



# Juniper Hill School

## Sex Education Information Leaflet for Families – Year 1

We teach Sex Education as part of our Relationships Education within the planned PSHE curriculum. Sex Education lessons are taught in the context of the 'Changing Me' Jigsaw unit of learning and are not stand-alone lessons.

### Why talk to children about sex and relationships?

Some people think that giving children information about sex and relationships encourages young people to experiment with sex, but research has shown quite the opposite effect.

Good sex and relationships educations can: - raise the age young people first try out sexual activity - cut the rate of teenage pregnancies and abortion - lower the rate of sexually transmitted infections.

Sex and relationship education doesn't simply include passing on information about what sex is. It includes a wide range of issues, including - differences in themselves and others (when younger) - changes in their bodies - how their feelings are changing as they grow up - how a pregnancy happens (this may be addressed according to the age and levels of understanding) - preventing pregnancy (secondary school) - dangers of STD's (secondary school)

Research also shows that young people would like their mum, dad or carer to be the first person to talk to them about body changes, feelings, sex and relationships. Children pick up messages about sex and relationships from their friends, the TV and magazines and if you don't talk to them about growing up when they are young, they may find it difficult to ask questions later and may think that you find it too embarrassing to talk about –so won't ask.

This is why as a school we are encouraging parents to begin talking to their children at this age. We share information about what we teach during our yearly sex education parents evening.

### Sex Education Curriculum Content and Progression of Skills and Knowledge

Year Group	Lesson	Learning Objective	Skills	Knowledge
1 Boys' and girls' Bodies  <b>Children cannot be removed from this lesson</b>	Changing Me Puzzle 4	To identify the parts of the body that make boys different to girls and use the correct names for these. To respect my body and understand which parts are private.	To identify parts of the body that make boys different to girls.	To use the correct names for these: penis, testicles, vagina, vulva, anus.

### Summary of the lesson content:

#### Puzzle 4- Boys' and Girls' Bodies

We will start the lesson by showing a cartoon picture of a male and female. The children will be asked how are boys and girls different? We will conclude that one way we can tell the difference is by private body parts. We will then show a picture of a cartoon male and female body. Adults will supply the words penis, breasts, testicles, vagina/vulva. We will explain that these parts are private



# Juniper Hill School

## Sex Education Information Leaflet for Families – Year 1

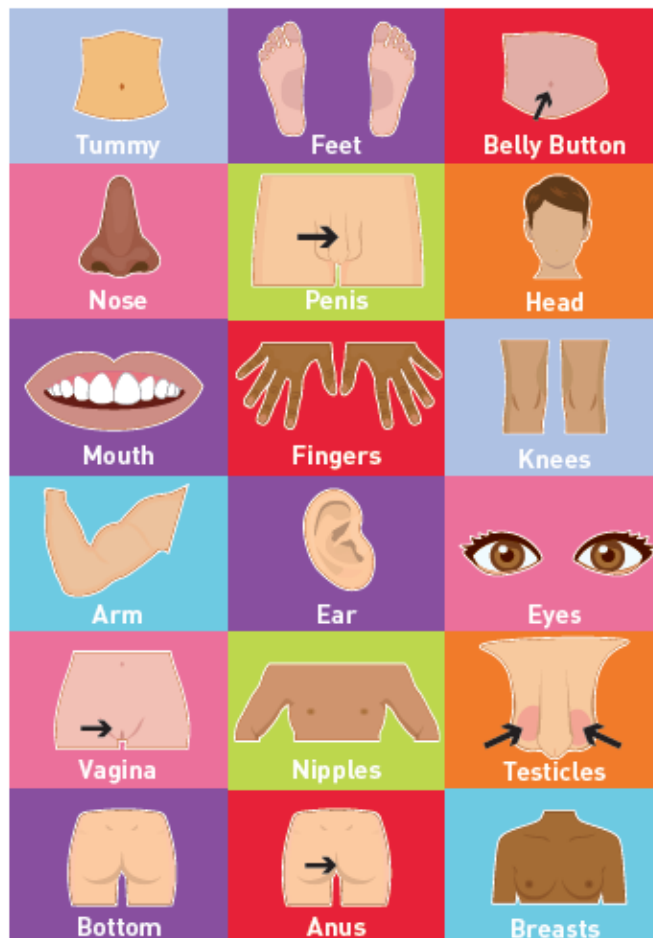
and that we don't usually show them or talk about them.

We will then invite the children, if they wish, to share 'family names' that they use for these parts at home. We will emphasize that 'family names' for these parts are ok to use sometimes, but it is also important that everyone know the proper names as well and at school we will use the proper names. We will reinforce that our private parts are those parts than our swim suits or underwear cover. We will ensure that 'private' is taken to mean special and important, not 'guilty', 'dirty' or 'not very nice' and that children understand their private parts belong to them and no-one has the right to touch them without their permission. After the children will identify what they should do if they feel scared or unsure. We will discuss who they should tell or go to help for e.g. a trusted adult. The children will then sort pictures of male and female body parts and decide if it belongs to a male, female or both. The children will be encouraged to use the correct name for that body part. We will then finish the lesson with discussing when it is and when it isn't ok to talk about these private body parts in school.

### Vocabulary the children will be taught:

Male, Female, Vagina, Penis, Testicles, Vulva, Anus. Breasts, Nipples, Bottom

Pictures used for the sorting activity.












# Juniper Hill School

## Sex Education Information Leaflet for Families – Year 1

### How to talk to your children about sex and relationships

Many people find talking about sex and relationships embarrassing and it's ok to tell your child that you feel embarrassed – if you are honest with your child they will learn to trust you and realise that being embarrassed is natural and ok.

Here are some tips that may help you to talk to your child.

-  Start early, if you start talking about sex and relationships at an early age, the information does not have to be very detailed – just simple and natural answers without making a big deal about it. Most children will be happy learning in small steps, as they start to ask questions.
-  Use everyday situations to start a conversation Using TV shows and characters as a starting point can often help as you will be speaking about something which you have both just watched, and children may feel more at ease asking questions about characters in soaps. It also gives children the idea that sex and relationships are a normal part of everyday life.
-  Talk while you are doing something else. Talking while doing the washing up or something similar, takes both of your minds off the subject a little and makes it a little less embarrassing for both of you!
-  Get some books, leaflets or find a good website – come and ask at school which resources we will be using. Perhaps ask friends what books they have used.
-  Find out what your child already knows. Don't give your child a one-off talk about sex and relationships, but build up gradually, this will mean that as they get older, children will feel more comfortable about asking questions.
-  Find the right words. Give your child small answers to questions, some children may want to know more, others may be happy with the short answer, if they ask more questions, this is because they are ready for more information, if they ask the same question again, it is often because they haven't understood, if they change the subject it's probably because they are happy with your answer!
-  Think ahead. Think about how you will answer certain questions and if you feel unsure or unhappy about how to answer, find the information or come into school and ask how we are discussing the area, we may be able to give you some pointers.