

## **Sex and Relationships Education – Year 6 Overview**

### **Health and Wellbeing**

- How their body will, and their emotions may, change as they approach and move through puberty
- About taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; develop the skills and strategies required to get support if they have fears for themselves or their peers
- How to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request

### **Relationships**

- To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships
- To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support
- That civil partnerships and marriage are examples of a public demonstration of the commitment made between two people who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment
- That marriage is a commitment freely entered into by both people, that no one should marry if they don't absolutely want to do so or are not making this decision freely for themselves
- About the difference between, and the terms associated with, sex, gender identity and sexual orientation
- That two people who love and care for one another can be in a committed relationship and not be married or in a civil partnership

### **Living in the Wider World**

- To explore and critique how the media present information
- To critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to other