

Manor Farm Community Junior School

Sex Education Information for LKS2

As many of you are already aware, during the Summer Term we cover the topic Relationships and Sex Education (RSE). All year groups take part in this area of the Curriculum, and each year group focuses on different areas which are appropriate to their age group. We use the Jigsaw Programme which provides children with the skills needed to build successful relationships, gives them an understanding of their own bodies and a moral framework that will help guide their decisions and behaviours.

How to talk to your children about sex and relationships

With relationships education becoming compulsory in schools, it is a good opportunity to consider the language we use and how we should answer our children's questions about sex and relationships at home too. The thought of talking to your child about sex and relationships might make some people feel embarrassed and this is a completely normal feeling. Here are some helpful tips that may help you to talk to your child.

- Start early. Let it be a natural process from an early age, building on your child's questions or observations; the more you talk, the easier it will become. If you begin early, then the information does not have to be detailed, just simple and without making a big deal about it.
- Find out what your child already knows. Build up the conversation gradually. This may help children to feel more comfortable about asking questions with you as they get older.
- Think ahead about how you will answer certain questions and, if you are feeling unsure of how to answer, you could contact the school and ask how we will be discussing this particular topic.
- Find the right words and give small answers to questions. Some children may be ready for the short answer and some may ask more questions, which may indicate that they are ready for more information.

- You may wish to have the conversation whilst doing something else, e.g. getting ready for the day. This may make the situation less ‘intense’ for you both.
- Choose some books, leaflets or a good website that you have read through or viewed beforehand that you are happy with sharing. You could ask at school what resources we have or even ask friends what they have used for their children.

What we teach at Manor Farm Junior School

During the **first part of the Summer Term (after the Easter holidays)**, we will be focusing on our ‘Relationships’ Jigsaw piece. This topic and the contents that it covers is statutory. The topics for Years 3 and 4 include:

Relationships Jigsaw Puzzle Piece	Year 3	Year 4
Lesson 1	Family Roles and Responsibilities (including possible expectations of males and females within family roles)	Jealousy (including recognising situations which can cause jealousy in relationships)
Lesson 2	Friendships (including putting into practice skills of friendships, e.g. taking turns, listening)	Love and Loss (including identifying feelings when someone they love is lost)
Lesson 3	Keeping Myself Safe Online (including knowing and using strategies learnt)	Memories (including remembering someone even if we don’t or can’t see them anymore)
Lesson 4	Being a Global Citizen 1 (including understanding how actions of others around the world can help me)	Getting On and Falling Out (including recognising that friendships change, learning how to make new friends and how to

		deal with fallings out)
Lesson 5	Being a Global Citizen 2 (including understanding how needs and rights can be shared with children from around the world but that our lives may be different.	Girlfriends and Boyfriends (including what this might mean and that it might be relationship that we have when we are older)
Lesson 6	Celebrating My Web of Relationships (including expressing appreciation to family and friends)	Celebrating my Relationships with People and Animals (including expressing appreciation to family, friends and animals)

During the **second part of the Summer Term (after half term)**, we will be focusing on our 'Changing Me' Jigsaw piece. Sex Education is taught in the context of 'Changing Me' and are not stand-alone lessons. The topics for Years 3 and 4 include:

Changing Me Jigsaw Puzzle Piece	Year 3	Year 4
Lesson 1	How Babies Grow (including how babies and young animals grow from conception to growing up and that it is generally the female who has the baby)	Unique Me (including understanding that some personal characteristics come from birth parents and that we are made by the joining of the egg and sperm)
Lesson 2	Babies (Including understanding how babies grow in the uterus and what a baby needs to live and grow)	Having a Baby (including correctly labelling the internal and external parts of males and females that are important for making a baby)
Lesson 3	Outside Body Changes (including understanding that bodies need to change as	Girls and Puberty (including how a girl's body changes in order for her to have a baby as an adult and

	<p>children grow and that when they are older, they can have babies, as well as how bodies change on the outside using correct body terms)</p> <p>Personal Hygiene - how germs spread</p> <p>OK touches and Not OK touches using information from NSPCC website (<i>this topic is usually covered in the KS1 curriculum of Jigsaw</i>)</p>	<p>that periods are a part of this process)</p>
Lesson 4	<p>Inside Body Changes (identifying how boys and girls bodies change on the inside when growing up in order to have babies using correct body terms)</p>	<p>Circles of Change (including having confidence to make changes to benefit our lives)</p> <p>Peer Influence and peer pressure</p>
Lesson 5	<p>Family Stereotypes (including recognising stereotypical views about families and roles within a family)</p> <p>Self-Esteem and increasing self-awareness</p>	<p>Accepting Change (including identifying changes that have happened or may still happen that are out of our control)</p>
Lesson 6	<p>Looking Ahead (including looking forward to our next school year)</p>	<p>Looking Ahead (including looking forward to our next school year)</p>

At MFCJS, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction.

As a parent/carer, you have the right to withdraw your child from the non-statutory RSE lessons (those that do not fall within the Science National Curriculum), e.g.

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 4 (Conception, birth)

If we do not hear from you by letter, we will assume that you are willing for your child to take part in this programme.

If you would like to view the resources that will be used during the sessions then please let us know.