
Relationships & Health Education Parent Meeting

Year 5 and 6





Relationships & Health Education

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why the teaching of **Relationships and Health Education** to primary school children is **statutory**. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.



Relationship Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them.



Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.





By the end of Year 5, pupils will have been taught content on:

- Families and people who care for me
- Caring friendships
- Healthy relationships
- Managing feelings and emotions
- Diversity and celebrating differences
- Correct body part name
- Key changes during puberty for boys and girls
- Right to privacy and unwanted touch
- Personal hygiene
- Positive body image
- Healthy diets
- Keeping safe at home and online



Lesson 1 - What are the similarities between girls and boys? (body parts)

ankle	elbow	penis	hip	ankle	elbow	vulva	waist
shoulder	forehead	thigh	testicles	shoulder	forehead		thigh

The diagram shows two human figures, a boy on the left and a girl on the right. Lines connect various body parts to empty rectangular boxes for labeling. The boy's body parts are connected to boxes on both sides. The girl's body parts are connected to boxes on both sides. The labels for the boy are: ankle, shoulder, elbow, forehead, penis, thigh, hip, testicles. The labels for the girl are: ankle, shoulder, elbow, forehead, vulva, waist, thigh.



Lesson 2 - To understand periods

(boys and girls will be separated but learn the same content)

Learning Objective:

To learn about the changes that happen to the female body during puberty.

To understand that periods are a completely normal part of growing up.

1. Describe why females have periods.

2. What are two types of sanitary protection that can be used during periods?

3. What useful tips would you give your friend to help them during theirs?

Lesson 3 - To learn about puberty and what it means for me. (boys and girls will be separated but learn the same content).

RE5.3

Put a circle around the words that relate to males

Put a rectangle around the words that relate to females

Cervix	Wet dreams	Uterus
Penis	Fallopian tube	Vulva
Sperm	Menstruation	Vagina
Testicles	Ovaries	Scrotum

Relationship Education



They start between the ages of 9-16

The blood is released from the vagina, between the legs

It is when a small amount of blood released each month

What are periods?

They are natural, healthy and a sign of growing up

The releasing of an unfertilised egg

Lesson 4 – What are the different relationships in my life?

Relationships Education

In pairs list all the different relationships you have in your life.

Look at the picture and write down what the benefits are of this relationship

What are the benefits of this type of relationship?

In small groups discuss if the following are good or bad secrets and put them in the correct box

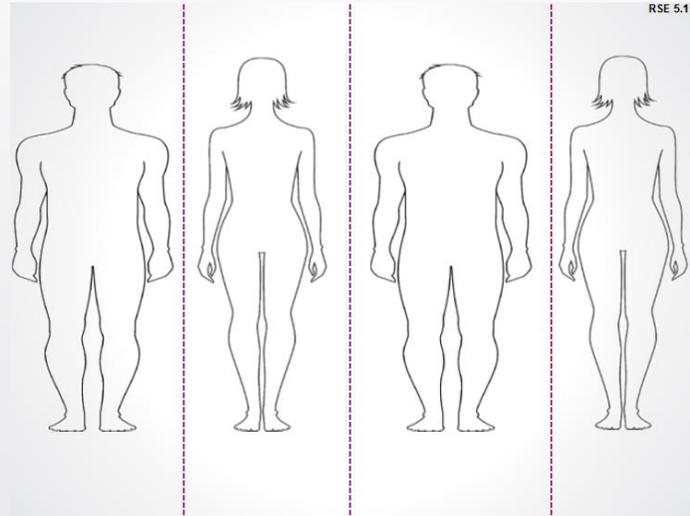
Safe Secrets **Bad Secrets**

Bank account numbers	Safety words (if someone else has to pick you up they must tell you what the safety word is)
Saying you must not tell or someone will be in trouble	Birthday presents and cards
Buying flowers or gifts and asking you to keep this secret	Taking things from you and saying you must not tell
Stealing and taking things from shops and saying you must not tell	Secrets that make you feel unhappy
Someone who looks after you kissing you and asks this to be kept a secret	Secrets that will make people happy but are only kept as secrets for a short time – because everyone will know about it soon
Planning a surprise family trip or visit	Secret that makes you feel uncomfortable

Lesson 5 – What is unwanted touch?

Draw a line to which you think would be appropriate touch for each of these relationships

- | | |
|-------------|----------------------------|
| Uncle | Tickling |
| Friend | Handshake |
| Parent | Kiss on the cheek |
| Brother | Pat on the back |
| Carer | Holding your hand |
| Dinner lady | Putting an arm around you |
| Grandparent | High five |
| Cousin | Hug |
| Team mate | Helping you up from a fall |



Acceptable / unacceptable touch

A stranger hugs you	Someone touching a private part of your body	Being tickled when you don't like it
Accidentally bumping into someone	A parent/carer stroking your head to help you sleep	A kiss to Say 'hello' or 'goodbye'
Hugging a friend when they are upset	A pat on the back	Shaking hands to greet someone



By the end of Year 6, pupils will have been taught content on:

- similarities and differences between boys and girls
- To understand periods
- To learn about puberty and what it means for me.
- What is unwanted touch?
- To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future
- To learn about how a loving relationship might result in marriage and what is meant by 'forced marriage'.

Lesson 5 - To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future



Lesson 6 - To learn about how a loving relationship might result in marriage and what is meant by 'forced marriage'.

Colour the positive characteristics of a relationship

Commitment	Affection	Friendship	Respect	Fairness
Honesty	Unkind	Shared interests	Caring	Considerate
Disloyal	Funny	Patient	Kindness	Helpful
Dependence	Compromise	Attractive	Sharing	Thoughtful
Acceptance	Loyalty	Sense of Humour	Disrespect	Communication

Relationships Education

Think about all of the relationships you have with other people. Friends, parents, relatives, siblings, teachers...



What makes them different/similar?
What are the characteristics of a positive relationship?



Explain the similarities and differences between friendships and intimate relationships

Friendship	Intimate Relationship

List the characteristics for both friendship and intimate relationship to explore any similarities and differences.

An intimate relationship is a commitment made by two people, who are not related, to love and care for each other, which can turn into a marriage or civil partnership.

Frequently asked questions:

- **When will my child be taught Relationship and Health Education?**

These lessons will take place in the final term throughout June and July.

- **Can I withdraw my child from Relationship and Health Education?**

No. This is a statutory part of the curriculum.

- **Will my child be taught Sex Education?**

No. This is non-statutory and have made the decision not to teach these lessons.

- **Where can I find more detail on the content of the lessons?**

Please attend a parent workshop or visit our website for more information

If you have any additional questions please feel free to stay and speak with a member of staff.

