

Dear Parents/Guardians,

From the week commencing 2<sup>nd</sup> June, we will be teaching the 'Growing and Changing' unit of SCARF.

As you may be aware, this unit will cover aspects of Relationships Education (RSE). As a result, your child may come home and have questions or talk about the topics that we will be discussing in class. Please find below an overview of the unit which will be taught throughout the last term of school.

Year 6	
Lesson name:	Lesson Overview:
I look great!	Children will be able to: <ul style="list-style-type: none"> <li>Understand that fame can be short-lived;</li> <li>Recognise that photos can be changed to match society's view of perfect;</li> <li>Identify qualities that people have, as well as their looks.</li> </ul>
Media manipulation	Children will be able to: <ul style="list-style-type: none"> <li>Define what is meant by the term stereotype;</li> <li>Recognise how the media can sometimes reinforce gender stereotypes;</li> <li>Recognise that people fall into a wide range of what is seen as normal;</li> <li>Challenge stereotypical gender portrayals of people.</li> </ul>
Pressure online	Children will be able to: <ul style="list-style-type: none"> <li>Understand the risks of sharing images online and how these are hard to control, once shared;</li> <li>Understand that people can feel pressured to behave in a certain way because of the influence of the peer group;</li> <li>Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.</li> </ul>
Helpful or unhelpful? Managing change	Children will be able to: <ul style="list-style-type: none"> <li>Recognise some of the changes they have experienced and their emotional responses to those changes;</li> <li>Suggest positive strategies for dealing with change;</li> <li>Identify people who can support someone who is dealing with a challenging time of change.</li> </ul>
Is this normal?	Children will be able to: <ul style="list-style-type: none"> <li>Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;</li> <li>Suggest strategies that would help someone who felt challenged by the changes in puberty;</li> <li>Understand what FGM is and that it is an illegal practice in this country;</li> <li>Know where someone could get support if they were concerned about their own or another person's safety.</li> </ul>
Making babies	Children will be able to: <ul style="list-style-type: none"> <li>Identify the changes that happen through puberty to allow sexual reproduction to occur;</li> <li>Know a variety of ways in which the sperm can fertilise the egg to create a baby;</li> <li>Know the legal age of consent and what it means.</li> </ul>
What is HIV?	Children will be able to: <ul style="list-style-type: none"> <li>Explain how HIV affects the body's immune system;</li> <li>Understand that HIV is difficult to transmit;</li> <li>Know how a person can protect themselves from HIV.</li> </ul>

If you would like any additional resources to use at home to support with talking to your children about sex and relationships, and related topics there is a suggested book list attached to this letter.

Should you have any questions, please speak to your child's class teacher or Miss Goodship.

Thank you for your continued co-operation.

**Miss C Goodship**  
**P.S.H.E. Lead**