

Year 6 RSE Content Information

Ten:Ten
Resources



This booklet includes information about key topics that your child will be learning in Year 6.

In 2020, Relationships Education and Health Education became statutory for all primary schools in England. As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. This year, we will be changing the scheme we use for RSE and PHSE to 'Life to the Full' by Ten Ten Resources. Ten Ten Resources is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work. 'Life to the Full' is the approved and mandated scheme by the Diocese of Arundel and Brighton.

Furthermore, Ten Ten Resources have entered into a partnership with the Catholic Education Service and the Department for Education to provide training for teachers in Catholic schools on the subject of the RSE statutory curriculum. We are confident that this programme is a very good fit for our school. Ten Ten Resources understand the foundational role that parents have in educating and nurturing their children on these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer.

You can gain access here to some resources:

Access the Parent Portal here:

<https://www.tentenresources.co.uk/parent-portal/>

You will need the following login credentials for our school:

Username: SJDorking

Password: TenTen

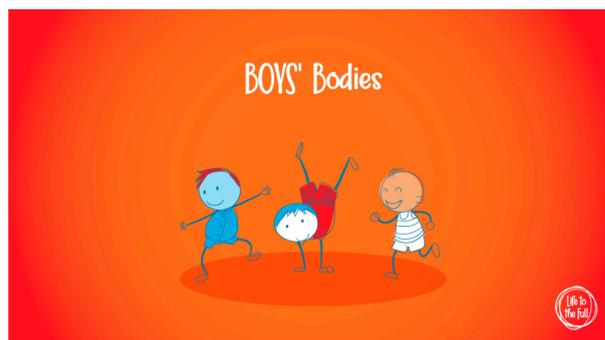
Please note: 'Making Babies Part 2' is not part of the statutory RSE Curriculum. This lesson upholds and supports the teaching of the Catholic Church on sex and marriage whilst also discussing other types of relationships. The content for this session can be viewed using the Parent Portal. Parents have the right to withdraw their child from this element of the RSE curriculum. However, please discuss this directly with Miss Scrutton or Miss Devlin if you wish to do so.

If you would like to view further materials. Please contact the office directly.

Boys' Bodies

What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty.



What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that boys will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the previous are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it

Girls' Bodies

What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes that boys and girls experience in puberty and the children respond with different levels of embarrassment and confusion. The film then focuses on the

girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty.



What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that girls will experience during puberty
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries

Suggested Home Activity

This and the next are equivalent sessions for boys and girls so the activity is the same for both.

We've been learning about looking after our bodies and what a wonderful gift they are. This week, encourage your child to recognise that gift by doing some caring task they don't normally do, e.g. cleaning their shoes, hanging up their clothes properly or helping their little brother or sister to do so, putting away everyone's clean laundry or collecting it and helping you to sort it, mending any clothes that need it.

Menstruation

What happens in this session?

In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation.



What do children learn?

- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life
- Some practical help on how to manage the onset of menstruation

Suggested Home Activity

Part of learning about growing up and the demanding changes that happen to our bodies is understanding that we need to take care of ourselves. This is something which is true at other stages of life as well. Talk to your child about how they like to relax and what makes them feel better. Is it lying on the sofa, reading a book, having some time to themselves, exercise, playing outside, having a bubble bath? Encourage your child to practise taking care of others in the house too. Making a cup of tea just the way other family members like it for example. Or tidying the table after dinner without being asked.

Spots and Sleep

What happens in this session?

This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.



What do children learn?

How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

Suggested Home Activity

These sessions have involved learning about keeping our bodies healthy. Could you help your child to design a weekly menu? Can they come up with a balanced week's worth of meals for your family, within a budget? If you go further and they help you cook one of the meals they've suggested, we'd love to see the photos and any reviews from the family!

Seeing Stuff Online

What happens in this session?

This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography. In the episode of Paradise Street, we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.



What do children learn?

- The difference between harmful and harmless videos and images
- The impact that harmful videos and images can have on young minds
- Ways to combat and deal with viewing harmful videos and images

Suggested Home Activity

Pupils have been learning about the effects of using screens and computers and, of course, part of this is the effect on our eyes. You may like to try these exercises for resting your eyes and spending a few moments thanking God for your senses and what you experience in the world.

Blinking – Blink once every 3-4 seconds for the next minute.

Palming – Place your palms over your eyes and close them, dip your head towards to your chin and rest your forearms on your chest. Relax for half a minute.

Figure of 8 – Slowly, trace an imaginary figure of eight with your eyes, first one way and then other. Repeat a few times.

Near and Far Focusing – Hold up your thumb about a ruler's length away (30 cm) and focus your eyes on it. Then move your focus to an object at the opposite end of the room (5m). As you breathe in, bring your focus to the thumb; as you breathe out, focus away. Repeat for five to ten breaths.

Zooming – Focus on your thumb with your arm outstretched. Slowly, bring your thumb towards yourself, keeping your eye on it, then take it out again. Repeat about five times.

Take the chance, when you can, to stop and look at a distant view. What was the loveliest thing you've seen today?

Making Babies Part 1

What happens in this session?

This session explores how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. In the episode of Paradise Street, Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don't know much about where babies come from. Finn learns from his Mum about how the miraculous process of human life is conceived and developed in the womb. Finn also has his worries alleviated about being 'replaced' or not loved so much when the new baby comes along.



What do children learn?

How a baby grows and develops in its mother's womb.

Suggested Home Activity

This would be a great time for a conversation with your child about what their birth was like. Do you have baby photos or mementos, any measurements of their weight or length at birth? How much hair did they have? Could you tell them the story of their birth and the time around it?

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What do children learn?

How a baby grows and develops in its mother's womb.

Suggested Home Activity

This would be a great time for a conversation with your child about what their birth was like. Do you have baby photos or mementos, any measurements of their weight or length at birth? How much hair did they have? Could you tell them the story of their birth and the time around it?

Making Babies Part 2

This content can be viewed via the Parent Portal.

This session discusses sexual intimacy which is not part of the statutory curriculum. This lesson upholds and supports the teaching of the Catholic Church on sex and marriage whilst also discussing other types of relationships.



Parents have the right to withdraw their child from this element of the RSE curriculum. However, please discuss this directly with Miss Scrutton or Miss Devlin if you wish to do so.

What happens in this session?

Previously in Paradise Street, Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, "How did your sperm actually get inside Mum's body?" In this session, pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.

What do children learn?

- Basic scientific facts about sexual intercourse between a man and woman
- The physical, emotional, moral and spiritual implications of sexual intercourse
- The Christian viewpoint that sexual intercourse should be saved for marriage

Suggested Home Activity

If you want to lead this session with your child at home, use the links below to watch the episode of Paradise Street, discuss it using the Lucky Dip questions, then watch Delving Deeper into Paradise Street.

Under Pressure

What happens in this session?

The first step to coping with pressure is to identify the many guises it can take. In this session, children will learn about spoken and unspoken pressure that they might experience, particularly from their peers.

Then, in small groups, children will rehearse role-play scenarios and present them to the class, so that children can identify different ways in which people can experience pressure, e.g. rejection, reasoning, put-downs, looks etc, and they will learn about and discuss strategies to resist pressure.



What do children learn?

- Pressure comes in different forms, and what those different forms are
- There are strategies that they can adopt to resist pressure

Suggested Home Activity

Pressure: like bike tyres, football and balloons, we too need just the right amount. Too little and we can feel deflated, too much and we might explode!

If we were under no pressure to do anything, we might have trouble getting out of bed and certainly, if trains weren't under pressure to run on time, we'd never be certain of catching one. What other examples can you find with your child of systems that need the right amount of pressure in them to work?

If you or your child are feeling under too much pressure, how about making a squidgy balloon stress ball?

- All you need is a balloon and some flour.
- Stretch and fill the balloon to your desired squishiness, tie and draw on it if you wish.

Consent

What happens in this session?

The previous session in this Unit considered different ways in which children might feel pressured by those around them, particularly their peers. This session discusses the issue of consent and bodily autonomy, and it equips children with the ability and confidence to say 'no'. In a later session, we will explore the topic of abuse.



What do children learn?

- Understand what consent and bodily autonomy means
- Discuss and reflect on different scenarios in which it is right to say 'no'

Suggested Home Activity

Pupils have been learning about consent and that it's OK to say no sometimes! It would be great to have a conversation with your child about situations where it's OK to say no and why that is. You might want to discuss whether 'no' could be appropriate in the following scenarios and reasons why:

To start off, what about:

- Having your dinner when parent says so
- Eating everything on your plate
- Bedtimes
- What to wear to school/at the weekend/to Mass/to formal occasions

Types of Abuse

What happens in this session?

This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate.

Through four fictional stories, children are introduced to the term 'abuse' and discuss the different kinds of abuse, including sexual. Children are introduced to the concept of rights, and how abuse violates their rights. They will be asked to think of trusted adults that they can talk to about any issues they may face.



What do children learn?

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That abuse violates the rights of children
- That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests

Suggested Home Activity

Pupils have been learning about keeping safe and this has involved looking at dangers and the fact that some children may be harmed. To provide a counterbalance to this necessary knowledge, it would be good to remind your child of how special they are; that they have dignity and are worthy of respect as a beloved child of God.

The next time you do exercise together, even just a walk to the shops, you might like to remark on the wonderful way your bodies can move. Similarly, point out the great use you can put your bodies to when you go on a bike ride, have races, piggy backs or go swimming! Or more relaxingly perhaps, have a nail painting session with your child!

Impacted Lifestyles

What happens in this session?

The first of two UKS2 sessions on drugs, alcohol and tobacco, pupils will build on their existing knowledge through learning facts and taking part in activities to demonstrate how using these substances can impact on people's lifestyles and inhibit the body's natural functioning. The teaching of this session is underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore God's creation.



What do children learn?

- Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body
- Learn how to make good choices about substances that will have a positive impact on their health
- Know that our bodies are created by God, so we should take care of them and be careful about what we consume.

Suggested Home Activity

Have an open conversation with your child about the impact that drugs, alcohol and tobacco have on our bodies.

Discuss with your child their lifestyle (including exercise, diet, sleep etc) and if there are any changes they would like to make.

Making Good Choices

What happens in this session?

In this second session on drugs, alcohol and tobacco, pupils will consider scenarios where people feel pressured to use them. Children will be encouraged to use their scientific knowledge and religious understanding to cope with pressured situations and make good choices. The teaching is underpinned with the religious understanding that consuming harmful substances is harmful to our bodies, and therefore God's creation.



What do children learn?

- Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco
- Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies

Suggested Home Activity

To encourage your child that pressure and dealing with it is a normal part of life, share about a time when you felt pressured. Did you resist it? How?

Hope beyond Death

What happens in this session?

Throughout the video series 'Paradise Street', children have seen Siobhan and her Dad navigating life following the death of their Mum/wife. A look back over their experiences is the springboard for this session's discussion of death and grief. Framed

within the Christian understanding of eternal life, this session helps children to consider and communicate about death in a direct yet gentle way, reflect compassionately on the complexities of grief and consider ways to support themselves and others.



What do children learn?

- What 'death' means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving

Suggested Home Activity

Make some time to ask your child what they thought of Siobhan's story in 'Paradise Street'. This is a good time to also ask if your child has any questions, worries or confusion about death. Listen and acknowledge their concerns. You may also wish to pray together.

If you have lost someone, this could be a good opportunity to show your child a picture of that person and discuss how they died with them. You may want to mention:

- Who this person was to you and what your relationship with them was like
- How and when they died
- How you felt when they died
- What the funeral was like and how the day made you feel/how it helped
- How your feelings of grief have changed over time
- What you do when you feel sadness or grief, or when you miss that person.
- How you like to remember them, e.g. looking at pictures, using one of their recipes, wearing an item of their jewellery, sharing memories with other people who knew them

If your child knew this person, invite them to share their feelings and memories of them too. Note that grief can also happen without death, e.g. *experiencing loss or significant change*. Be sure to let your child know that they can always talk to you about grief and any other difficult feelings they may be experiencing.