



### **How is SRE taught in year 5 and 6?**

Teachers at our school received training from NHS nurses as part of our 'Healthy Schools Award'.

#### **Year 5**

Time is dedicated to SRE in the summer term of year 5. The rules of the sessions are explained very clearly at the beginning so that children feel relaxed and comfortable and the sessions run smoothly. Children are encouraged to ask questions but there is also a question box present in case children don't feel comfortable asking in front of others or what to ask anonymously. Children learn the correct scientific names of body parts (internal and external) They will learn about puberty and changes which boys and girls will experience to their bodies for example menstruation, changes to voice. Boys and girls are taught together initially but separate when discussing girls and boy changes in more detail to give both the opportunity to ask questions. Both groups still look at differences which occur to each other. We watch some of the Living and Growing videos as well as completing related activities. Parents/Carers will receive a message home when the session has taken place so that you can discuss it with your child should you wish.

#### **Year 6**

In year 6, teachers will revisit all of the content that children were taught in year 5 and build upon this. The rules of the sessions are taught again to ensure that the sessions run smoothly and the question box is in the room to allow children the opportunity to ask questions that they might not want to ask in front of everyone. Children will learn about healthy relationships and how conception occurs, with an emphasis on needing to be in a secure relationship. Teachers watch further programmes from the Channel 4 Living and Growing series as well as other resources to secure their understanding e.g. true/false quiz. Parents/Carers will receive a message home when the session has taken place as well as receiving a leaflet about the topic so that you can discuss it with your child should you wish.