



Brighstone C.E. Aided Primary School

Headteacher: Mrs R Lennon

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Thursday 21st May 2026

Dear Parent/Carer,

Re: Year 6 – Relationships and Sex Education

As part of the school's Relationships and Sex Education (RSE) programme, children in Year R to Year 6 all receive approximately four age-appropriate lessons on ourselves, families, relationships, sexual health and personal safety. These lessons take place in the second half of the summer term.

The programme of learning is based upon 'The Christopher Winter Project' that is being used by many schools across the UK, and its purpose, which is presented in a sensitive, objective and balanced manner, is to help in the development of making safe choices, building self-esteem and healthy and responsible relationships with others. This programme has now operated for a number of years and has been well received by both parents and children. This is also closely linked to 'Kapow' that we use for our Personal, Social and Health Education (PSHE) lessons. This year, we will be using the updated 'Christopher Winter Project: Teaching RSE with Confidence in Primary Schools 2026' which has been fully reviewed and updated in line with the 2025 DfE Relationships Education guidance.

The programme for Year 6 pupils is 'Puberty, Relationships and Reproduction'. A copy of the scheme of work is available on the back of this letter. If you would like to view the detailed programme of learning or have any queries that you would like to discuss individually, please contact your child's class teacher or myself who will be happy to answer any questions you may have. In addition, the school's PSHE, Relationships and Sex Education policy is on our school website.

Parents/carers have the right to request that their child be withdrawn from sex education unless it forms part of statutory Relationships Education and Health Education or the Science national curriculum. We would strongly urge parents to allow their child to participate, as it is likely that children will discuss the lessons and we feel that it is better for children to hear directly from the class teacher, rather than acquiring partial or inaccurate information from one another. Your child may also ask questions at home.

Requests for being excused should be put in writing by **Monday 8th June** using the form found in Appendix 6 of the PSHE, Relationships and Sex Education policy and addressed to the headteacher (if you would like a copy of this form sent to you, please inform the office). I will discuss the request with parents/carers before making an appropriate decision. A copy of these requests will be placed in the pupil's educational record. Alternative work will be given to pupils who are excused from elements of relationships and sex education.

Kind regards,

Mrs R. Lennon
Headteacher

YEAR 6: SCHEME OF WORK - PUBERTY, RELATIONSHIPS AND REPRODUCTION

Key Vocabulary: puberty, reproduction, sexual intercourse, uterus, pregnancy, adoption, fostering, VF, consent, communication, boundaries, respect, privacy, appropriate, inappropriate, pressure, assertive, permission, online, offline, bullying, harassment, discrimination, sexualisation, safety, report, trusted adult, empathy, responsibility

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p>Lesson 1 Puberty and reproduction</p>	<p>Learning Intention To understand how the body changes during puberty in preparation for reproduction.</p> <p>Learning Outcomes I can describe some changes that happen during puberty. I can explain why these changes prepare the body for reproduction. I can use the correct scientific words for body parts and processes. I can talk about puberty and reproduction with confidence.</p>	<p>Puberty Changes Teacher Guide Puberty Body Part slides Reproduction question sheet Reproduction answer cards Reproduction whiteboard summary Pupil question template</p>	<p>Health Education Developing bodies (DB 1, 2, 3) Science curriculum (S1, 2, 3, 4) <i>Contains non-statutory Sex Education. Parents have the right to withdraw</i></p>
<p>Lesson 2 Communication and consent in relationships</p>	<p>Learning Intention To understand why communication is important in relationships and why consent matters before any kind of physical touch.</p> <p>Learning Outcomes I can describe why communication is important in friendships and relationships, especially before physical touch is involved. I can explain what consent means. I can recognise when consent is given, not given, or withdrawn. I can explain how both words and body language can show consent.</p>	<p>Communication and Touch cards</p>	<p>Relationships Education Caring friendships (CF4) Respectful Kind relationships (RR 1, 2, 3, 4) Being safe (BS 3)</p>
<p>Lesson 3 Families, conception and pregnancy</p>	<p>Learning Intention To understand how families can be formed and how a baby is conceived and begins to grow.</p> <p>Learning Outcomes I can describe the decisions that have to be made before having children I can describe how a baby is conceived and begins to grow. I can use the correct scientific words when talking about conception and pregnancy. I can explain why consent is important in sexual relationships.</p>	<p>Couple pictures How does a baby start? cards How does a baby start? whiteboard summary</p>	<p>Relationships education Families and people who care for me (F 1, 2, 3, 4, 5) Science curriculum (S2, S3, S5) <i>Contains non-statutory Sex Education. Parents have the right to withdraw</i></p>
<p>Lesson 4 Communication and respect in relationships and online</p>	<p>Learning Intention To understand what is appropriate and inappropriate to share, and to know what to do if something makes us feel unsafe or uncomfortable.</p> <p>Learning Outcomes I can explain why some things are safe, positive and appropriate to share, and others are not I can recognise when online behaviour (like editing photos, sharing adult content, or using sexualised language) is harmful. I can describe how harmful content or bullying online can make someone feel. I can explain what steps I can take if I feel pressured, bullied, or shown something inappropriate</p>	<p>Communication Scenario cards Advising a friend - Teacher guide</p>	<p>Relationships education Respectful relationships (RR9, RR 11) Online safety and awareness (OS 1, 2, 3, 4, 5, 6) Being safe (BS 1, 2, 4, 5, 6, 7) Health Education General wellbeing (GW7) Wellbeing Online (WO 1, 4, 5, 7, 8, 10, 11)</p>