

## **Manor Farm Community Junior School**

### **Sex Education Information for UKS2**

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 now compulsory in schools, it is a good opportunity to consider the language we use and how we should answer 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 Community 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 5 and 6 include:

<b>Relationships Jigsaw Piece</b>	<b>Year 5</b>	<b>Year 6</b>
Lesson 1	<b>Recognising Me</b> (including having an accurate picture of who I am as a person)	<b>What is Mental Health?</b> (including understanding that it is important to look after our mental health)
Lesson 2	<b>Safety with Online Communities</b> (including understanding that being part of an online community can have positive and negative consequences)	<b>My Mental Health</b> (including how to take care of our mental health)
Lesson 3	<b>Being in an Online Community</b> (including understanding that there are rights and responsibilities in an online community)	<b>Love and Loss</b> (including that there are different stages of grief and different types of loss which can cause grief)
Lesson 4	<b>Online Gaming</b> (including knowing rights and responsibilities when gaming online)	<b>Power and Control</b> (including understanding when people are trying to take control or power)
Lesson 5	<b>My Relationship with Technology</b> (including recognising when I am spending too much time using)	<b>Being Online: Real or Fake?</b> (including judging whether something online is safe and helpful for me)

	devices)	
Lesson 6	<b>Relationships and Technology</b> (including explaining how to stay safe when using technology to communicate with friends)	<b>Using Technology Responsibly</b> (including using technology responsibly and safely to communicate with friends and family)

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 5 and 6 include:

Changing Me Jigsaw Piece	Year 5	Year 6
Lesson 1	<b>Self and Body Image</b> (including being aware of my own self-image)	<b>My Self Image</b> (including being aware of my own self-image) <b>Developing a positive body image</b>
Lesson 2	<b>Puberty for Girls</b> (including understanding how a girl's body changes during puberty and understanding how to look after self physically and emotionally)	<b>Puberty</b> (including explaining how a girl's and boy's body changes during puberty and understand the importance of looking after self physically and emotionally)
Lesson 3	<b>Puberty for Boys</b> (including how a boy's body will change during puberty)	<b>Babies: Conception to Birth</b> (including how a baby develops from conception through 9 months of pregnancy and how it is born)
Lesson 4	<b>Conception</b> (including understanding that sexual intercourse can lead to conception and that is how babies are usually made. Also that some people need IVF to help them to have a baby)	<b>Boyfriends and Girlfriends</b> (including how being physically attracted to someone changes the nature of our relationship and what that might mean) <b>Saying No, being assertive and dealing with conflict</b>
Lesson 5	<b>Looking Ahead 1</b> (including identifying what the children are looking forward to as a	<b>Real Self and Ideal Self</b> (including understanding the importance of a positive self-esteem and what can

	teenager and understand this brings growing responsibilities)	be done to develop it)
Lesson 6	<b>Looking Ahead 2</b> (including identifying what we are looking forward to in our next school year)	<b>The Year Ahead</b> (including what the children are looking forward to and what worries them about transition to secondary school)

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.