

Sexual Education

Guidance for Parents

Year 4 Summer 2021



Government Guidance

- ▶ Previously a Personal, Social, Health and Citizenship Education (PSHCE) had not been compulsory.
- ▶ From September 2020, the government implemented a COMPULSORY Relationship and Sex Education (RSE) and Health Education.
- ▶ From September 2020, Primary schools MUST teach Relationships Education and Health Education but Sex Education is at the school's discretion. However, they must still teach the Science curriculum which covers some of the topics discussed in Sex Education.



Relationships Education, Relationships and Sex Education (RSE) and Health Education

**Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers**



Secretary of State Foreword – Key Points

What are the aims of Relationships Education, Sex Education and Health Education in the primary school?

The opening paragraph of the Department for Education guidance states:

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

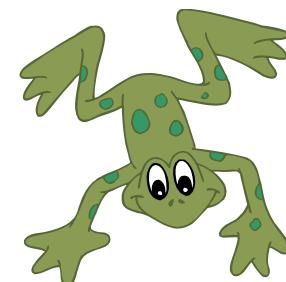
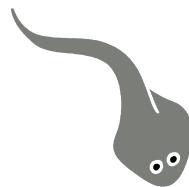
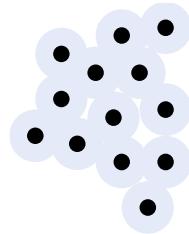
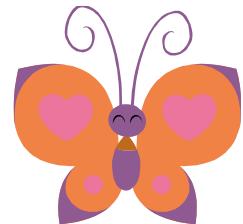
Why is teaching Sexual Education important?



- ▶ Today children are exposed to so much through the internet, social media, music, You Tube, News, friends and older siblings or family members.
- ▶ Jigsaw aims to educate children in a uniformed and safe way so that children do not interpret information incorrectly or get the wrong information from sources.

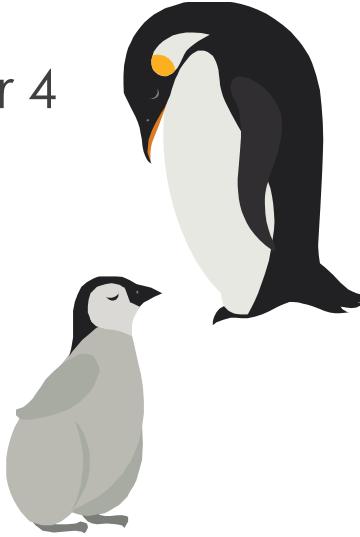
Changing Me

- ▶ Due to the national lockdown last year, we decided it was really important that children didn't miss out on previous years' curriculum so we have combined both the Year 3 and Year 4 information and will teach it to your child this year during the second part of the summer term.

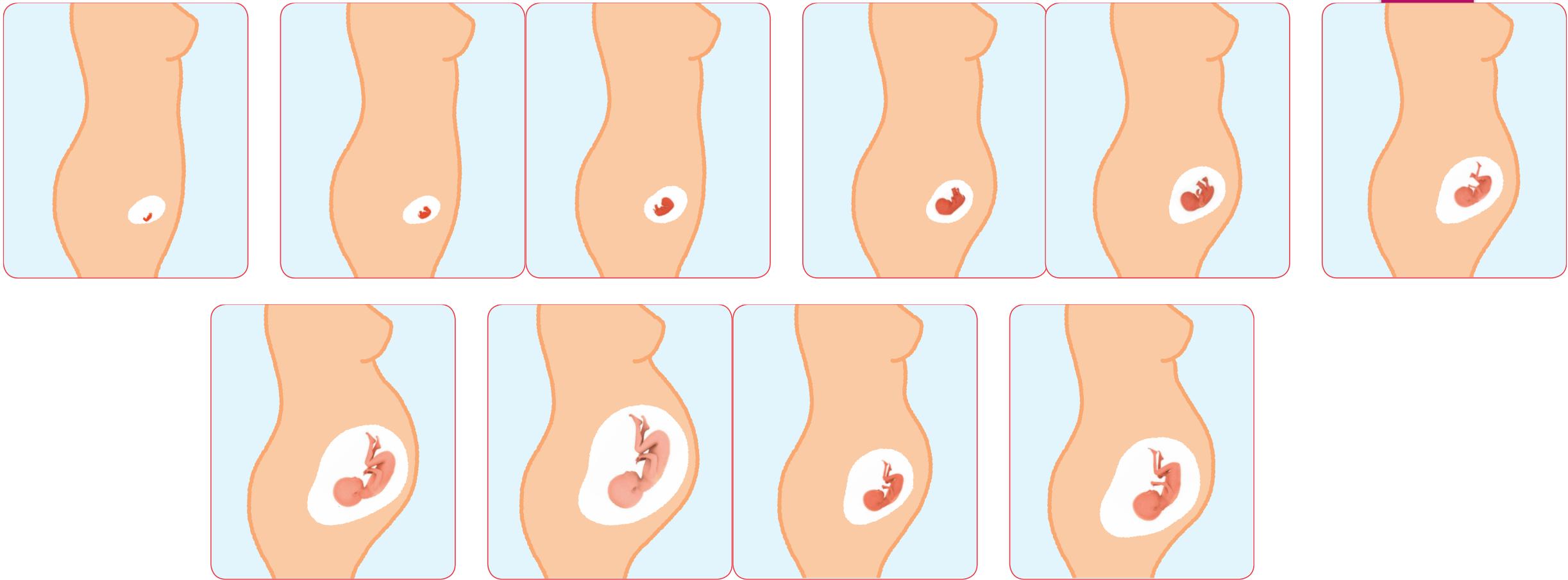


Changing Me- Year 3 and 4 Information

- ▶ **Lesson 1-** Year 3 Piece 1- How Babies Grow and piece 2- Babies as well as Year 4 Piece 1- Unique Me
- ▶ We talk about the fact that females usually have the baby.
- ▶ We discuss what it is like to have a baby in the family.
- ▶ We discuss what needs babies have and the role of the parent in caring and looking after them.
- ▶ We discuss that we get our genes from both of our parents and that whilst we are unique we get characteristics from both parents.
- ▶ We then use the following slide to look at how babies grow and develop in the mother's uterus.



How does the life of a baby start out? Where does it begin to grow? How does it grow?



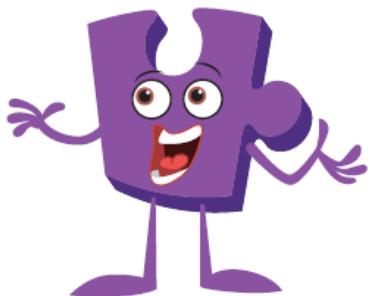
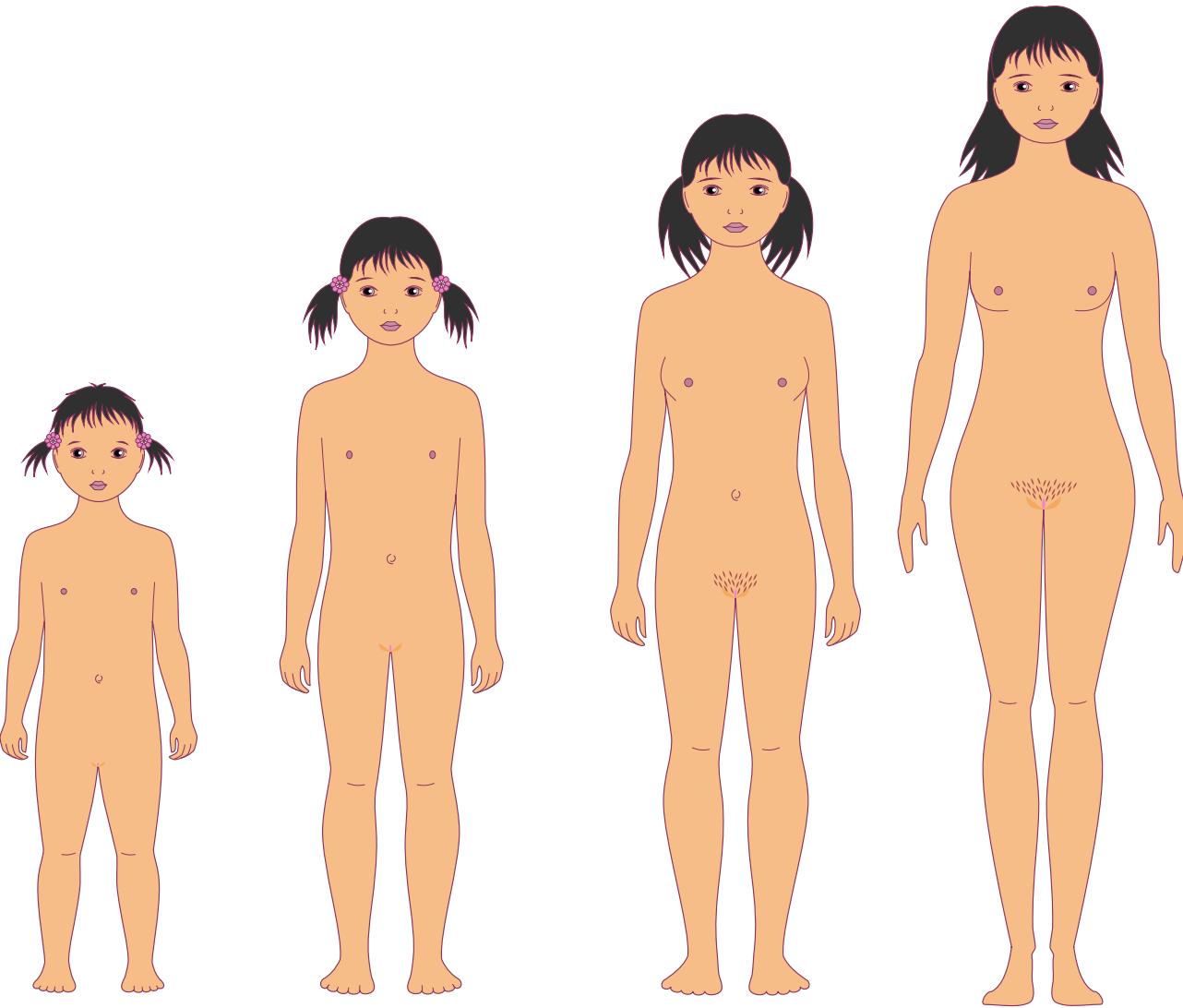
The baby grows inside the mother's womb/ uterus and gets all its nutrients in order to grow from the mother.

Can you spot any changes as the baby grows?

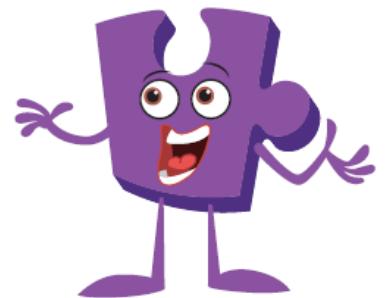
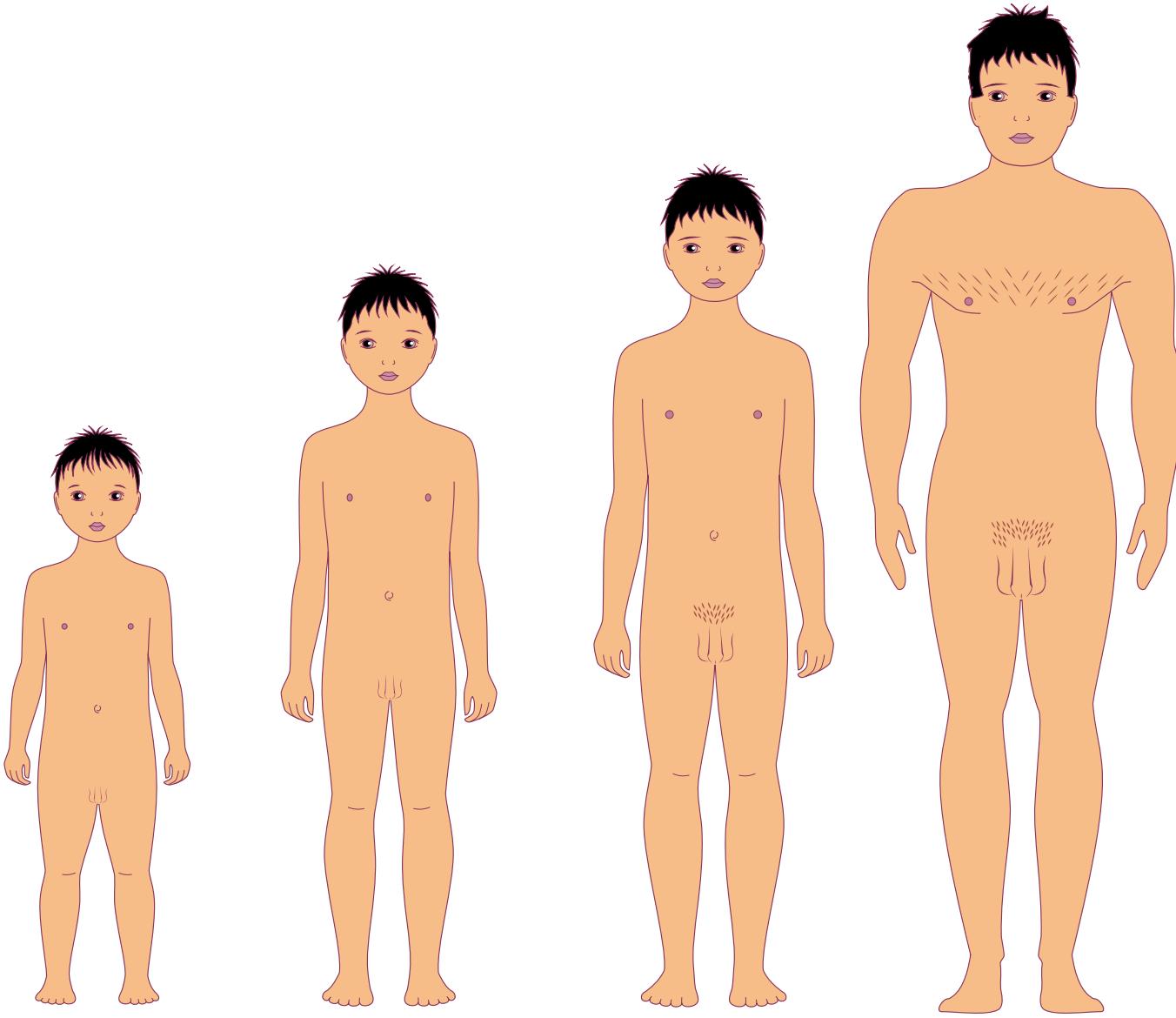
Changing Me- Year 3 and 4 Information

- ▶ **Lesson 2-** Year 3 Piece 3- Outside body changes and piece 4- Inside body changes
- ▶ Talk about Puberty and the changes encountered by boys and girls during this stage.
- ▶ We discuss the changes in their bodies which they can and cannot control.
- ▶ We then go on to look at the internal body parts and begin to look at the processes occurring internally. The following slides show what we will be sharing with the children, along with the animations which the children will view.
- ▶ Children will have the opportunity to ask questions or write down questions in a worry box. We will only answer age appropriate questions and will refer any other questions to you so you can decide whether you wish to answer them.

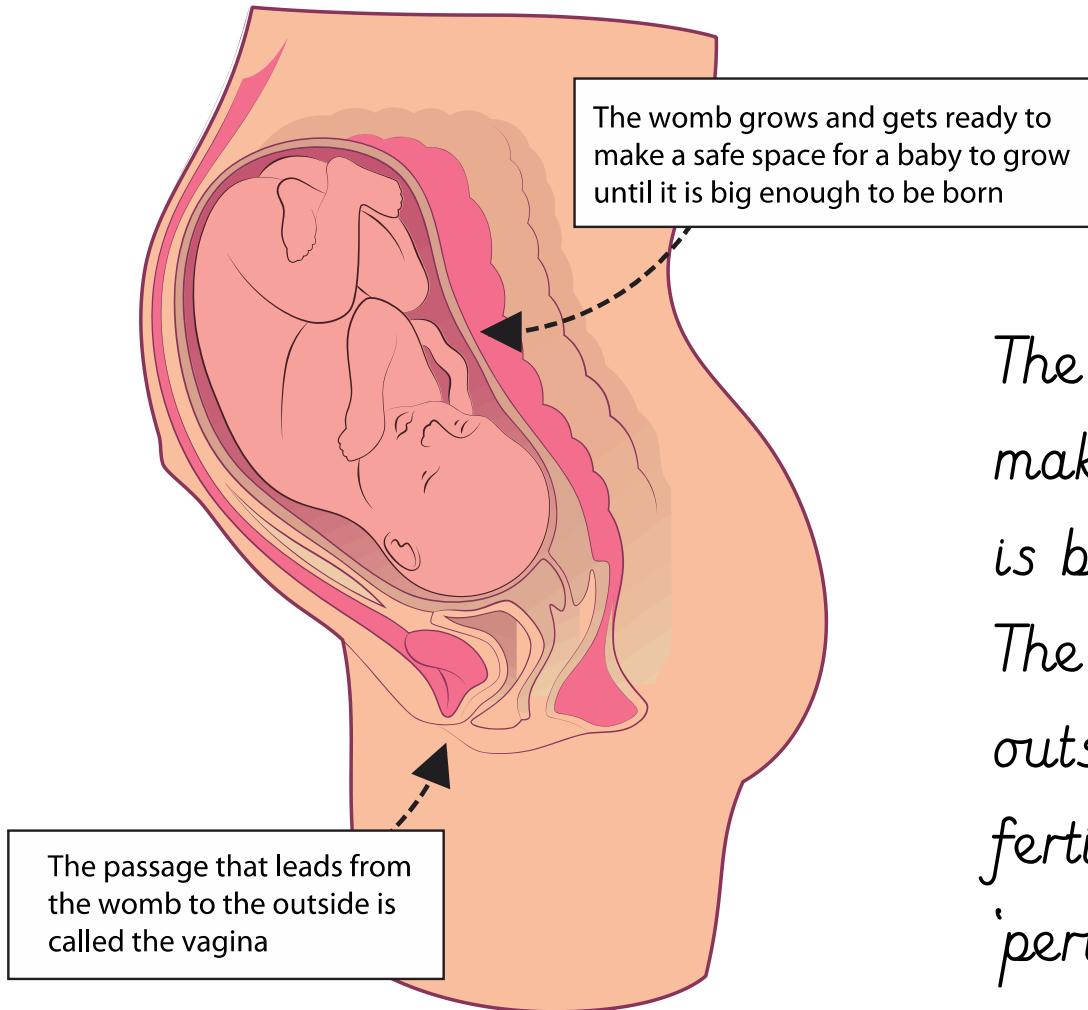




These body changes happen at a different time and pace for each person because our bodies are all unique. If you are worried, please speak to a trusted adult or put a note in the worry box.

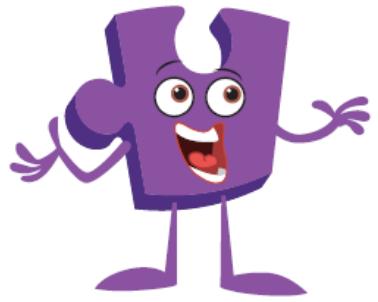


These body changes happen at a different time and pace for each person because our bodies are all unique. If you are worried, please speak to a trusted adult or put a note in the worry box.



The womb/uterus grows and gets ready to make a safe space for a baby to grow until it is big enough to be born.

The passage that leads from the womb to the outside is called the vagina. If an ovum isn't fertilised it passes out of the body as a 'period'.



Click each puzzle piece for animations.

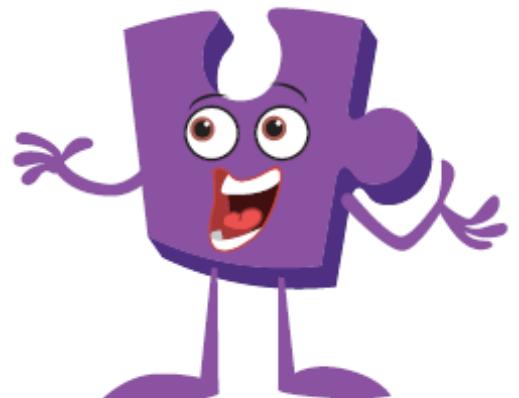
Changing Me- Year 3 and 4 Information

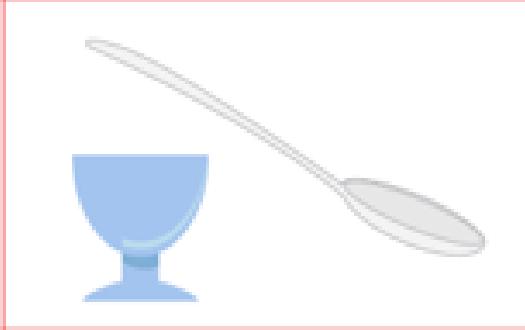
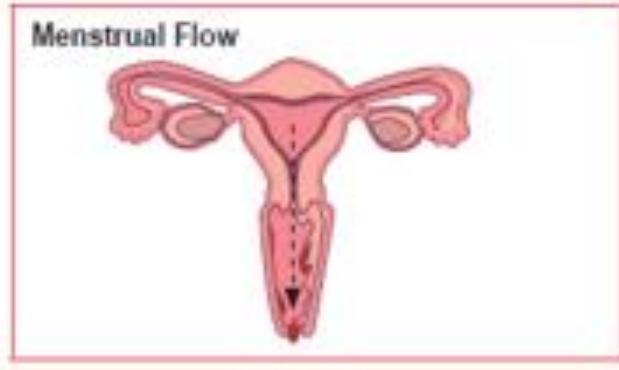
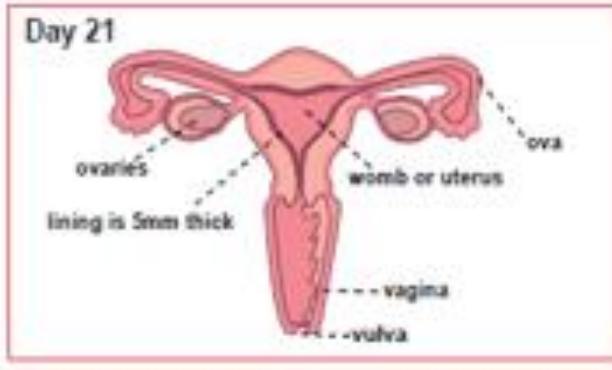
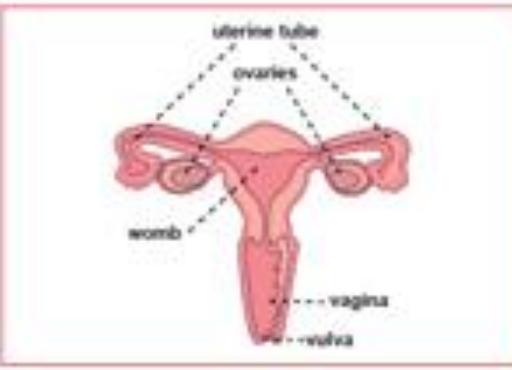
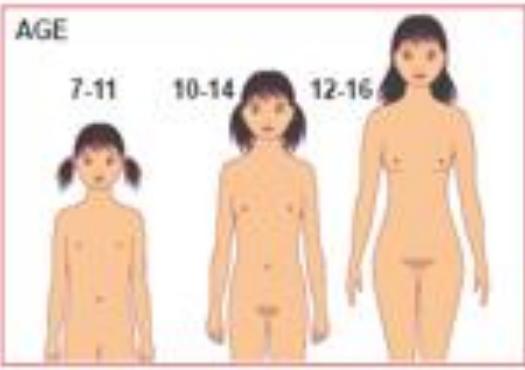
- ▶ **Lesson 3-** Year 4 Piece 2- Having a baby and Year 4 piece 3 Girls and Puberty
- ▶ We again look at the previous slides and female animation to recap how the baby is made internally. We do not talk about sexual intercourse but rather the internal aspects of it.
- ▶ We begin to look at menstruation and how the female body changes in preparation for having a baby.
- ▶ Both boys and girls join in with this lesson and are shown the following two slides.



- When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.
- Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/ uterus.
- If the egg (ovum) meets a man's sperm at this point, the egg will be fertilised and a baby will start to grow. This is called conception.
- Every month the womb/ uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.
- If an egg is fertilised it settles into this soft lining of the womb/uterus and develops into a baby.
- If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/ woman's body is working as it should.
- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, or a tampon which they insert into the vagina. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

Click on Jigsaw piece
for the female
animation.





A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.

If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.

The amount of blood leaving the body varies from person to person but on average it's about two tablespoonsfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Changing Me- Year 3 and 4 Information

- ▶ **Lesson 4-** Year 3 piece 5- Family stereotypes
- ▶ We look at the roles boys/girls, men/women have in families and talk about stereotypes.
- ▶ **Lesson 5-** Year 4 piece 4-Circles of change
- ▶ We talk about change in a general way e.g. moving house, new step parents and about how to deal with and cope with change.
- ▶ **Lesson 6-** Year 4 piece 5 – Accepting Change
- ▶ We discuss changes which are within our control and those which are not.
- ▶ We discuss how the children feel about these changes.
- ▶ **Lesson 7-** Year 4 Piece 6- Looking ahead
- ▶ We identify changes which may occur in the next year.
- ▶ We think of questions we would like to ask about year 5 and we get responses from the year 5 pupils.



Does my child have to take part?

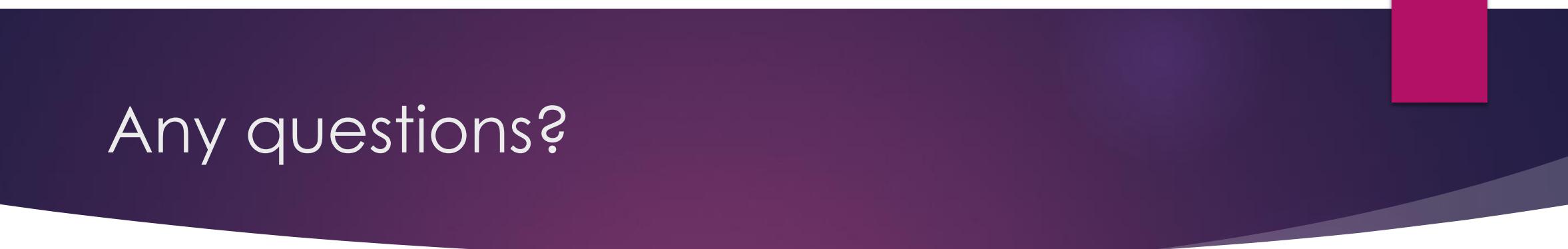
- ▶ Children have to participate in the science element * of the sexual education curriculum but you are allowed to opt out of the other parts.
- ▶ If you wish to do this please notify your child's class teacher in writing with your reasons for choosing to do so.
- ▶ You may get a phone call from the school to discuss this further.

We believe that Jigsaw allows us to share this vital information in a safe and unthreatening way with your child. We feel that it is key that children get the correct information from a safe and trusted source.

* Describe the changes as humans develop to old age.

*They should learn about the changes experienced in puberty.





Any questions?