



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

YEAR 6 RSHE CURRICULUM OVERVIEW

IF YOU CAN DREAM IT, YOU CAN DO IT!



Year 6 Relationship, Sex and Health Education Programme Overview

Broad Topics		Key Vocabulary	Topic overview		
Healthy and Happy Friendships	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Personal safety, risk, consequences, friends, change, relationships, emotions, feelings	Personal safety - focuses on the importance of recognising risky situations, how these could make us feel, and the skills needed to maintain personal safety.	Relationships and change - exploring healthy and happy friendships. Pupils learn how relationships and friendships will change as they grow and the importance of how to keep relationships happy and healthy.	Wider emotions - exploring healthy and happy friendships. Pupils learn how to recognise and name an increasing range of emotions and understand that everyone feels a range of emotions for a variety of reasons.
Similarities and Differences	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	Online identity, communication, risk, online bullying, diversity, inclusive, differences	Identity online - teaching pupils that sometimes people's identities online can be misleading, and that communication online should follow the same principles of respect as any other method of communication within a friendship or relationship.	Online bullying - builds on the topic of online identity and ensures pupils are aware of the risks around online bullying, how to identify if they are being bullied, and how to get help.	Identities and belonging - enables pupils to understand and respect people's differences to celebrate our diversity, and to consider how people may feel if they don't 'fit in'.
Caring and Responsibility	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	Strengths, self-care, development, saving, bank account, responsible, irresponsible, budget, interest, transition, secondary, independence, networks	Taking care of myself - exploring the ways in which we can start to take more responsibility for self-care, and who cares for us as we get older. Pupils focus on the importance of recognising our strengths and areas for development and caring for ourselves.	Looking after our money - exploring the ways in which we can start to take more responsibility for self-care, and who cares for us as we get older. Pupils focus on ways of taking on more on responsibility for our own money and finances.	Transition to secondary - exploring the ways in which we can start to take more responsibility for self-care, and who cares for us as we get older. Pupils focus on the help and care offered during the transition to secondary school.
Families and Committed Relationships	Human reproduction, including different ways to start a family. *includes age-appropriate sex education, not compulsory in primary schools.	Sexual intercourse, sex, fertilise, conception, foetus, sperm, egg, pregnant, IVF, adoption, Caesarean section, babies, commitment, responsibility, law, legal, age restriction, age of consent, safe	Starting a family - exploring aspects of sex education. Pupils are introduced to human reproduction and also explore other ways of starting a family.	The impact of having a baby - exploring aspects of sex education. Pupils focus on the significance of making the decision to start a family, and how life-changing having a baby can be.	When is it right? - exploring aspects of sex education. Pupils focus on how age restrictions for having sex (the age of consent) are there to keep children safe.
Healthy Bodies, Healthy Minds	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	Being the best me - exploring how best to take care of our bodies and minds to feel good about ourselves. Pupils focus on the importance of self-respect, and the impact it can have on our mental health and wellbeing.	Staying safe at home/Social media and our wellbeing - exploring how best to take care of our bodies and minds to feel good about ourselves. Pupils focus on ways in which the internet and social media impact on our personal feelings of wellbeing.	Taking care of our mental health - exploring how best to take care of our bodies and minds to feel good about ourselves. Pupils focus on ways to maintain good mental health and looks at aspects of mental ill health, including how and where to get help if needed.
Coping with Change	Ways to manage the increasing responsibilities and emotional effects of life changes.	body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect	Body image - exploring ways to manage the increasing responsibilities and emotional effects of life changes as we grow older. Pupils focus on body image, and the role the media plays in the messages children receive.	Puberty and changing relationships - exploring ways to manage the increasing responsibilities and emotional effects of life changes as we grow older. Pupils consider the impact that the changes that puberty brings can have on close relationships.	Moving on - exploring ways to manage the increasing responsibilities and emotional effects of life changes as we grow older. Pupils are given the chance to look back on their time in primary school alongside preparation for transition to secondary.

*the section highlighted in yellow is the non-statutory aspect of the primary Relationships Education guidance. Year 6 parents/carers have the right to withdraw their child from this aspect of our RSHE programme.