



RSHE Parent Engagement Information

What is the purpose of Sex Education?

- To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them
- To enable young people to understand and respect their bodies and be able to cope with the changes puberty brings, without fear or confusion
- To empower young people to be safe and safeguarded

Why teach Sex Education in school?

- It is part of the National Science Curriculum.
- More than ever before, children are exposed to representations of sex and sexuality through the media and the social culture around them, so we need to present a balanced view
- Rates of sexually-transmitted infections (STIs) and teenage pregnancy in the UK are relatively high – as is the regret felt by young people after early sexual experiences.
- Research shows that most parents say they want the support of schools in providing SE for their children.
- Research consistently shows that effective SE delays first sexual experience and reduces risk taking.
- At Stoborough, we believe that knowledge and understanding empowers children to make informed decisions that help keep them stay safe, healthy and happy.
- All lessons are taught using correct terminology, child-friendly language and diagrams.

Won't Sex Education(SE) take away my child's innocence?

- No. The evidence suggests that quality SE does the opposite: it actually delays young people's first sexual experience and it helps them become much more confident and comfortable about making informed choices.
- Good SE takes away children's ignorance, not their innocence.
- Teaching about safety and relationships as part of Personal, Social and Health Education (PSHE) contributes to how schools approach the safeguarding of pupils. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action.
- Ofsted expressed concern in its 2013 PSHE report that a lack of high-quality, age-appropriate SE in over a third of schools left young people vulnerable to inappropriate sexual behaviours and exploitation. It is clear, therefore, that PSHE and Relationships, Sex and Health Education (RSHE) play a vital part in helping to meet school's responsibilities to safeguard their pupils.

Which PSHE lessons will cover SE?

At Stoborough Primary CE VA Primary School, puberty is taught as a **statutory requirement** of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' unit. We conclude that **sex education** refers to Human Reproduction and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this in Jigsaw Changing Me unit e.g.

- Year 4, Lesson 2 (Having a baby))
- Year 5, Lesson 4 (Conception)
- Year 6, Lesson 4 (Conception, birth)

Please see the RSHE content taught in the Changing Me Unit:

(Due to copyright, none of the materials used in the Jigsaw PSHE scheme can be shared online. If you would like to view any resources, these will be made available upon request.)



Changing Me

Puzzle Map - F2 (Reception) - Ages 4-5

Weekly Celebration	Pieces	Learning Intentions
Understand that everyone is unique and special	1. My Body	I can name parts of the body
Can express how they feel when change happens	2. Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
Understand and respect the changes that they see in themselves	3. Growing Up	I understand that we all grow from babies to adults

Whilst SE isn't taught in Reception, these Changing Me units lead into SE teaching in Key Stage 1.

Jigsaw SRE Content The grid below shows specific SRE learning intentions for each year group in the 'Changing Me' Puzzle 6.

Year	Piece Number & Name	Learning Intentions 'Pupils will be able to...'	Content	Safeguarding
1	Piece 1 Life Cycles	start to understand the life cycles of animals and humans understand that changes happen as we grow and that this is OK	<p>Connect us - Paired activity: changes from baby to adult</p> <p>Open my mind - whole class sing 'Changing as I grow'</p> <p>Show me or Tell me - Whole class BBC Learning Clip: 9463 Frogs, discussion how did the frogs spawn turn into the frog (in what order)? Teacher led discussion using photographs showing similar growth stages for humans.</p> <p>Let me learn - Paired activity - Life cycles, sorting the life cycle cards into the right order</p> <p>Help me reflect - Draw and write individual activity - 'me now and what I want to be when I grow up'.</p>	Neglect
1	Piece 3 My Changing Body	know how my body has changed since I was a baby understand that growing up is natural and that everybody grows at different rates	<p>Open my mind - whole class sing 'Changing as I grow'</p> <p>Show me or Tell me - baby photo session. Distinguish between changes: body, appearance, abilities,</p> <p>Let me learn - individual activity, writing about how you have changed since you were a baby / little</p> <p>Help me reflect - individual draw and write activity: 'I am pleased I am getting older because...'</p>	<p>Neglect</p> <p>Poor parenting</p> <p><i>An alternative activity may be necessary for children who do not have access to a photo of themselves as a baby [adopted, in care, refugee, asylum seeker etc.]</i></p>
1	Piece 4 Boys' and Girls' Bodies	identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina respect my body and understand which parts are private	<p>Open my mind - Whole class activity using PowerPoint slides of animals, can we identify males and females?</p> <p>Show me or Tell me - Same gender pairs can we identify gender from appearance alone (list three ways)? Introduction to male female 'private' body parts: penis, vagina, testicles (as covered by a swim suit).</p> <p>Let me learn - Class sorting activity using two hoops (intersecting) and the body part cards (emphasis on using correct names)</p> <p>Help me reflect - Individual draw and write activity - me in a swim suit with labelled body parts including genitalia and the correct terms.</p>	<p>Female genitalia mutilation</p> <p>Physical abuse</p> <p>Sexual abuse</p>
2	Piece 1 Life Cycles in Nature	recognise cycles of life in nature understand there are some changes that are outside my control and to recognise how I feel about this	<p>Connect us - 'Find your pair' card activity to get in pairs and consider what has changed between the two card images (young animal to adult animal)</p> <p>Open my mind - Sing 'Changing as I grow' and go through the song lyrics identifying changes in the song (and add own ideas). Reinforce change is sometimes out of our control and it's OK.</p> <p>Tell me or Show me - whole class activity using BBC Learning Clip 2250: An introduction to life cycles. Discussion about life cycles.</p> <p>Let me learn - Draw and write individual activity to show what they know about a life cycle.</p>	<p>Poor parenting</p> <p>Neglect</p> <p>Emotional abuse</p>

2	Piece 2 Growing from Young to Old	<p>tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>identify people I respect who are older than me</p>	<p>Open my mind - Sing the Jigsaw Song: Changing as I grow. Partner activity, using PowerPoint to discuss visible changes from a baby to an elderly person.</p> <p>Tell me or Show me - Whole class, using the book 'My Grandpa is Amazing' by Nick Butterworth to talk about growing older. Share photos of grandparents (if any have brought them in) - could invite grandparents in too to talk about how they were when they were younger etc.</p> <p>Let me learn - Using the Leaf template, individual draw and write activity about someone older who is special, share these with whole class. Create a positive impression of growing older.</p> <p>Help me reflect - Individual activity, complete the sentence stem: 'One thing that changes, in a good way, when we get old is...'</p>	<p>Physical abuse</p> <p><i>An alternative activity may be necessary for children who do not have access to photos of their grandparents.</i></p>
2	Piece 3 The Changing Me	<p>recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>feel proud about becoming more independent</p>	<p>Connect us - Circle time activity (talking partners first) complete one of these sentence stems, taking each one in turn: 'When I was a baby I could...'; 'Now I am 6/7 years old I can...'; 'When I am grown up I will be able to...'</p> <p>Open my mind - Whole class activity using the story of Titch and discuss the theme of growing.</p> <p>Tell me or Show me - Whole class sorting activity using timeline labels 'Baby', 'Toddler', 'Child', 'Teenager', 'Adult' and a collection of different items. Discuss how growing and changing brings more abilities, more freedom and independence, more responsibilities, more knowledge.</p>	<p>Poor parenting</p> <p>Neglect</p> <p>Physical abuse</p> <p>Emotional abuse</p> <p>Sexual abuse</p>
2	Piece 4 Boys' and Girls' Bodies	<p>recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</p> <p>tell you what I like/don't like about being a boy/girl</p>	<p>Open my mind - Groups of 4 discuss differences between the things girls do and the things boys do - share some ideas with whole class.</p> <p>Show me or Tell me - Whole class sorting activity, body parts specific /not specific to gender</p> <p>Let me learn / Help me reflect - Individual draw and write activity, 'This is me, what it means to be a girl or a boy to me'.</p>	<p>Gender -based violence</p> <p>Physical abuse</p> <p>Female genitalia mutilation</p>
2	Piece 5 Assertiveness	<p>understand there are different types of touch and tell you which ones I like and don't like</p> <p>be confident to say what I like and don't like and ask for help</p>	<p>Connect us - circle time activity, pass the touch. Discuss when we use touch, positive and negative.</p> <p>Tell me or Show me - Class activity, share the poem 'What About You?'</p> <p>Alternatively, read the book 'Hug' by Jez Alborough. Ask the children to think about the sort of touches they like.</p> <p>Let me learn - Individual draw and write activity; 'two types of touch I like'.</p> <p>Help me reflect - Individual draw and write activity, 'One way I like touch is when...'</p>	<p>Physical abuse</p> <p>Sexual abuse</p> <p>Emotional abuse</p> <p>Personal Safety</p> <p>Neglect</p> <p><i>Ensure children know some touches we may like and some we might not. Some are acceptable and some are unacceptable. Reinforce that it is OK to speak up and say you don't like being touched in a certain way.</i></p>

3	Piece 1 How Babies Grow	<p>understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p> <p>express how I feel when I see babies or baby animals</p>	<p>Connect us - using pair cards, find your partner and talk about changes from being a baby to an adult.</p> <p>Open my mind - Class activity, introduction using PowerPoint to females having babies and males having an important parenting role.</p> <p>Tell me or Show me - Class activity, preferably with a parent and new baby, or puppy/kitten. Consider what it would be like to have a new baby. Discuss what it needs each day, routines, caring for him/her.</p> <p>Let me learn - paired draw and write activity; three pictures in sequence to show changes that happen for the baby: from birth, to being a child/young animal, to being fully grown.</p> <p>Help me reflect - Individual draw and write, 'how have I changed since I was a baby' (especially around independence).</p>	<p>Poor parenting Neglect</p> <p><i>Be mindful of any families that have suffered bereavements around new babies or miscarriages.</i></p>
3	Piece 2 Babies	<p>understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow</p> <p>express how I might feel if I had a new baby in my family</p>	<p>Connect us - whole class sing 'Changing as I grow' - and think about changes from being a baby to now</p> <p>Open my mind - Paired activity, 'what does a baby need to grow and survive' (both emotional and physical).</p> <p>Tell me or Show me - whole class discussion about how a baby starts out / where does it grow. PowerPoint to illustrate the baby growing in a womb.</p> <p>Let me learn - individual draw and write activity - what a baby needs to survive and live and grow.</p> <p>Help me reflect - Individual activity, list the 3 most important things a baby needs to survive and grow.</p>	<p>Neglect Poor parenting Emotional abuse Physical abuse</p>
3	Piece 3 Outside Body Changes	<p>understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>recognise how I feel about these changes happening to me and know how to cope with those feelings</p>	<p>Connect us - circle time activity; changes that have happened and good and bad things about change.</p> <p>Open my mind - Class activity to introduce the word puberty and changes outside the body.</p> <p>Tell me or Show me - class sorting activity using body cards. Reinforce puberty changes with PowerPoint.</p> <p>Let me learn - Paired activity using resource sheet 'My Life, My Changes'.</p> <p>Help me reflect - individual reflection on what may be worrying them about growing up and what they are looking forward to.</p>	<p>Physical abuse Sexual abuse Emotional abuse Neglect</p>
3	Piece 4 Inside Body Changes	<p>identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up</p> <p>recognise how I feel about these changes happening to me and how to cope with these feelings</p>	<p>Open my mind - Class discussion, where does a new life start from? Pick out differences (chicken lay eggs etc.)</p> <p>Tell me or Show me - Class activity, PowerPoint slides to identify and explain the key elements of puberty changes inside the body and how the changes link to the start of a new life.</p> <p>Let me learn - Paired activity using 'The Great Growing Up Adventure'.</p> <p>Help me reflect - Question Answer session using 'Jigsaw Jino's Private Post Box'. Respond to the questions with the class and deal with things in a form such as "Jigsaw Jino tells me some people aren't sure about... Let me explain it..."</p>	<p>Physical abuse Sexual abuse Emotional abuse Neglect Female genitalia mutilation</p> <p><i>If appropriate, clarify that babies can also come into families by adoption or fostering so that they can be loved and cared for if for any reason the birth mother/father can't look after them.</i></p>



3	Piece 5 Family Stereotypes	start to recognise stereotypical ideas I might have about parenting and family roles express how I feel when my ideas are challenged and be willing to change my ideas sometimes	<p>Open my mind - class activity using Task cards to think about male/female roles.</p> <p>Tell me or Show me - Class discussion to introduce the word 'stereotypical' and why/how roles within their families are taken.</p> <p>Let me learn - In groups design a pillow case for a boy/girl. Is it stereotypical? Complete the sentence: 'Our design is/is not stereotypical because...'</p> <p>Help me reflect - individual reflection, who does which jobs in their home?</p>	<p>Gender -based violence</p> <p>Physical abuse</p> <p>Emotional abuse</p> <p>Sexual abuse</p> <p>Female genitalia mutilation</p> <p>Bullying</p> <p><i>Be mindful of cultural difference.</i></p>
4	Piece 1 Unique me	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>I appreciate that I am a truly unique human being</p>	<p>Open my mind - class activity using the kitten/mother cards to show how some characteristics are passed on but others are unique to us.</p> <p>Tell me or Show me - Using photos of a known adult and their parents, identify characteristics that have been passed on (eye colour etc.)</p> <p>Let me learn - Class activity using 'My Parents and Me Puzzle' to highlight for the children that some characteristics are genetic and passed to a child when egg and sperm meet at conception. Also link to grandparent characteristics as well as those that are unique.</p> <p>Help me reflect - Individual draw and write activity, 'Being a truly unique human being makes me feel...'</p>	<p>Neglect</p> <p><i>Be mindful of children in your class who are fostered, adopted or who may not know information about their birth parents. In that instance, talk to them before the lesson so that they are prepared and can participate as and how they feel able.</i></p>
4	Piece 2 Having A Baby	<p>correctly label the internal and external parts of male and female bodies that are necessary for making a baby understand that having a baby is a personal choice and express how I feel about having children when I am an adult</p>	<p>Open my mind - Class activity to review making special things i.e. a baby. Group activity to discuss these questions: Why do people choose to have babies? What is difficult about looking after a baby? Point out this is a choice or ask - Does everybody have to have a baby?</p> <p>Tell me or Show me - Class discussion using the PowerPoint slides to recap where the parts to make a baby come from. Use 'story' script to tell the story of the sperm meeting the egg*. Show the animation: The Female Reproductive System.</p> <p>Let me learn - Teacher led discussion - imagine visiting another planet that does not have male / female differences - how might they reproduce? Paired activity to create a fact file for an alien on how humans reproduce.</p> <p>Help me reflect - Share fact files and remind children to use the question box if they have any questions or are unsure of anything.</p>	<p>Physical abuse</p> <p>Emotional abuse</p> <p>Sexual abuse</p> <p>Gender -based violence</p> <p><i>It will be important at an appropriate point in this lesson to raise the issue of celebrity and body image expectations.</i></p> <p><i>*[Be aware that this process could be painful and sensitive to some children. Be vigilant and ensure any issues are followed up on a one to-one basis.]</i></p>
4	Piece 3 Girls and Puberty	<p>describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>Connect us - Whole class activity to recap on previous learning about puberty, use 'How do I feel about Puberty Cards' as a stimulus to discussion.</p> <p>Open my mind - Whole class activity using different items to do with growing up. Introduce the word 'menstruation' and puberty in girls. Show the animation: The Female Reproductive System.</p> <p>Tell me or Show me - whole class activity to go through the stages of menstruation.</p> <p>Let me learn - Paired/small group sorting activity using 'Menstruation Cards'</p> <p>Help me reflect - Using Jigsaw Jaz to raise any worries about growing up.</p>	<p>Gender -based violence</p> <p>Physical abuse</p> <p>Emotional abuse</p> <p>Sexual abuse</p> <p>Female genitalia mutilation</p> <p>Bullying</p>

5	<p>Piece 1 Self-Image and Body-Image</p>	<p>be aware of my own self-image and how my body image fits into that know how to develop my own self esteem</p>	<p>Connect us - whole class circle activity, rolling the ball and giving compliments Open my mind - small group sorting activity, using 'Self-image Cards', Give each card a happy / sad face. Discuss where these perceptions come from (the happy/sad faces) and share the PowerPoint slide to help children understand this issue. Tell me or Show me - Individual activity to explore how we see ourselves (self-image), using the inside of the self-image picture frame card. Discuss links between self-image and self-esteem*. Group activity using the 'Gingerbread person image' to create someone with high self-esteem. Let me learn - Whole class discussion to consider how we can turn a negative statement into a positive one using affirmations (distance this with generic examples). Individual activity to change a sad face self-image card from Open my Mind, into a positive one. Help me reflect - Individual activity to write their affirmations on the front of their cards and take a few minutes in silence (perhaps with some gentle music) to repeat these to themselves. This will start to change the perceptions held in the subconscious.</p>	<p>Physical abuse Emotional abuse Sexual abuse Neglect Racist, disability, homophobic or transphobic abuse <i>It will be important at an appropriate point in this lesson to raise the issue of celebrity and body image expectations. *(Be aware that this process could be painful and sensitive to some children. Be vigilant and ensure any issues are followed up on a one to-one basis.)</i></p>
5	<p>Piece 2 Puberty for Girls</p>	<p>explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be OK for me</p>	<p>Connect us - Using a carousel to work in different pairs, discuss what makes you feel embarrassed and what happens emotionally and physically when you are embarrassed? Open my mind and Tell me or Show me - Whole class revisit what is needed to make a baby. Show PowerPoint with pictures of sperm and eggs. Go through how the female body prepares itself to have a baby using the animation 'The Female Reproductive System'. Let me learn - Whole class revisit different sanitary products and how they are used. Single gender groups moving around four different activities (sorting, discussing, agony aunt, and writing/drawing). Help me reflect - sharing their work from Let me Learn. Remind children to use Jigsaw Jez's private post box for any questions they have, but don't want to say out loud.</p>	<p>Gender -based violence Physical abuse Emotional abuse Sexual abuse Female genitalia mutilation Personal safety</p>
5	<p>Piece 3 Puberty for Boys and Girls</p>	<p>describe how boys' and girls' bodies change during puberty express how I feel about the changes that will happen to me during puberty</p>	<p>Connect us - Circle activity to recap on changes that happen to us as we grow and go through puberty. Open my mind - Whole class activity using a continuum exercise to discuss the statements listed on the 'Puberty: Points of View' sheet. Point out there are no wrong or write answers and that opinions will vary. Tell me or Show me - Using the PowerPoint slides of the male organs, ensure all the children understand the male reproductive system. Use the animation: The Male Reproductive System to reinforce this. Small group activity using 'Boys n' Puberty Quiz'. Review the answers together. Let me learn - Paired activity to produce an information leaflet or PowerPoint presentation for children aged 7 - 9, with the title 'Puberty - It Happens To Us All'. Help me reflect - whole class circle activity to share what they have produced and compare notes on the kind of questions and topics they have chosen to address.</p>	<p>Physical abuse Emotional abuse Sexual abuse Neglect Racist, disability, homophobic or transphobic abuse <i>Note that with the statement about fancying people, it is important to introduce the idea that for some people normality will mean fancying their own sex whereas for others this will mean fancying someone of the opposite sex. If it has not come up previously, clarify the meaning of the word 'gay', which they will certainly have heard.</i></p>

5	<p>Piece 4 Conception</p>	<p>understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these ways</p>	<p>Connect us - whole class activity using Relationships Cards to think about the types of relationships there are. Sort into different categories of relationship e.g. Family, Peer (may need explaining), Working and Relationships with Physical Attraction.</p> <p>Open my mind - Small group activity to consider relationships that become a couple and decisions to have a baby. Using 'Having a Baby Diamond 9 cards' to sort most important/ least important*.</p> <p>Tell me or Show me - Introduce the word 'Conception' - the moment when a new life begins. Use the animations: The Female Reproductive System and The Male Reproductive System to recap on the physical facts of how this happens. Introduce the term sexual intercourse. Show the PowerPoint slides of a baby in the womb to recap how new life grows.</p> <p>Let me learn - Small group sorting activity 'The Truth About Conception and Pregnancy' to consolidate and develop their understanding</p> <p>Help me reflect - Review and discuss the learning from the session. Remind them of the Private Post Box for the questions they're still not sure about, or that may occur to them later.</p>	<p>Physical abuse Emotional abuse Sexual abuse Neglect Racist, disability, homophobic or transphobic abuse</p> <p><i>* The exercise may prompt discussion of various significant issues such as whether teenagers can be good parents, whether people with disabilities should have a family, whether parents need to be married, whether it is right for same sex couples to bring up children. Always be aware of factors in the children's own backgrounds and quickly challenge any tendency to stigmatise or condemn.</i></p>
6	<p>Piece 1 My Self Image</p>	<p>aware of my own self-image and how my body image fits into that know how to develop my own self-esteem</p>	<p>Open my mind - Class activity using the PowerPoint image of make-up/airbrushing. Discuss the terms 'real' self-image and 'ideal' self-image</p> <p>Tell me or Show me - Individual activity to consider words associated with 'real self-image', using the self-image template. Highlight words that are associated with body image. Repeat for 'ideal self-image'. What problems are there is not being your ideal self-image? Discussion about how this links to good / poor self-esteem.</p> <p>Let me learn - Individual activity, using the Self-Esteem Smoothies template as a starting point, children each design an ingredients label for their self-esteem smoothie.</p> <p>Help me reflect - Individual draw and write activity, 'The main ingredient in my self-esteem smoothie is...'</p>	<p>Physical abuse Emotional abuse Sexual abuse Neglect</p>
6	<p>Piece 2 Puberty</p>	<p>explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally express how I feel about the changes that will happen to me during puberty</p>	<p>Connect us -Starter activity to complete the 'Growing-Up bingo card'. Go through these as a class.</p> <p>Open my mind - Class (stand up - sit down) activity using the Puberty Flashcards to re-open the children's thinking about the physical changes that occur during puberty.</p> <p>Tell me or Show me - Class activity using the PowerPoint slides showing girl to woman and boy to man and the animations (The Female/Male Reproductive Systems) to reinforce learning.</p> <p>Let me learn - Small group sorting activity to play the Puberty Truth or Myth game, to reinforce learning and highlight any unknowns.</p> <p>Help me reflect - Individual activity to write privately and anonymously, at least one question they have in their mind concerning puberty and growing up, (these questions will be used in the next session). Other questions can go into Jem's Private Post Box.</p>	<p>Gender -based violence Physical abuse Emotional abuse Sexual abuse Female genitalia mutilation</p>

6	<p>Piece 3 Girl Talk/Boy Talk</p>	<p>ask the questions I need answered about changes during puberty reflect on how I feel about asking the questions and about the answers I receive</p>	<p>Connect us - Paired activity to reinforce trust and depending on each other. Open my mind - Circle activity to play the Puberty Round. Let me learn - Single gender activity (if possible)* using the questions from Help me Reflect in Piece 2. Groups discuss the question and agree a helpful answer. Class activity to share questions and answers. Reminder of the importance for trust, respect and consideration when talking about such sensitive and important issues. Help me reflect - Circle activity to make sure everyone is OK with the answers and doesn't have any further questions.</p>	<p>Gender -based violence Physical abuse Emotional abuse Sexual abuse Female genitalia mutilation Personal Safety <i>*This Piece should, if it can be arranged, provide the opportunity for a single gender session, preferably working with a teacher or facilitator of their own sex and to ask questions.</i></p>
6	<p>Piece 4 Babies - Conception to Birth</p>	<p>describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how I feel when I reflect on the development and birth of a baby</p>	<p>Open my mind - Class discussion to consider a baby developing. Use the PowerPoint of the baby developing in the womb. Play true / false card game, 'Baby Can...' Tell me or Show me - Range of activities to choose from to go through development from conception to birth: Animations: Male/Female Reproductive Systems; invite a parent of a small baby who will answer questions about being pregnant and birth; resource sheet 'From Conception to Birth' Let me learn - Individual or paired activity to design a set of cards with eight (or fewer) stages of the journey from conception to birth. Children can swap cards and try each other's out. Class discussion to discuss words of how a parent feels when they have a baby (physically and emotionally). Help me reflect - Individual activity to consider; What are your own thoughts and feelings about the process by which a new life is formed? And, How might this affect you and your life in the future?</p>	<p>Neglect Physical abuse Emotional abuse Sexual abuse <i>Be mindful of any families that have suffered bereavements around new babies or miscarriages.</i></p>
6	<p>Piece 5 Attraction</p>	<p>understand how being physically attracted to someone changes the nature of the relationship express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this</p>	<p>Open my mind - Class mind mapping activity for the word 'independence'. Tell me or Show me - Small group activity using birthday cards (aimed at 13 year olds) to discuss perceptions (negative and positive aspects) of being a teenager. Class discussion to draw out key aspects and to reiterate that with additional 'rights' come responsibilities. Let me learn - Small group activity using the 'holding hands' cards to discuss what physical attraction is. Help me reflect - Individual writing activity to reflect on ways to cope with growing up.</p>	<p>Neglect Physical abuse Emotional abuse Sexual abuse Child sexual exploitation <i>When discussing relationships make sure they know that the age of consent for sexual intercourse is 16.</i></p>

How can I help?

- For some parents/carers, it can feel totally natural to discuss relationships, puberty and human reproduction with their child, while for others it can seem awkward and difficult. Either way, it is important to remember these key points:
 - We all want children to feel safe and to be happy and healthy
 - We need to consider their needs
 - We need to normalise talking about relationships, puberty and human reproduction so taboos don't need to exist
 - We might need to challenge our own ways of thinking
 - We have choices: we can avoid it or we can communicate openly and honestly with children

Tips for talking to your child

- Remember that children are curious and want to know and understand.
- Keep lines of communication open: having an open and honest relationship with your child can really help make conversations easier, so make sure that you are always willing to talk when your child needs you.
- Use correct terminology: it helps that children aren't confused by hints, euphemisms or innuendo.
- Respond to what children say they need: bear in mind that children's lives today are very different from your own childhood.
- Keep it simple and short – If they want more information, children will ask for it.
- Read books, leaflets or watch an educational video with your child.
- It may be easier to talk while you're doing something else – washing up, driving in the car or walking.

Tips for talking to your child

- Always respond: if you don't, your child may think it is wrong to talk to you about relationships, puberty or human reproduction.
- If it all feels too personal, try talking about people in books, films and favourite television programmes.
- Listen rather than judge. Try asking them what they think.
- Enjoy it. Laugh with each other.
- Work in partnership with school and let us know if you have any concerns.
- Answer questions and don't be afraid to say: 'I really don't know – let's work it out or look it up together'. Have a phrase for awkward moments, such as: 'That's a good question, and let's talk about it once we get home' (then make sure you do!).

Any questions or comments?

- Please get in touch with Mr Patrick who is our PSHE (including RSHE) leader at Stoborough: office@stoborough.dorset.sch.uk