

# Relationships and Sex Education at Holgate Primary School



## Overview

At Holgate Primary School we have a comprehensive, age-appropriate curriculum to deliver SRE to our Year 6 pupils. We wanted to share some resources with parents that may support you in having these conversations at home if you wanted to continue these discussions following the in school sessions.

We appreciate these can be conversations parents feel less confident having and so hope to provide some information that will support yourselves in explaining different concepts to your child.

If you wish to discuss this further, feel free to contact Mrs Woodhead or Miss Roe via the school office or on class emails ([6AW@holgateprimary.org](mailto:6AW@holgateprimary.org) or [6IR@holgateprimary.org](mailto:6IR@holgateprimary.org) ).

## Body Image

Body image is something that affects everybody.

In our sessions, we look a lot at the influence of the media and how images of different bodies are portrayed and shown within social media and the public eye. We discuss how some images are not true to life and have been edited and also about ways to combat negative feelings towards your own body image. There is also an emphasis on how this is a discussion for both males and females and negative thoughts about your body can affect both genders. The main focus for the discussions are around the idea that it is what you are like as a person, how you treat others and interact that should affect the type of adult you grow into and that the physical characteristics are not as key to this as may be perceived.

### Online resources available

BBC video:

<https://www.bbc.co.uk/teach/relationships-and-sex-education-%28RSE%29-teaching-resources/z4pp7nb>

Body Image toolkit:

<https://www.childnet.com/resources/parents-and-carers>

Dove Self-esteem project:

<https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>

### Possible activity ideas

- Be open when looking at media images with your child and ensure you discuss how reliable these are.
- Look at social media together with your child and allow them opportunities to share things that worry them.
- The above link also has some activity ideas.



Am I normal?

Why do they look different to me?

## Hygiene

Our discussions around hygiene focus primarily on general hygiene that the children will be used to from growing up – brushing teeth, hand washing, regular showering etc. We also talk about how during puberty, they will find they need to wash more regularly as they sweat more, will need to change clothes more regularly, wear deodorant and may notice their hair and skin becomes greasy easier so needs more regular washing. We explain to children this is completely normal and is part of them becoming an adult as they will get into a more adult routine for cleanliness.

### Possible activity ideas

One thing you may want to do to help your child understand this is consider their own daily routine and how this may need to change now they are nearing puberty. How often do they need to shower? What days will they wash their hair? How often do they need their clothing?

You may also want to consider what hygiene products they need (e.g. shower gel shampoo) and ensure these are available for them.

How often should I shower?

Will I get spots anywhere apart from my face?

Should I use deodorant?



## Relationships

The relationships discussions focus on a range of different relationships – family, friends, sexual relationship, marriage, long-term partners, same-sex relationships – and how each of these differ and are similar. We talk about what makes a healthy relationship where everyone involved is happy and feels safe and how sometimes relationships can be unhealthy and not supportive for us and what we can do to support ourselves with that. We do then discuss ways to support if you find yourself in an unhealthy relationship and ways to combat this situation. There is a lot of discussion about what love is and how as an emotion we express this differently in different situations. We also talk about trust and feeling secure and how important these are within a healthy relationship.

### Online resources available

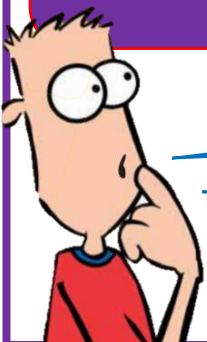
Love has no labels video:  
<https://www.youtube.com/watch?v=PnDgZuGihHs>

### Possible activity ideas

Discuss together different relationships your child has – family, friends, romantic – and how these differ. Discuss how the other people involved in these relationships make you feel.

Is it okay to have feelings towards someone?

What is an unhealthy relationship?



## Puberty

Puberty discussions follow on from the Year 5 curriculum where children learnt about how their own bodies (of just their gender) will be affected by puberty. In the Year 6 curriculum, pupils learn about both male and female body changes during puberty and discuss why these are the case and that these changes are completely normal and experienced by all teenagers.

We focus on the changes that affect both genders: growing hair in different parts of the body, sweating more, spots and growing taller. But we also discuss changes that affect males: voices becoming deeper, penis and testicles growing bigger, erections beginning to happen, growing facial hair and wet dreams. For female body changes we discuss: breasts growing larger and periods – within this we also discuss use of different sanitary products and show examples to the children.

### Online resources available

CBBC video about puberty:

<https://www.bbc.co.uk/cbbc/watch/operation-ouch-puberty>

### Possible activity ideas

- Make a list of different changes to your body during a puberty – sort these into those that affect boys; those that affect girls and those that affect both.
- Prepare your child with products they may need to help them as their body goes through puberty (sanitary products, razors, shower products, deodorant etc.) and show your child how to use these properly.
- If you have a girl, consider things you can have at home to help with possible period pains (maybe a hot-wheat bag or hot water bottle) and be open about how you overcome these yourselves.

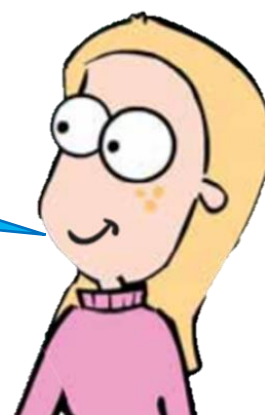
Do we all change in the same way?

Do we all go through puberty at the same time?

Can puberty affect me differently to my friends?

Is puberty the same in girls and boys?

Does puberty hurt?



## Sexual intercourse

**Please note: you need to give permission on parent mail in order to ensure your child accesses this session**

We also discuss the biology behind sexual intercourse. We explain to children the idea that when a male and a female have sex this can lead to a pregnancy and talk about the semen within the male sperm and the egg from the woman's ovaries meeting in the womb to produce a child. These discussions link closely to some of the discussions that took place around puberty and why our body goes through certain changes. We also look at the male and female reproductive organs and the role of these during sexual intercourse. We focus on the use of language and ensuring children are clear on the correct terms to use when referring to body parts and what is meant when these are referred to.

In the latter half of the session we cover the concept of consent and it being your right to say no at any point. We also look at the legal age of sexual consent within the UK. We also briefly discuss fertility treatment, surrogacy and adoption and different ways families can be started.

### Online resources available

Human reproduction video:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-sperm-egg-reproductive-organs/znv3g7h>

NSPCC PANTS rule:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

### Possible activity ideas

- Look at the NSPCC website mentioned above and complete some of the activities around the PANTS rule.
- Ensure your child understands consent and what this means.
- Ensure children are clear of their own reproductive organs and those of the opposite sex using scientific images.

## Resources available to purchase

Growing up for girls By Felicity Brooks (Usborne)

Growing up for boys By Alex Frith (Usborne)

Growing up (Usborne)

Lift-the-flap questions and answers about growing up By Katie Daynes

What's happening to me? (boys) By Alex Frith (Usborne)

What's happening to me? (girls) By Susan Meredith (Usborne)

Personal Hygiene? What's that got to do with me? (A book for SEND pupils) By Pat Crissey

The Autism-Friendly guide to periods By Robyn Steward

