

Ark Isaac Newton
Academy

***Parent Workshop:
Year 6 Relationships, Sex and Health Education***

23rd November 2022

Aims

- Share the purpose of RSHE in the Primary curriculum
- Role of the parents/carers and the school
- Be aware of **how** we implement our RSHE curriculum in Year 6 at INA Primary
- Share **what** we intend to teach and **when**
- Time to explore agreed resources



What is the purpose of RSHE?

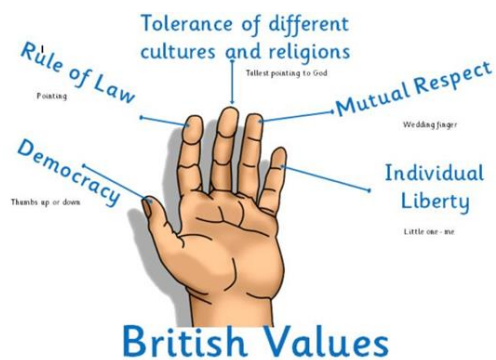
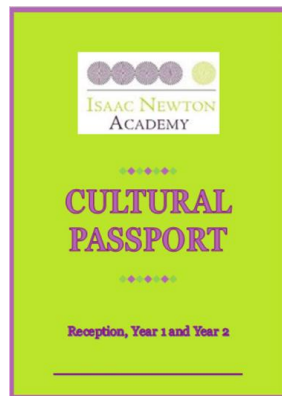
At Isaac Newton Academy our aim is to equip every student with the **knowledge, learning power** and **character** necessary for success at university and beyond.

Effective relationships, sex and health education (RSHE) makes a significant contribution to the development of the **personal skills** needed by pupils in order to establish and **maintain positive, healthy relationships**. It enables young people to make **responsible and well-informed decisions** about their **health and wellbeing**.



How we implement our RSHE curriculum in Year 6 at INA Primary

RSHE is integrated into our PSHE curriculum. PSHE is taught each week.



PSHE Association

How we implement our RSHE curriculum in Year 6 at INA Primary

Approach:

- Subject content must be age appropriate
- Taught sensitively
- Taught inclusively
- Taught with respect for the backgrounds and beliefs of pupils and parents, while always with the aim of providing pupils with the knowledge they need of the law



What do we intend to teach in Year 6?



* Optional lessons

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		<p>Establish trust within a group</p> <p>*Know how babies are made</p> <p>*Know how babies are made including multiple births</p> <p>*Know how pregnancy progresses and how babies are delivered</p>	<p>Show awareness of the challenges of on and offline friendships</p> <p>Explore the concept of trust and secrets in friendship</p> <p>Explore peer pressure and develop the skills to say 'no'</p>		<p>Explore personal identity and understand what is meant by prejudice</p> <p>Show awareness of discrimination of groups covered in the equality act</p>

Sensitivity and inclusivity

RSHE: Year 5 Lesson H (Summer 2)

LESSON PLAN – THIS LESSON IS FOR GIRLS ONLY

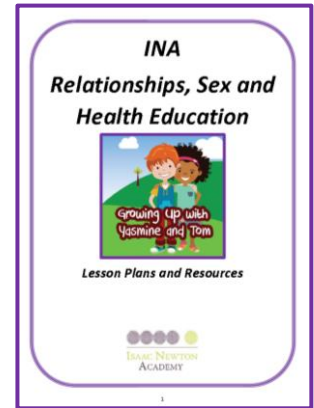


LO: Show awareness of periods in females

Link to Growing up with Yasmine and Tom	Resources	Organisation
Module 3 Lesson 8: Periods (Menstruation)	<ul style="list-style-type: none">Agreed class Ground RulesQuestion boxInteractive Whiteboard resource: PeriodsPupil Resource 1: Sanitary ProductsSanitary towels	<ul style="list-style-type: none">Teach to single sex groupsGroups to be between 6-10 pupils

Lesson Activities

1. Explain that we are continuing our learning about our bodies, health and relationships. Acknowledge with the class that some of us may find talking about our bodies difficult and that we need to make things safe for everyone in the group. Share the class's agreed ground rules, generated from previous lessons and clarify understanding.
2. Explain that one of the physical changes most females are likely to go through are periods or menstruation. *Open periods interaction on interactive whiteboard and play through the slides. Introduce the female*



- Group size
- Gender
- Agreed resources
- Staff training
- Ground rules
- Thinking time



How to access animations

RSHE: Year 6 Lesson E (Spring 2)

LESSON PLAN

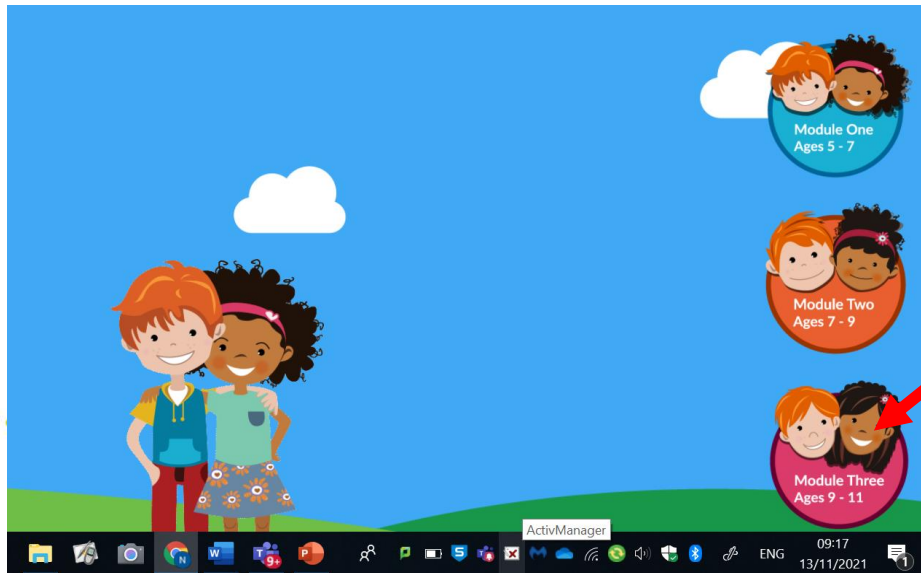
LO: Show awareness of the challenges of on and offline friendships

Link to Growing up with Yasmine and Tom	Resources
Module 3 Lesson 2: On and offline friendships	<ul style="list-style-type: none">Interactive Whiteboard Resource: Online bullyingInteractive Whiteboard Resource: People who can help me.Pupil Resource 1: Venn DiagramPupil Resource 2: Scenarios of friendships

1) Note the link on the lesson plan

Lesson Activities

1. Remind the group of their ground rules and about treating each other with respect.
2. Do Now – Ask children to write down how they would define the work 'relationship' (Write – pair – share). Collect feedback and agree that a relationship is the connection between two or more people and how they



2) Select the module on the website

How to access the animations

The image shows a screenshot of the 'Yasmine and Tom' website interface. At the top, there are three navigation tabs: 'Yasmine and Tom' (black), 'Module One Ages 5-7' (blue), and 'Module Two Ages 7-9' (orange), and 'Module Three Ages 9-11' (pink). Below the tabs, the 'Module Three' page is displayed. It includes a welcome message, a scrollable lesson list, and a sidebar on the right. A red arrow points from the text '3) Locate the lesson' to the 'Lesson 2 Online and Offline friendships' card in the lesson list. Another red arrow points from the text '4) Select interactive whiteboard resource' to the 'Interactive whiteboard resource: [People who can help me](#)' link in the lesson content area. The lesson content area shows a list of learning objectives and a 'Download lesson plan (PDF)' link. The sidebar on the right shows a navigation menu with 'YASMINE & TOM' at the top, followed by 'Yasmine & Tom Home', 'How to use this resource', and 'How to set up ground rules'. Below these are sections for 'MODULE 1 (AGES 5-7)', 'MODULE 2 (AGES 7-9)', and 'MODULE 3 (AGES 9-11)'. Under 'MODULE 3 (AGES 9-11)', there are links for 'Module 3 Lessons', 'Module 3 Downloads', and 'Module 3 Interactions'. At the bottom of the sidebar is a 'Log Out' button.

3) Locate the lesson

4) Select interactive whiteboard resource

Yasmine and Tom

Module One
Ages 5-7

Module Two
Ages 7-9

Module Three
Ages 9-11

Module Three

Welcome to Module Three of Growing Up with Yasmine and Tom. In this area you will find information on getting started. We've provided lesson plans, worksheets, card games, and interactive whiteboard activities (interactions), to help you guide your pupils through the different subject areas.

Scroll through the lesson list below to choose a lesson for your class. To see all the lessons in this Module please click the "Show all lessons" link below.

Read the [Essential](#) guide for teachers before you deliver any lessons.

LESSON LIST

- Lesson 1
Introducing Yasmine and Tom
- Lesson 2
Online and Offline friendships
- Lesson 3
Friendships and secrets
- Lesson 4
Friendships and pressure
- Lesson 5
Keeping safe - Safe and unsafe touch

Online and Offline friendships

- I can explain how healthy friendships and relationships make me feel.
- I can explain what online bullying is.
- I can tell someone what to do if they see something that is upsetting me or shocking online.

To explore the challenges of on and offline friendships.

[Download lesson plan \(PDF\)](#)

- Video or other stimulus material to discuss how healthy relationships or friendships make us feel.
- Interactive whiteboard resource: [Online bullying](#).
- Interactive whiteboard resource: [People who can help me](#).
- Worksheet O: [Venn diagram, Online and offline friendship](#).
- Who can help me cards (see template) or card for pupils to design their own.

YASMINE & TOM

- Yasmine & Tom Home
- How to use this resource
- How to set up ground rules

MODULE 1 (AGES 5-7)

- Module 1 Lessons
- Module 1 Downloads
- Module 1 Interactions

MODULE 2 (AGES 7-9)

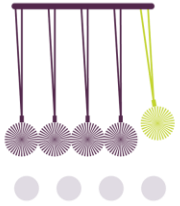
- Module 2 Lessons
- Module 2 Downloads
- Module 2 Interactions

MODULE 3 (AGES 9-11)

- Module 3 Lessons
- Module 3 Downloads
- Module 3 Interactions

[Log Out](#)





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***Time to explore resources and ask
questions***

Thank you