

Friday 1st May 2026

Dear Parents and Carers,

Year 6 Relationships and Sex Education

During the first half of the Summer term, Year 6 children will be taking part in a PSHE unit of work called 'Living Long, Living Strong!'

As part of this unit, the children will be taught: -

- **Revision of the main emotional/physical changes which take place at puberty for boys and girls.**
 - Periods and Wet Dreams
 - How to manage these changes at puberty and support others to do the same.
 - Who to speak to if they have worries about personal, health related issues.
- **Reproduction**
 - Relationships and Sexual intercourse
 - What the age of consent is
 - Conception
 - Pregnancy
 - Birth
 - The responsibilities involved in looking after a baby

What we do not cover but you might like to discuss with your child and prepare for:

- Contraception in detail, we mention that pregnancy can be prevented but do not explain how. We do however explain that they will learn this at a later date.
- Sexual Transmitted Diseases (STDs). We do not teach children about this, however as you can appreciate it is a very important area for children to gain a knowledge of to protect their future health and wellbeing.
- Confusion about sexuality.
- Peer pressure. We do not cover the more emotional side of deciding to have sex as this should obviously not be an issue for children this age.

We will be holding a parent's meeting in school to give you the opportunity to see the resources and content of the lessons for yourself and ask any questions you may have regarding these. The date for the in-person meeting is **Wednesday 13th May 3:30pm until approximately 4:00pm. We ask that no children attend this meeting.**

If you are unable to make this meeting, the content will be available for you to view, discretely, on the school website, with the opportunity to email in any questions you may have.

Parents do have a right to withdraw their child from the conception and birth elements of this unit. We would ask that you inform Mrs Peterkin-Aldred, by writing to the office email address, solentjunior@thesolentschools.org of any decision to withdraw your child to enable us to make the appropriate arrangements.

We appreciate your support with this.

Kind regards

The Year 6 team.