

Water Primary School

Happiness, Health & Opportunity

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Friday 11th September 2026

Dear Families

Year 6 - 'Growing and Changing' Relationships and Sex Education Unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

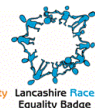
In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 6 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. From September 2026, schools will be required to teach the 2025 revised DfE guidance for Relationships and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children in supporting them with their transition to secondary school.

The updated guidance gives a stronger focus on developing skills, as well as knowledge, particularly in navigating a complex, digital world safely and healthily. It recognises that primary schools may decide to discuss online sexual content when they know that pupils have seen pornography. Teaching should be age-appropriate and respectful of all children, including those who may have no familiarity with the topics under discussion.

Current data shows that 27% of 11-year-olds have seen online sexual content (Pornography). This equates to up to 8 children in a year 6 classroom. Whilst the majority haven't seen pornography, it is often the most vulnerable that do.

The lesson delivered to our pupils (Online Sexual Content) will focus on body parts, growing and changing, rules and laws, consent, healthy relationships, reproduction, online sexual content and online safety. Your Year 6 child will explore the following themes:

- Identify the qualities of a caring, safe, happy and healthy relationship.



- Understand the internet contains a lot of content that can be inappropriate and upsetting for children, some of which is sexual in nature.
- Understand the laws around viewing online sexual content.
- Understand the potential impact, for children, who have viewed this content, and know where to go for advice and support.

This session contains non-statutory sex education, as it teaches about online sexual content that children may be exposed to. This lesson is designed to be taught after the non- statutory lesson 'Making Babies', which teaches children about human reproduction. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. If children ask questions that go beyond the planned curriculum, staff will consult the school's RSE policy and inform parents, to support discussions on an individual basis or at home if needed. Each pupil's privacy will be respected, and no one will be asked to reveal personal information; although children will be reminded that should anyone share anything personal, adults may need to share this information with other trusted adults, in order to keep them safe. Children will follow a class agreement, encouraging them to be respectful when discussing the content, and to be mindful of discussing content near younger children as they may not be ready for this.

We know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. 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 behaviours, and having the skills and confidence to talk to a trusted adult to report anything that's made them feel uncomfortable – in the real world or online.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on quality Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team consistently shows that men and women who reported that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas. Helping your children understand changes at puberty - www.coramscarf.org.uk/rse-for-Y6-and-P7



If you have any questions about the programme or would like to know which lessons you can request that your child is withdrawn from, please do not hesitate to speak to your child's class teacher or the Headteacher.

Yours faithfully

Miss Launder
PSHE Lead

Ofsted
Good
Provider

Attachment & Trauma
Aware School **ACE** Education

