



27 November 2025

Our ref: Year6/sexed2025/th/kw

To All Year 6 Parents / Carers

Dear Parent / Carer

RE: SEX AND RELATIONSHIP EDUCATION

From the week commencing December 8 we will be teaching Sex and Relationship Education to Year 6.

The main objective is to inform and reassure the children that the changes their bodies will go through are very normal and not something to worry about.

The topics covered are:

- How have our bodies changed already, since we were babies?
- What is puberty and why does it happen?
- How boys' bodies change during puberty
- How girls' bodies change during puberty, including menstruation
- How the change in hormones can make us feel happy, sad or even angry
- How babies are made
- Enjoying growing up and talking about puberty

Included below is a link to the videos that we share with the children to allow you to discuss what you choose with your child(ren).

Video 1- <https://youtu.be/SSI5czSV1OY?si=xJXYKFOqx9I9LNNC>

Video 2- https://youtu.be/eO0ZLe7Swi8?si=UUvwwBngYMySq_Ra

Video 3- <https://youtu.be/-ZWcZtJ8Wm0?si=MZfW4JRq9XFJBoKS>

Video 4- https://youtu.be/WFS_B9k0n7E?si=c0wxQFhtlxnxGibn

Video 5- <https://youtu.be/QekcR7JI4Po?si=JShwo6kWMSuXtOoK>

Video 6- <https://www.youtube.com/watch?v=CIR4icMUJ3Y>

If you have anything you would like to discuss with your class teacher, please email in to the office@boxgrove.surrey.sch.uk or send a message via MCAS.

Kind regards

The Year 6 Team