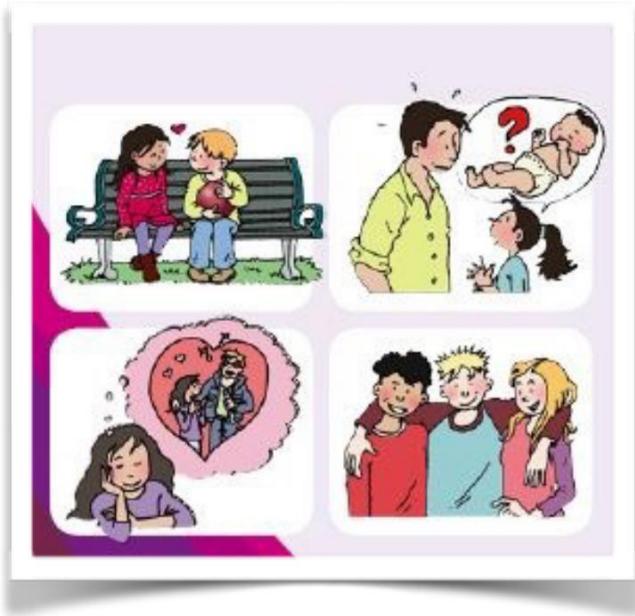


SPRING FEVER

Parent Diary



- Year 5 -

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

Lesson One:

My relationships

Key Points:

Children know which people are important to them.

Children realise that in certain situations some people are more important to them than others

Children know that there are various sorts of relationships and family structures and that these may change over time

Children know that there are various opinion, values and norms relating to choosing one's own partner, engagement, marriage (and having children), living together, forced and arranged marriage.

Children become aware that freely choosing one's own partner is not customary in some cultures.

Lesson Two: (from Yr 4 Programme)

Boys, Girls and Babies & How was I born?

Key Points:

Children will review the correct names for their genitals and the physical differences between boys and girls.

Children will learn about the biology of reproduction, pregnancy and birth.

NB: *children will learn about sexual body parts and anatomy as well as how a baby is made. 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.*

Children will learn about their own birth, who was there and what happened.

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.

- Check and see which words they know for boy's & girl's bits
- How does a baby get in its mother womb?
- Can a woman get pregnant in different ways?
- How long does a baby take to grow in its mother's womb?

It is also a great opportunity for children to learn their own story. We recognise that this might not always be easy and that not everyone had the ideal start. However, most people will have a story - however, daft and ridiculous. It is an ideal time to make those connections and retell those family stories...

Lesson Three: (from Yr 4 Programme)

How do I say yes or no?

Key points:

Children will learn to identify their own limits in various ways and in different situations.

They will know what they should do in situations, which exceed their limits, are unsafe or feel unpleasant, and be able to identify who they might trust or talk to, should unsafe or unpleasant situations occur.

Questions & Conversations at Home:

How do you know if someone likes or enjoys something? How can you see or hear this? What about if someone doesn't like or enjoy something instead?

How would you feel if someone forced or persuaded you to do something you didn't like?

Why is it important to listen if you notice that someone doesn't want to do something or doesn't like something?

If this happened to you, it is important to talk to someone you trust. A person can be trusted if they:

- believe you
- don't blame you for the situation
- listen & understand what has happened
- are glad that you told them
- really want to help you

Lesson Four:

Being in love.

What does it mean?

Key Points:

Children will learn that people can fall in love with different people. We don't always choose who we fall in love with; sometimes people fall in love with people from different cultures, religions or the same gender.

Children will explore ways of showing that they love someone and learn that the other person may not feel the same way.

NB: The children will learn that sometimes people fall in love with people of the same gender. Children will learn about the correct names for same sex relationships, being gay, lesbian and bisexual where appropriate.

Questions & Conversations at Home:

- How do you think it feels to be in love?
- Is it always a good thing?
- Have they ever been in love?

- What could they do if someone was in love with them and they didn't feel the same way?
- Would they tell you if they were in love or had a boyfriend or girlfriend? If not, why not?

Lesson Five:

Girls and Puberty
Changes, feeling and hormones

Lesson Six:

Boys and Puberty:
Changes, feeling and hormones

Key Points:

NB: Both lesson three and four, although focused on the changes that take place during puberty for a single gender, are designed to be delivered to mixed groups of both girls and boys. Both need to learn and empathise with the changes that take place during puberty for each other.

Children will explore the physical and emotional changes that take place during puberty, including: the importance of personal hygiene; the function of their genitals; emotional changes and mood swings that occur due to their change in hormone levels, as well as the importance of positive body and self image.

Specific to lesson 3: in addition will focus on the menstrual cycle and having their first period.

For boys Lesson 4: will in addition focus on erections and ejaculation.

Questions & Conversations at Home:

Essentially this is an ideal time to ensure that your child feels able to talk to you and ask questions about the changes that will take place during puberty. It can be a confusing and unsettling time, worrying if what is happening to them is normal.

If you have a daughter, then now is an ideal time to talk about periods and make sure that they are prepared. Developing their breasts and getting their periods are equally feared and longed for.

Equally if you have a son - the mystery of girls and their changing bodies and menstrual cycles are important to be comfortable with and understand too.

If you have a son, the importance of personal hygiene and body odour need to be addressed, as well as dealing with embarrassing erections and wet dreams.

Contrary to popular belief, girls will have wet dreams too, however theirs are less noticeable than with boys. All that wet dream are, is your body practising their natural sexual responses. On this note, both boys and girls are more likely to start to masturbate, once their hormones kick in too so be aware.

It may seem early to start thinking about these issues, however children are starting puberty earlier than ever before - and when asked, studies show that the majority of teens claim that they felt they were unprepared for puberty and wished that they were able to talk to their parents more.

Now is the time to talk - before it happens, and not to wait until it is too late...

Lesson Seven:

What feels nice and what doesn't.

Good and bad secrets.

Key Points:

Children learn to make a distinction between pleasant, unpleasant and dubious feelings in the case of touching and other situations. They will understand that everyone will have their own limits and these may differ from person to person.

They will learn the importance of clearly pointing out their own limits.

Children will also learn to make a distinction between good and bad secrets, and where to go for help.

Questions & Conversations at Home:

Ask if they know the difference between a good and bad secret - a bad secret is one that makes them feel scared, uncomfortable or uneasy.

Who can they talk to? What if they don't want to talk to you?

Stress the importance of listening to their feelings and to speak up if someone makes them feel uncomfortable. No one has the right to make them do anything they don't want to.

Equally, stress the importance of listening to someone else if they say no or that they feel uncomfortable.

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.

breasts	fertile
vagina	period
clitoris	ejaculation
penis	menstruation (menstrual cycle)
testicles	egg
urethra	foreskin
ovaries	genitals
scrotum	wet dream
sperm	circumcision
heterosexual	homosexual



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