

# ALMOND HILL JUNIOR SCHOOL SEX EDUCATION - A GUIDE FOR PARENTS

## Sex and relationship lessons will take place during the summer term

### Rationale for school policy

As children grow up they face difficulties in a world where technology presents them with constant images of sexuality and where the media depicts relationships in diverse ways. Children are subject to peer pressure and their understanding can be complicated by informal sex education and can be misinformed through friends, myths, teenage magazines and sometimes adult's sexual knowledge.

At Almond Hill we believe health education should be promoted and attended to so children are supported to gain an understanding of the physical, social and psychological changes they will encounter as they develop so they can pass safely from childhood to adolescence. We want them to be able to make choices, decisions and be responsible through being given correct information and to have a positive image of themselves as individuals and respect for others.

Research informs us that Britain has a high teenage pregnancy rate. It tells us that some adolescents experiment sexually before they are 16. It tells us that some adolescents do not use contraception when first having intercourse. With this in mind the school believes it has a role in partnership with parents to deliver a spiral curriculum of sex education, which is appropriate to the age, and maturity of the child.

To achieve this aim, our Sex and Relationships programme of work is supported by the Living and Growing series. In each year group the programmes tell a story about two children and their families with cartoon characters supporting explanations.

The school is very aware that traditional values within families may differ and we respect parent's views. Any parent who wishes to withdraw their child from sex and relationships lessons may do so, but we hope, by informing parents of the content of our programme of work, we may support children in this aspect of their learning.

We expect children to show mutual respect for each other and those who work with them in daily school life and in sex and relationships lessons, ground rules are established between children and teachers. The development of positive self esteem is central to our aims and we want children to feel able to ask questions and discuss topics in an open manner, knowing they can feel comfortable and supported by their peers and those who teach them.

### Programme of Work

Sex and relationships forms part of our PSHCE (Personal, Social, Health and Citizenship Education) curriculum. Other topics within this curriculum include drugs education, healthy eating, positive relationships and circle time. Children have a PSHCE lesson each week. Many aspects of our work in this area support the Government agenda of 'Every Child Matters': being safe, being healthy, enjoying and achieving, economic well-being and making a positive contribution.

Throughout the school our programme of work combines class based work and discussion after the DVD programmes.

The school offers opportunities for parents to review extracts from each of the Living and Growing series DVDs. Parents only are invited in to school at 3.30pm on the following dates to view extracts from the series:-

Year 3 : Monday 25<sup>th</sup> April, 3.30pm  
Year 5 : Tuesday 19<sup>th</sup> April, 3.30pm

Year 4 : Wednesday 27<sup>th</sup> April, 3.30pm  
Year 6 : Thursday 21<sup>st</sup> April, 3.30pm

### **Year 3 - Differences**

- Living and non living things / Life cycles – this is linked to our science curriculum
- Differences between boys and girls (avoiding stereotypes)
- Characteristics that make us unique
- Naming male and female body parts
- Exploring feelings – good and bad days

### **Year 4 - How did I get here?**

- Birth fact file – finding out how I developed before I was born, finding about me as a baby.\*
- What can we do? – what we can do now we couldn't do as a baby
- Who are we like\* - parents, brothers, sisters, grandparents, aunts, uncles etc
- Achievements
- Relationships – who my friends are and who we treat each other
- Meal time – how tastes change over time
- Revisiting correct names of body parts

### **Year 5 - Growing Up**

- How we change as we become teenagers – size, muscles, hair, body parts – Emphasis on everyone changing at different rates – wide selection of adolescents on video reinforcing this message
- Body prepares to create babies. Through cartoon characters the development of eggs in ovary and sperm are shown. Menstruation is explained through cartoon character diagrams. Emphasis on all changes being normal and nothing to worry about.
- Relationships – What does being a friend mean to us
- How adult friends may differ – they might like to touch each other to show they love each other – make love. Adult loving relationships can be different – could be married, partners, same sex.
- Cartoon characters portray intercourse. Emphasis on this being between a grown up, happy, loving couple where making love makes them happy.
- Cartoon explanation of how sperm travels along tubes and meets egg to make baby
- Throughout, a couple that are expecting baby are followed. DVD shows baby being born.

### **Year 6 - Girl talk /Boy talk**

- Menstruation, changes in girls
- Changes in boys during puberty
- Sorting myths from facts
- Relationships – how friendship changes
- How boys and girls are different – getting rid of stereotypes

### **Let's talk about sex**

- Relationships in Soaps /Advertising – how something can be made to look attractive
- What makes a relationship work? Love and marriage
- Contraception – that these can be used to prevent pregnancy the most common being the use of condom or the 'pill'.

\* The school is sensitive to individual children's circumstances e.g. looked after children and adopted children.

**January 2015**