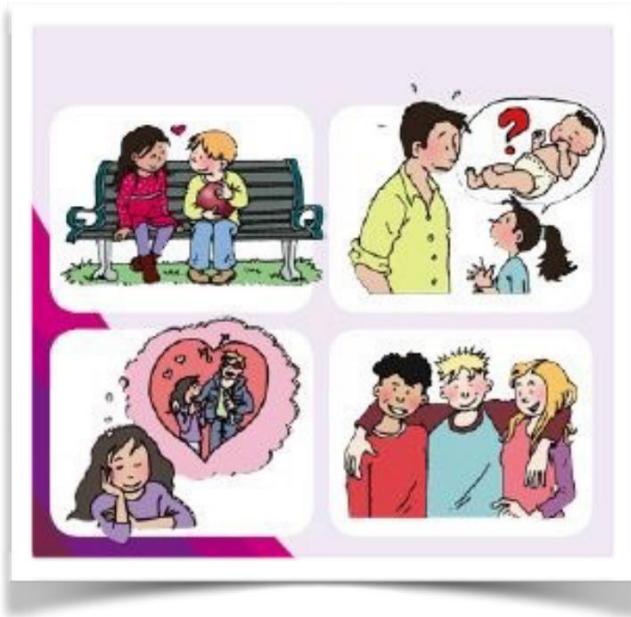


Spring Fever Parent Diary



- Year 3 -

Introduction:

There is often a lot of misunderstanding about what a comprehensive relationship and sex education package might contain, especially when aimed at primary school children. There is the worry that children will lose their innocence if we give them certain information too soon. The evidence suggests that this couldn't be further from the truth.

In fact, Spring Fever is an evidence-based package which progresses year-by-year to an age appropriate level. The programme is designed to be delivered across all year groups and builds in knowledge and details along with the children's natural development and curiosity.

There are four key themes that run throughout the programme:

- Physical development & self-image
- Reproduction & Family forming
- Social & Emotional Development
- Assertiveness:

These topics provide a framework of lessons which puts everything firmly in context and focuses on children learning the skills to form and maintain positive relationships, especially friendships, based on respect and empathy.

Indeed, the focus is on providing children with a safe space to ask questions and offers fun and responsible support which enables children to express and deal with their feelings in a positive manner.



Parent Diaries:

These diaries have been designed to ensure that you are aware of the content of each session your child takes part in day by day.

Not only is useful to put your mind at rest and but also it can give you an idea of what to expect so any questions or comments your child may make don't catch you by surprise or feel like they have come out of the blue!

Each day we have provided an overview of what topics have been covered, but also given you a few clues of ways to carry on conversations at home.

This is an ideal opportunity to begin having little conversations with your child and give them a platform to ask any questions they may have. It will help to re-enforce the notion that talking about their feelings, relationships and bodies are not anything to be ashamed or embarrassed about.

It can be scary when your child asks you questions and we all are sometimes shocked by how early they ask particular questions. You may not be ready to answer them, but they are ready for an answer!

It is better they hear an honest answer from you - than go away confused and thinking they have done something wrong.

It is ok to be unsure about what to say - if you need more time, tell them how good it is that they have asked but you need some time to think about how best to answer - tell them that you will have a think and come back to them later. Just make sure that you do.

Try and always explain things as simply as possible. If they need to ask more, they will.

Lesson One:

At home. What do our families look like?

Who's in them, What happens at home and what are the rules?

Key Points:

Children will explore differences in family situations and learn to respect these varieties.

NB: as part of this session a whole variety of families will be discussed including: families made up of same sex couples, couples with mixed ethnicity, cultures or religions and adopted or foster families, where appropriate.

Children will learn you can be in love with someone of the same sex, different culture or religion or someone with a disability.

Questions & Conversations at Home:

Talk them about different sorts of families. Ask them if they learnt about anyone who has the same family as they do, or anyone with different family structure.

Do they have different rules? What do they do together?
What is most important about being a family?

Lesson Two:

I am in love.

Talking about love; what it is; how you know you are in love and looking at different families.

Key Points:

Children will learn to recognise feelings of being in love and appreciate that those feelings are normal

Is being in love different from friendship? Are there different types of love?

NB: as part of this session falling in love with members of the same sex may be discussed where appropriate.

Questions & Conversations at Home:

What does it mean to be in love?

Are there different types of love - friends? family? pets? boyfriends or girlfriends? pop stars?

Can you always choose who you love? Can you think of friends or family that are examples of different sorts of couples such as same sex, different race, culture or religions? Talk about them.

What does it feel like when you are in love? Does it always feel nice? What if they don't love you back?

NB: It is important to respect feelings of love even if they differ from your own.

Lesson Three:

How was I born?

Where does a baby live before it was born? How did it get into mummy's tummy? and how is it born?

Key Points:

Children will learn about pregnancy and child birth. They will know how pregnancy occurs, how a baby grows in the womb, how a baby is born and what a baby looks like.

NB: children will learn how a baby is made. There is an explanation of sex. However, please be aware this is delivered in an age appropriate way and is in context. It is designed to answer children's natural questions. This is science - and not rude. Ultimately it is all based around answering the question where did I come from?

IVF conception is also explained.

Questions & Conversations at Home:

This is a great opportunity to make sure your children know that you are happy to answer their questions about sex before it becomes embarrassing for them.

- Ask if they understand that a baby is made up from a sperm from their daddy and an egg cell from their mummy?
- Do they understand where mummy eggs and daddy sperm live?
- How does a baby eat and grow when it is in mummy belly? how long does it take to grow?

If you have photos of them both during pregnancy and early after birth show and share them.

Lesson Four:

Being naked.

What are the rules at home and elsewhere.

Key points:

Children will explore different situations in which they may or may not be naked.

Children will learn that everyone has the need for privacy and that people may have different limits.

Children will learn to respect different rules and agreements about being naked.

Questions & Conversations at Home:

Talk about bath time, going to the toilet and getting changed - what are the rule at home and when you are out in public? Are they the same?

What about going swimming? or going to the toilet in a restaurant?

Lesson Five:

How do I say 'no.'

Recognising 'Yes', 'No' and 'Don't know feelings'.

Key Points:

Children will learn to recognise 'yes', 'no' and 'don't know' feelings in different situations, and understand that people may feel differently about different situations.

They will learn to express their 'no' feelings in different ways and which ways are most effective.

Questions & Conversations at Home:

Talk about different situations at home and ask them how they might feel. You can do this whilst watching TV and talking about the characters.

- How might they feel? What could they do? How would you feel in the same situation?
- How could they say no if they didn't like something? Can they think of an alternative to the situation?

e.g. 'I don't want to kiss Grandma, but I will blow her a kiss'

Have fun practising saying no softly, then slowly getting louder and louder, clenching your fists and stamping your feet.

Words we are using at school:

These are the words we are using at school. It is important that you and your child have the same vocabulary and are aware what each other mean. Even if you choose not to use these words at home it is important that you check them against any words you do use.

homosexual, lesbian, same sex, adoption,
penis, testicles, vagina, womb, ovaries,
eggs, sperm, IVF, biological parents