



A Guide for Parents and Carers on Sex and Relationship Education

Dear Parents and Carers,

14th May 2019

At Oakhurst Community Primary School, we believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our comprehensive scheme of work, Jigsaw. Jigsaw integrates personal, social, health and economic education, with an emphasis on emotional literacy, mental health and SMSC (Spiritual, Moral, Social and Cultural), especially spiritual development. The scheme of work is split into 6 different units and is taught across the school from Nursery to Year 6. It aims to help children know and value who they really are and how they relate to other people in our ever-changing world.

Sex and Relationship Education (SRE)

The final unit of work within Jigsaw delivers Sex and Relationship Education (SRE) to all pupils during Term 6. This unit of work aims to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. It is treated in a matter-of-fact manner to allay embarrassment and fear, with a strong safeguarding element to the 'Changing Me' theme.

What exactly is sex and relationship education?

The Government's definition of SRE is:

"It is a lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health." [Department for Education and Employment, SRE Guidance, 2000]

Why is SRE taught in schools?

There are many reasons why SRE is taught in schools:

- It is part of the National Science Curriculum.
- More than ever before, children are exposed to representations of sex and sexuality through the media and the social culture around them, so we need to present a balanced view of SRE.
- Research shows that most parents say they want the support of schools in providing SRE for their children.

- Research consistently shows that effective SRE delays first sexual experience and reduces risk-taking.

Jigsaw believes that knowledge empowers children to make informed decisions that help keep them safe, healthy and happy.

What is the purpose of SRE?

There are four main aims for teaching SRE within the context of Primary School PSHE Education:

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships appropriate to their age and development.
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
- To empower them to be safe and safeguarded.

Can I withdraw my child from PSHE lessons on SRE?

Parents and carers have the legal right to withdraw their child from the SRE included in the PSHE Education curriculum, as this is a non-statutory subject. However, they are not permitted to withdraw their child from the Sex Education included in the National Curriculum, as Science is a statutory subject.

If you are considering taking your child out of SRE lessons, please consider the following:

- All the other children in your child's class will have been taught this information and may talk about the content covered. This could potentially mislead or confuse your child, as a result. It may prove better to allow experienced and sensitive teaching staff to teach your child in a progressive, developmental way.
- They will be learning about aspects of SRE during their Science lessons.
- Talk to your child's class teacher or the head teacher. This can help eliminate any fears and help you to understand it is in the best interests of your child's lifelong learning.

What will my child be taught?

The 'Changing Me' unit is taught over a period of 6 weeks during the final school term. Each year group will be taught content **appropriate to their age and development stage**. At no point will a child be taught something that is inappropriate.

The table below outlines the specific SRE learning focus for each year group at Oakhurst Primary School:

Year Group	Focus	Learning Outcomes
Foundat ion	Growing Up: How we have changed	<p>My Body: To understand that everyone is unique and special. To demonstrate friendly behaviour and how to form relationships. To express how they feel when change happens.</p> <p>Growing Up: To understand and respect the changes they see in themselves and in other people. To prepare themselves for their next transition in school.</p> <p>Fears: To understand different emotions, fears and worries they face.</p>
1	My Body: Boys' and girls' body parts	<p>Life Cycles: To understand the life cycles of humans and animals. To understand that changes happen as we grow.</p> <p>My Body: To discuss the changes the body has made since being a baby. To understand that everybody grows at different rates. To identify the parts of the body that make boys different to girls. To use the correct names for the body parts: penis, testicles and vagina. To know which parts of the body are private.</p>
		Life Cycles:

2	My Body: Boys' and girls' bodies; body parts and respecting privacy	<p>To recognise the cycles of life in nature, and that some changes are outside of our control. To understand and discuss the natural process from growing from young to old.</p> <p>My Body: To recognise the changes the body has made since being a baby. To recognise the physical differences between boys and girls, and to appreciate parts of the body are private. To use the correct names for the body parts: penis, testicles and vagina. To discuss what they like about being a boy or a girl. To understand that there are different types of touch.</p>
3	Growth: How babies grow and how our bodies change as they grow older	<p>How Babies Grow: To understand that in humans and animals lots of changes happen between conception and growing up. To understand that usually it is the female who has the baby. To understand how babies grow and develop in the mother's uterus. To understand what a baby needs to live and grow.</p> <p>My Body: To understand that a body needs to change over time so when they become an adult, their body can make a baby. To identify how a girl's and boy's body changes on the outside. To identify how a girl's and boy's body changes on the inside. To use the correct names for the body parts: ovaries, egg and womb. To learn how to manage personal feelings during change. To understand the stereotypical ideas about parenting and family roles.</p>
4	Internal and External Reproductive Body Parts: Body changes in girls and menstruation	<p>Unique Me: To understand that they were made from the joining of an egg and sperm.</p> <p>My Body: To correctly label the internal and external parts of the male and female bodies that are necessary for making a baby. To understand that having a baby is a personal choice. To understand how a girl's body changes in order for her to have a baby when she is an adult. To understand that menstruation is a natural change. To learn strategies to help them cope with the physical and emotional changes during puberty. To identify changes that have been and may continue to be outside of my control. To use the correct names for the following: sperm, fertilise, reproduction, puberty and periods.</p>
5	Puberty for Boys and Girls, and Conception.	<p>Self and Body Image: To be aware of their own self-image and how body image fits into that.</p> <p>Puberty: To explain how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally. To describe how girls' and boys' bodies change during puberty.</p> <p>Conception: To understand that sexual intercourse can lead to conception and that is how babies are usually made. To understand that sometimes people need IVF to help them have a baby.</p> <p>Looking Ahead: To identify what I am looking forward to about becoming a teenager and understand that it brings responsibilities. To use the correct names for the following: uterus, sanitary towels, sanitary pads, tampons, menstruation, erection, semen, ejaculation, hormones, contraception, pregnancy and embryo.</p>
6	Puberty for Boys and Girls, and Understanding Conception to Birth of a Baby.	<p>Self and Body Image: To be aware of their own self-image and how body image fits into that.</p> <p>Puberty: To explain how a girl's body changes during puberty and the importance of looking after yourself physically and emotionally. To explain how girls' and boys' bodies change during puberty. To ask questions they need answered about the changes during puberty.</p> <p>Conception: To describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>Attraction: To understand how being physically attracted to someone changes the nature of the relationship. To express how they feel about becoming a teenager.</p> <p>Transition: To discuss the transition to secondary school. To use the correct names for the following: pubic hair, breasts, masturbation, clitoris, ovulation, foetus, placenta, labour, contractions, cervix, relationship and attraction.</p>

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The key concepts the children learn through Jigsaw are really important as they keep children safe and it helps them to make healthy decisions later in life. We believe it is important for children to understand each other's development, ensuring they are mindful of their peers' needs, allowing them to develop into sensitive, caring and compassionate individuals. They will understand the changes that boys and girls experience.

You are welcome to contact your child's class teacher to discuss the programme or to view any of the teaching materials used. If you wish to withdraw your child from all or part of the Sex and Relationship Education unit of work, please write to your child's class teacher before the programme starts in Term 6.

Oakhurst Primary School will hold an informal 'question and answer' session for parents on **Tuesday 21st May**. This will be a 'drop in' session **from 3:30pm – 4:30pm**, to provide you with the opportunity to discuss any of the content that will be covered within your child's year group. A member of staff from each year group will be available to talk to. If you are unable to make this date, please see your child's class teacher.

Kind regards

Miss Dalby

PSHE Lead

