasons why teaching Sex and Relationship Education (SRE) is vital:

- Research shows that not delivering this vital education puts our children at greater risk of poor mental health. We know this because every year, around 25% of girls start their periods before learning about them at school.
- Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.
- There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. However, all national based research suggests otherwise.

## What will they be taught?

This year, your child will be taught a group of lessons by their class teacher about physical, moral and emotional development. We discuss the importance of stable and loving relationships, healthy friendships, respect, love and care. SRE is one of three themes that make up our PSHE curriculum.

In Year 6, there are four main areas of learning:

1. Understand human reproduction and the reproductive system and how birth fits into a human life cycle.
2. Understand that sexual intercourse happens before reproduction and is needed for conception. **Non-statutory**
3. Learn more about the importance of permission seeking and giving in relationships with friends, peers and adults (consent).
4. Discuss in more detail how each person's body belongs to them and the difference between appropriate and inappropriate contact

When we teach these lessons, boys and girls remain in their home class and the lessons are taught by their class teacher.

We also have more information about the specifics of what we will be teaching in our [RSE policy](#), which can be found on the school website.

### Your role

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore the following questions after our lessons with your child at home:

- How will my body and emotions change as I approach and move through puberty?
- What happens when girls' start their periods?
- How do I feel about growing up and changing?
- Can people of the same sex love each other? Is this ok?
- What is and is not appropriate to ask for or share online?

We will be covering this across two days starting with a revision of puberty, before discussing conception and birth. **These lessons will be carried out from Tuesday 16<sup>th</sup> to Friday 19<sup>th</sup> July.**

To aid the teaching of this topic we will be using a cartoon DVD. If you wish to speak to your child's class teacher about the content of this DVD, please can you contact the office to arrange a telephone conversation with us. The link to the videos we will be using can be found here: <https://www.mayhill.hants.sch.uk/rse/> The password for the page is MayhillRSE

If you wish to get a book for your child, here are some suggested reads but do please read them first:

- *Girls Only* by V Parker
- *How your Body Works* by Judy Hindley
- *Let's Talk About Sex* by R H Harris
- *Sex is a Funny Word* by C Silverberg and F Smyth
- *The Period Book* by K Gravelle
- *The Puberty Book* by W Darvill
- *What's Happening to Me?* by P Mayle
- [National Literacy Trust list of books about love](#)

### Useful books for parents

- *Questions Children Ask and How to Answer Them* by Dr M Stoppard
- *Speakeasy: Talking with your Children about Growing Up* by fpa (Family Planning Association)

### Useful websites for children

- [Amaze.org- Puberty section](#) (Age 9+)
- [Kids' Health - Menstruation](#)
- [Male puberty - including wet dreams](#)

### Useful websites for parents

- [Outspoken - RSE worksheets](#)
- [Family Lives](#)
- [NSPCC](#)
- [Sex positive families](#)

- [Sitting in car YouTube Channel: how to talk comfortably with your kids about sex and consent](#)

These lessons are compulsory apart from the lesson covering conception. If for any reason you would like to exclude your child from **this lesson only** you must inform the school by Monday 15<sup>th</sup> July (**please send us this in writing**).

If you have any questions, please come and speak to either of us.

Yours sincerely,



Mrs McLaughlin  
Year 6 Teacher



Miss Argent  
Year 6 Teacher