

Sexual Education Guidance for Parents Year 5 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 s Key Points



Department
for Education

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)

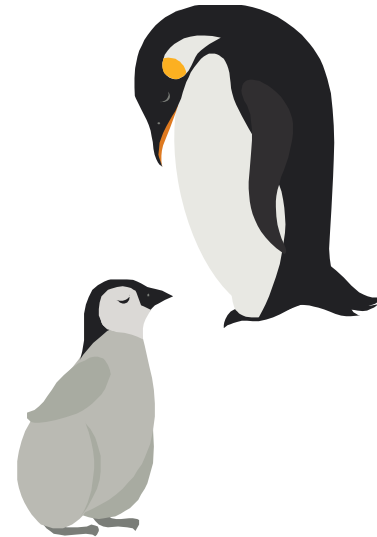
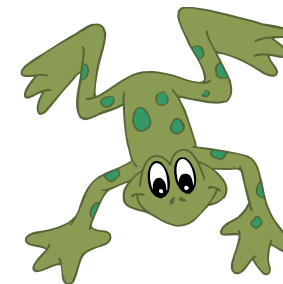
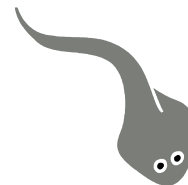
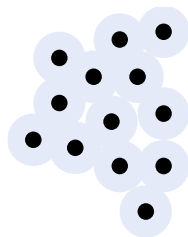
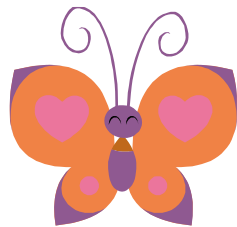
Why is teaching Sexual Education important?



- ▶ Today children are exposed to so much through the internet, social media, music, YouTube, 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

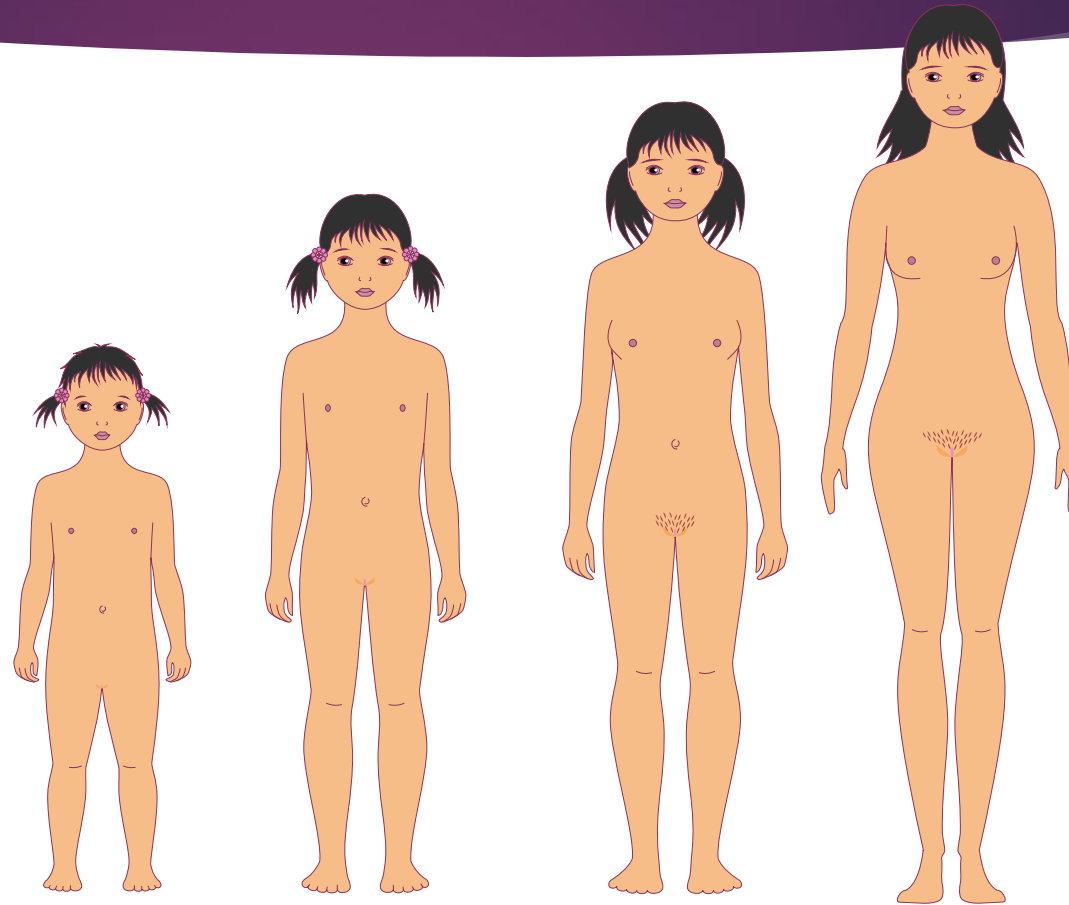
- ▶ Due to the national lockdown last year, we decided it was really important that children didn't miss out on previous years' curriculum so we have combined both the Year 4 and Year 5 information and will teach it to your child this year during the second part of the Summer term.



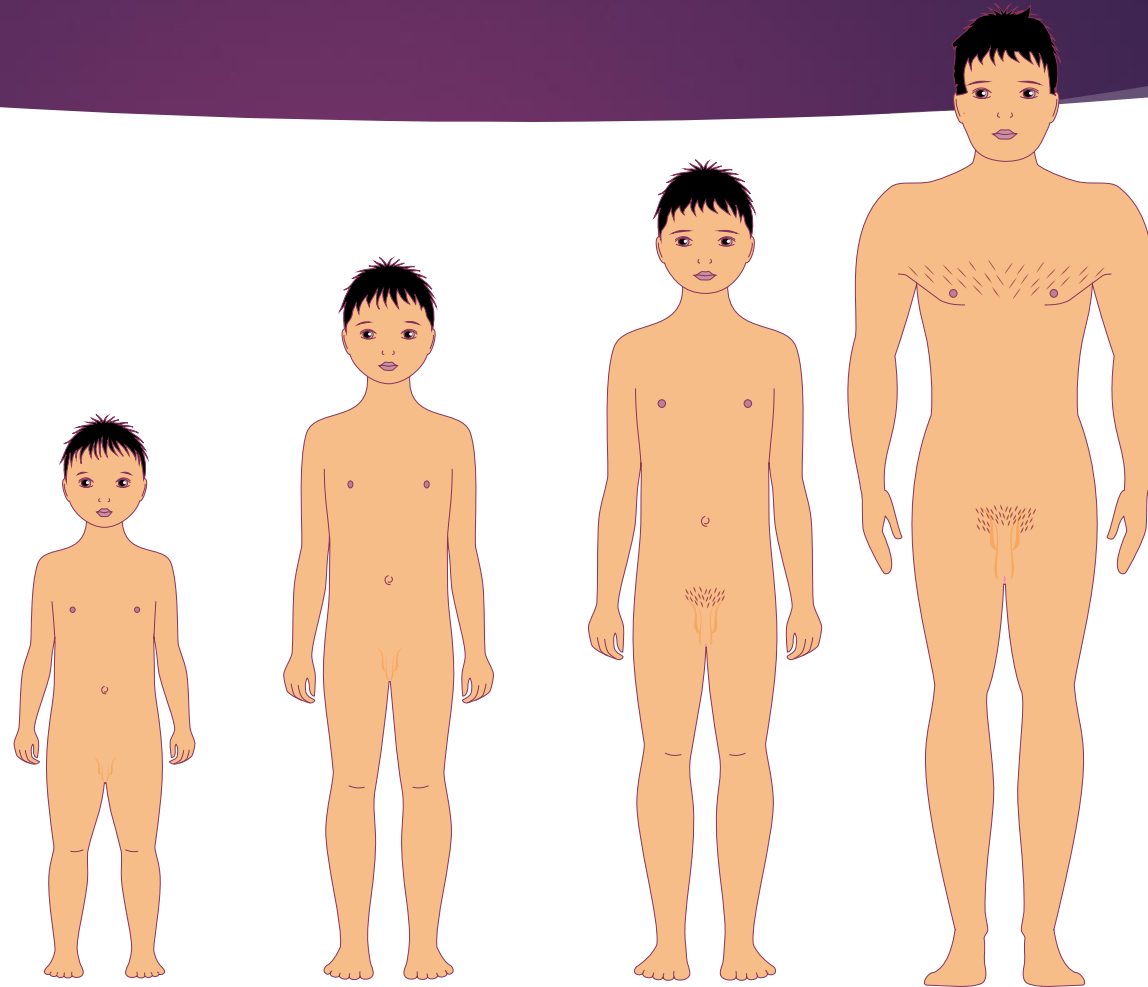
Puberty and Human Reproduction in Jigsaw 3-11

Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and s in simple terms s <i>how this happens</i> (animations used s the Female Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult s including menstruation (animations used s the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them s importance of looking after yourself (animations used s the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes s reassurance and exploring feelings (animations used s the Male Reproductive System)
	Conception	<i>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life</i> (animations used s the Female and Male Reproductive Systems)

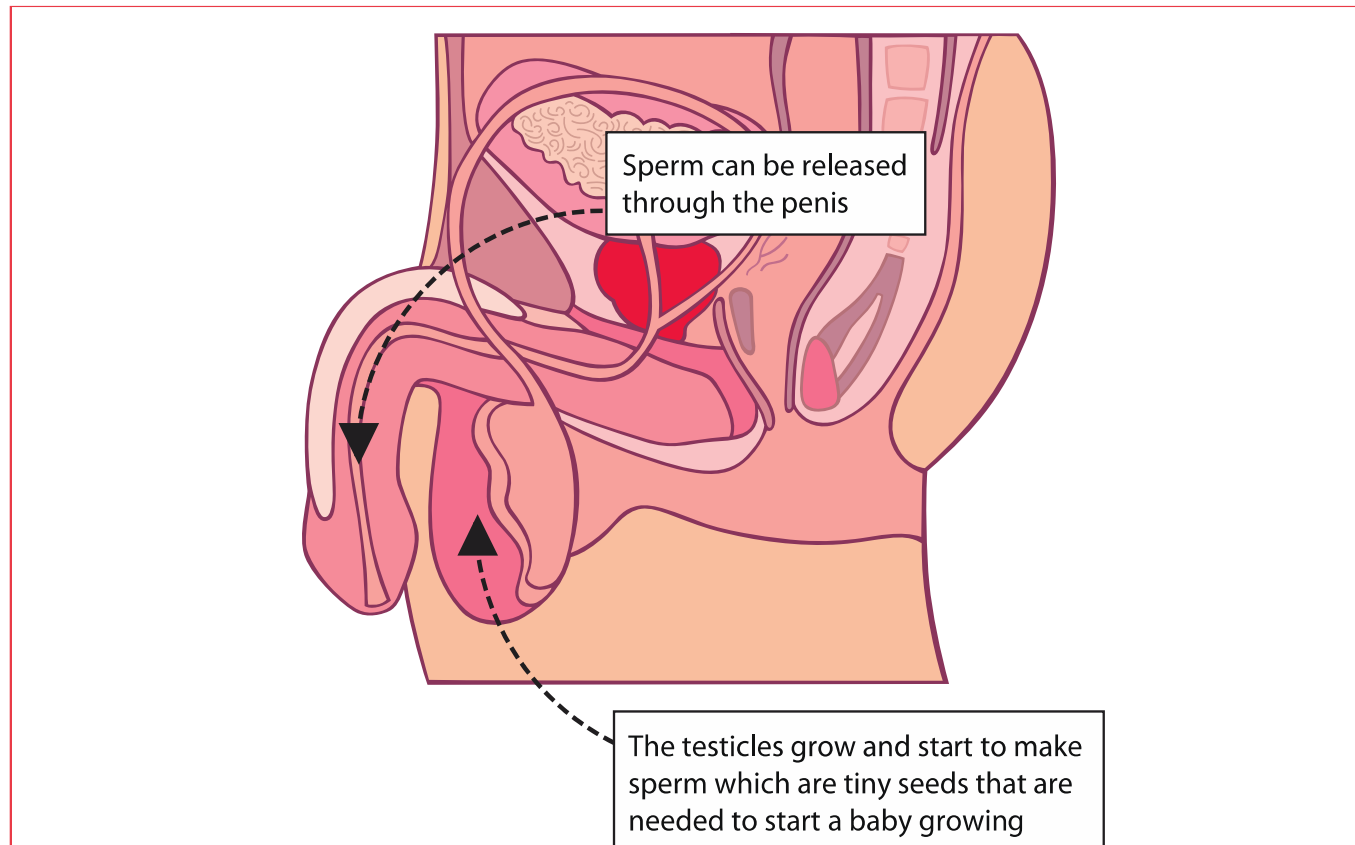
KS2 resource -outside changes for girls



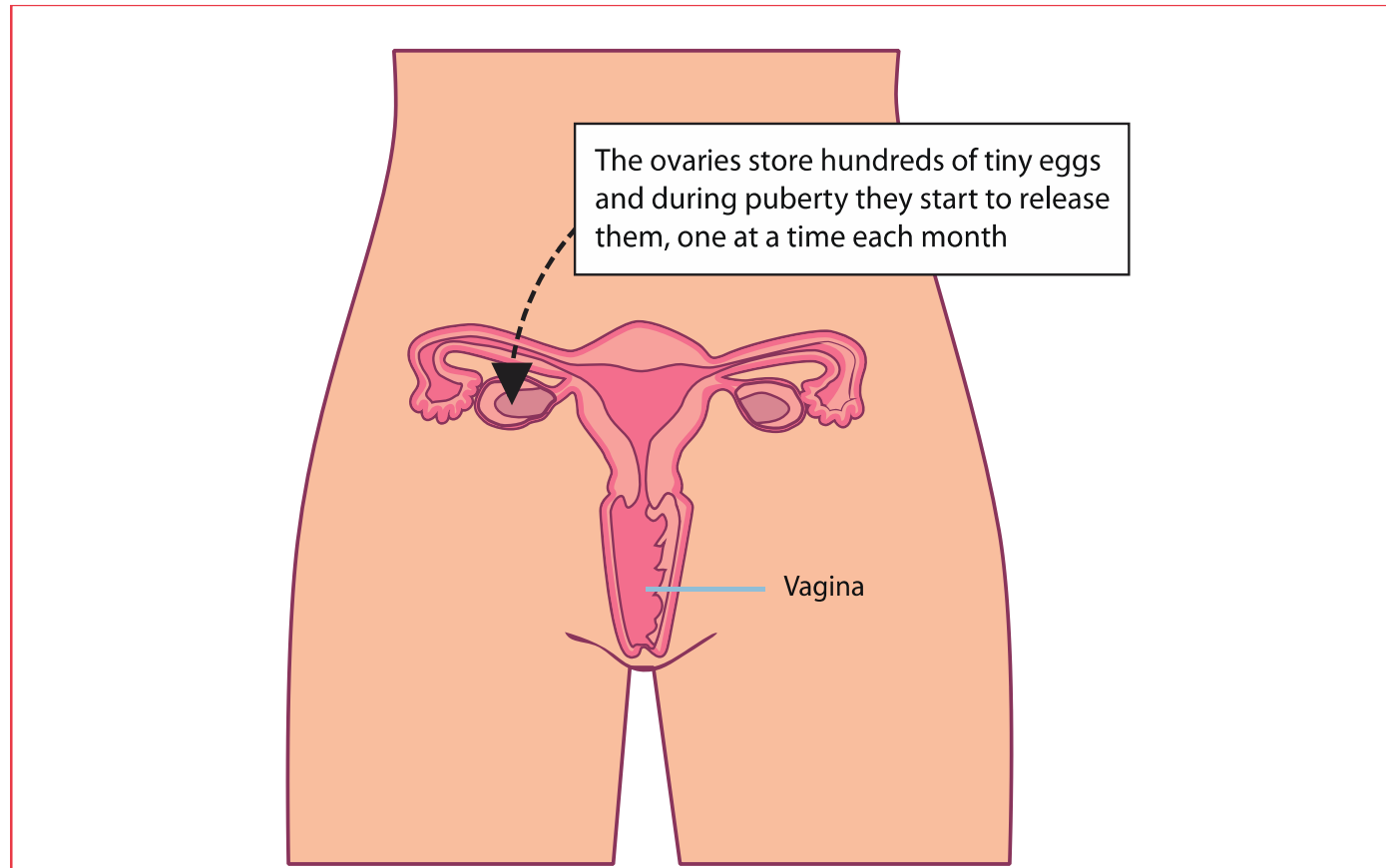
KS2 resource s outside changes for boys



Example of one of the Ks2 resources s inside body changes for boys

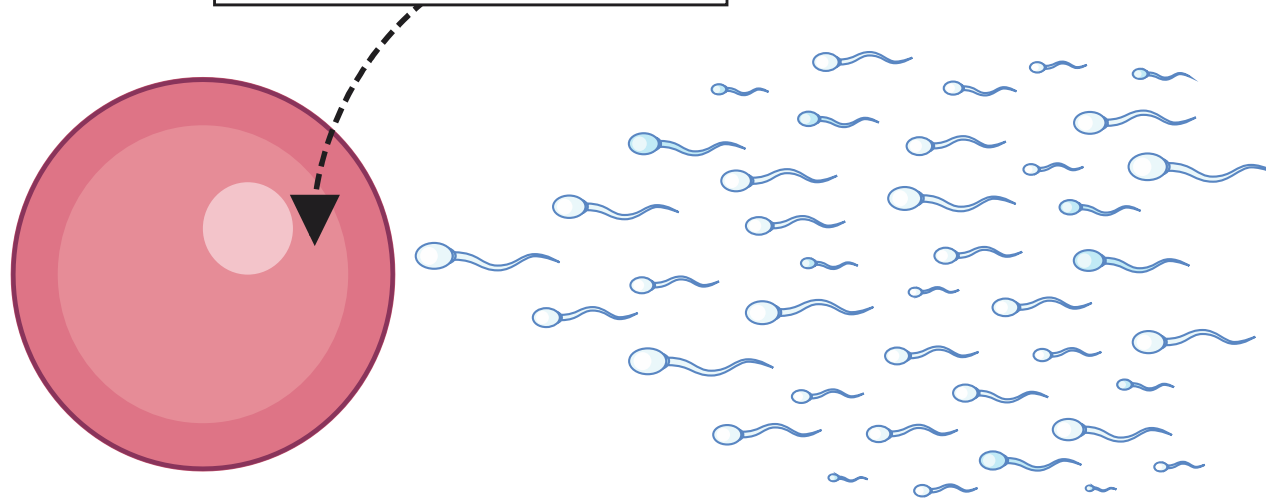


Example of one of the KS2 resources inside changes for girls



Example of a KS2 resource - conception

When one of these eggs joins
with a sperm it will start to
grow into a baby



Example of a KS2 resource

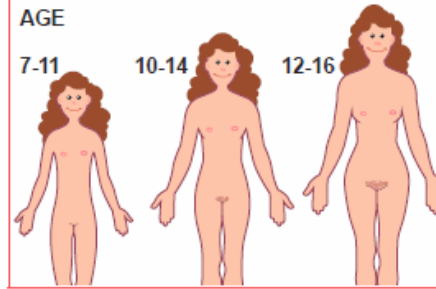
- girls puberty

AGE

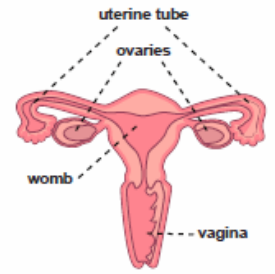
7-11

10-14

12-16

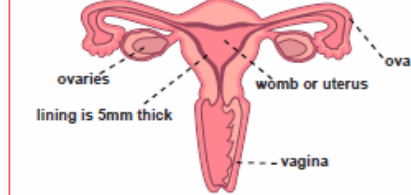


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



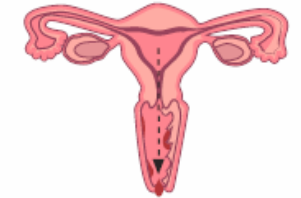
Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



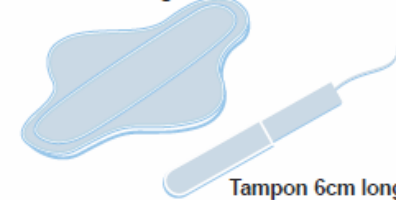
However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Menstrual Flow



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'.

Towel - 20cm long



Tampon 6cm long

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 tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Example of a KS2 resource

- girls puberty

My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself - and doesn't it mean that you're not a virgin any more?

I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

Example of a KS2 resource

-agree and disagree

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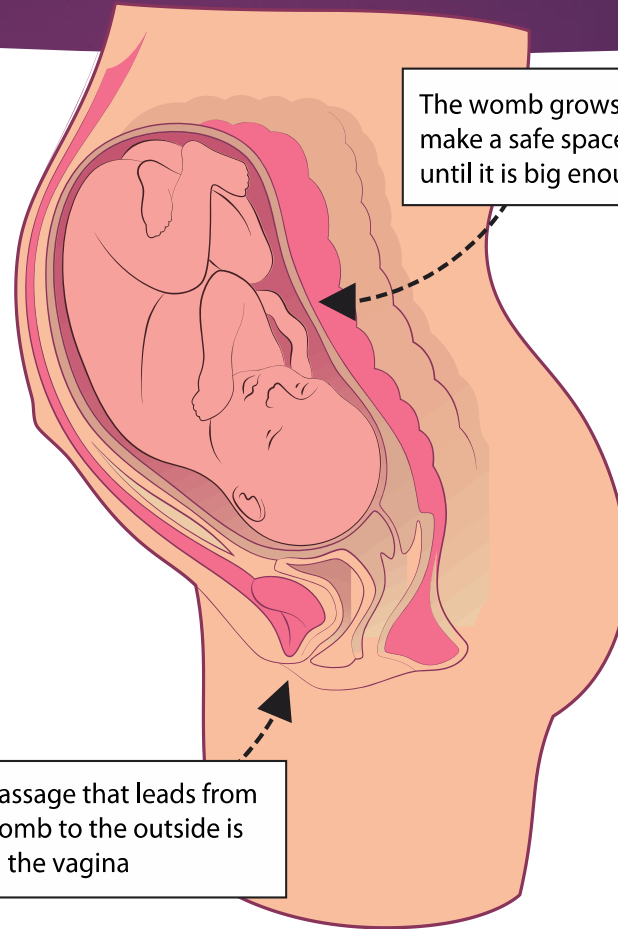
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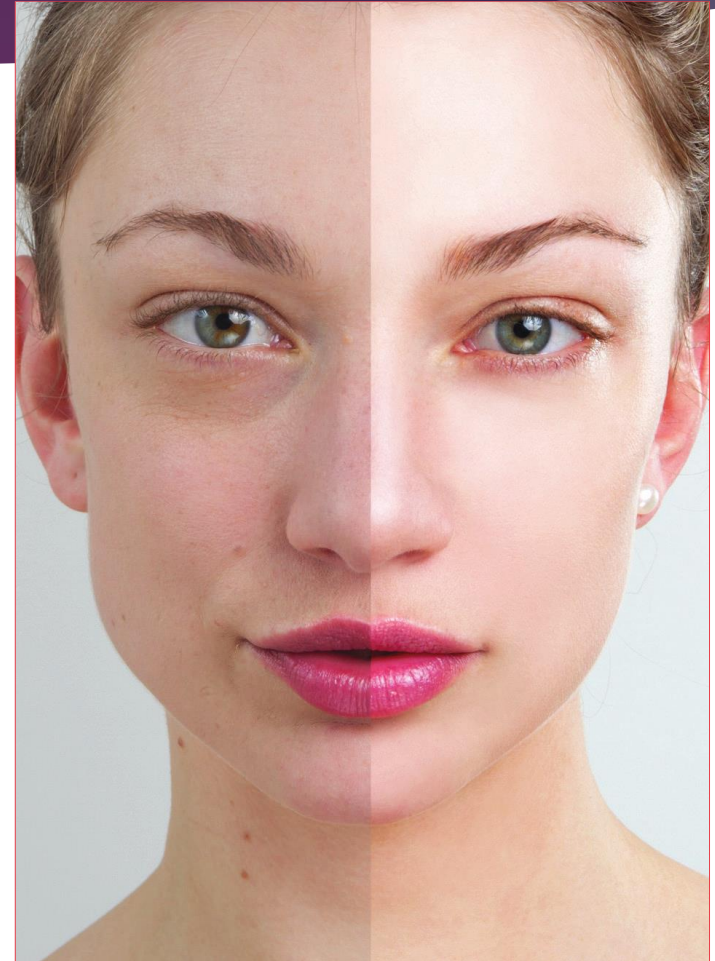
Example of a KS 2 resource conception and childbirth



The womb 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

Example of a KS 2 resource s body image and self esteem/ exploring the impact of social media on mental health



Example of a KS 2 resource - Boys puberty quiz

Boys 'n' Puberty Quiz - Year 5 - Piece 3

Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason

Diamond 6

‘Before a couple decide to have a baby they should....’ activity

Be in a
settled, loving
relationship

Be over 20
years old

Be ready to put
the baby’s needs
before their own

Have plenty of
money

Be married to
each other

Both be fit and
healthy

Example of a KS2 resource

If a couple makes love, it doesn't necessarily mean they will have a baby.

True

If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.

Fertilisation happens when the sperm meet the egg in the vagina.

False

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

One of the first signs to tell a woman she is pregnant is that her periods stop.

True

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

If two sperm fertilise one egg, it will form identical twins.

False

Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.

The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.

True

A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.

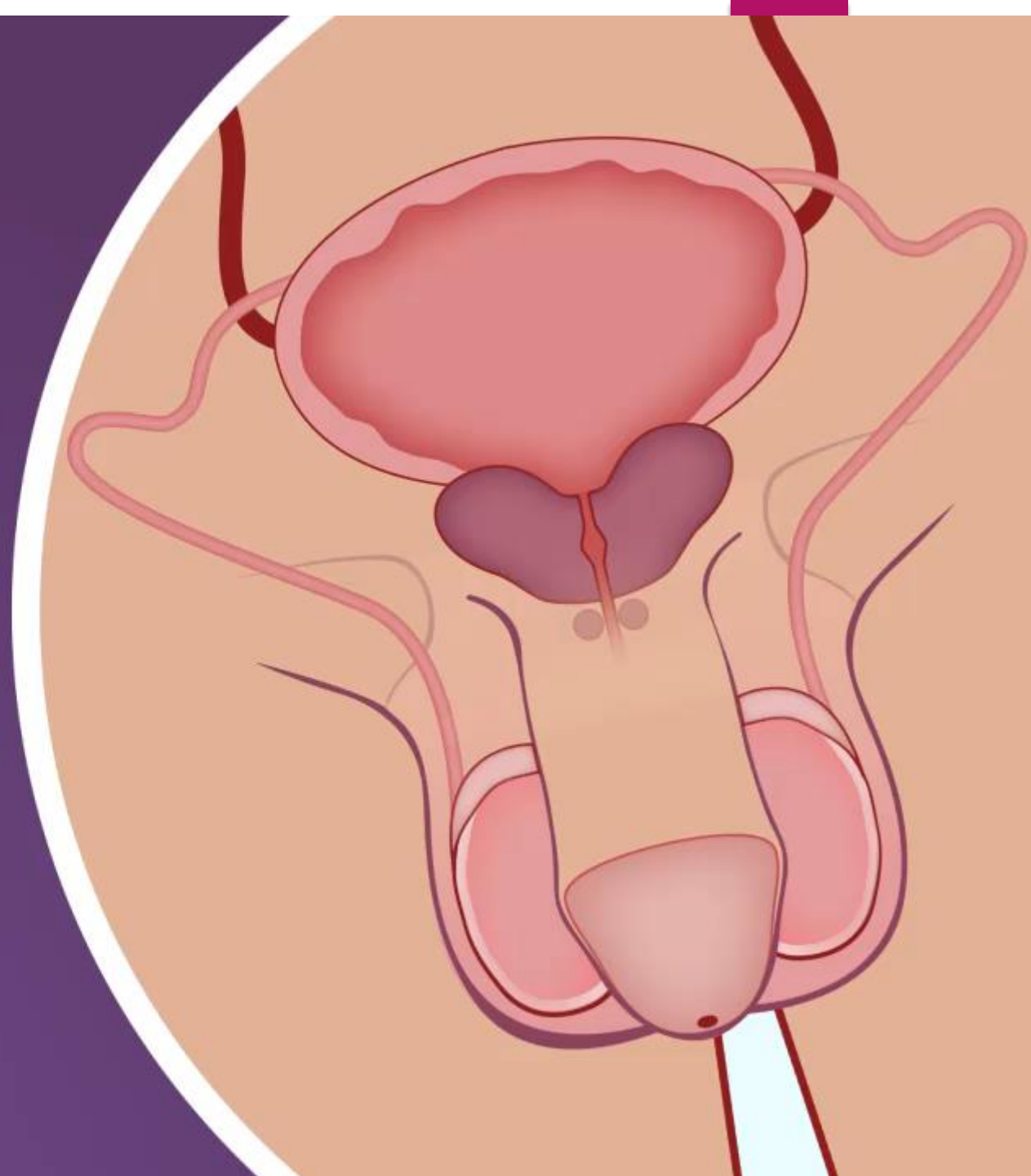
A woman can't have a baby unless she has sexual intercourse with a man.

False

If there are medical reasons that prevent a couple from having a baby in the usual way, there are things that doctors nowadays can do to help. Sperm can be artificially placed in the woman's vagina, or an egg can be taken and fertilised with sperm outside the body and then implanted in the womb. This is called IVF and is a very new medical technique.

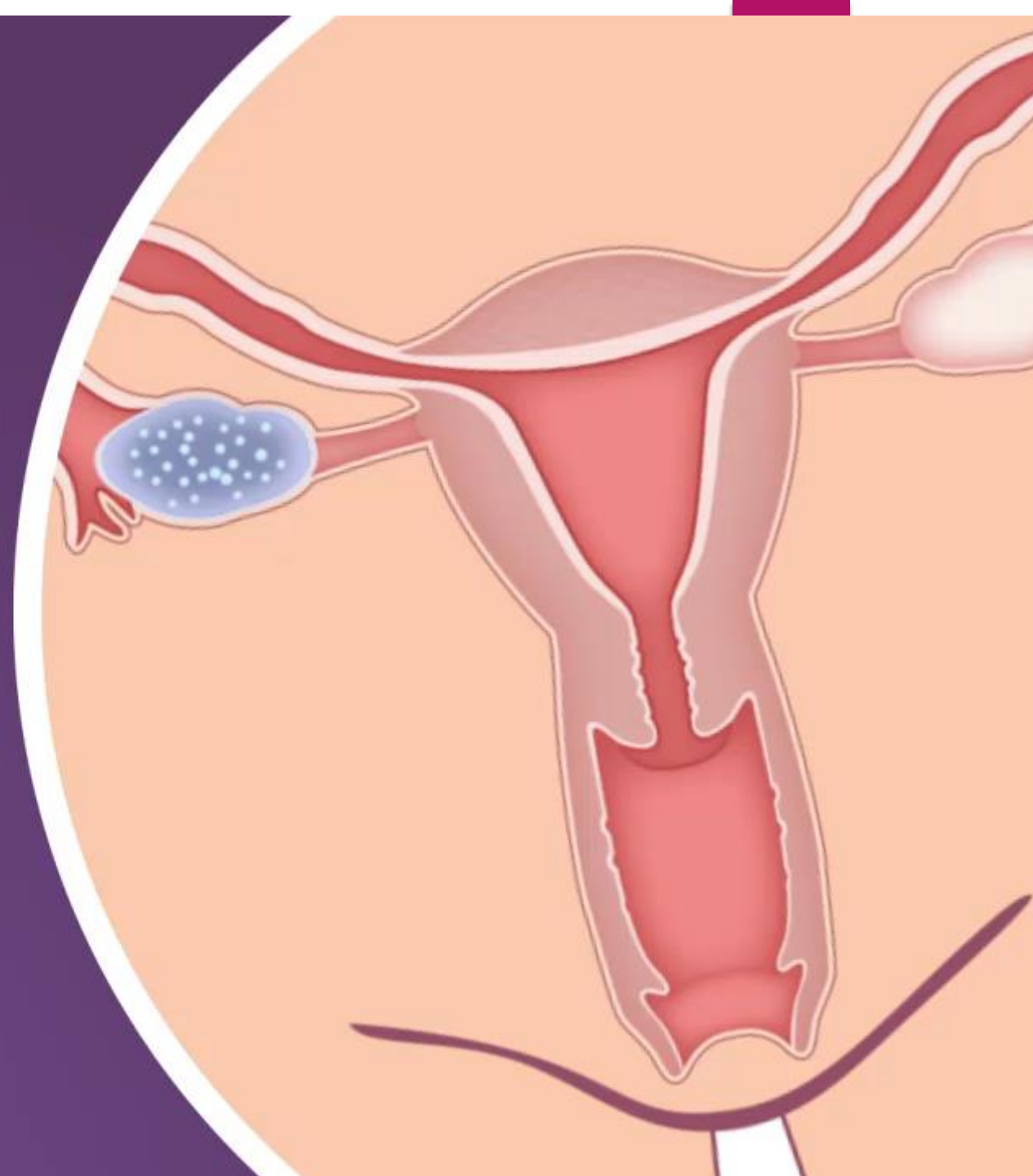
Introducing

The Male Reproductive System



Introducing

The Female Reproductive System



Does my child have to take part?

- ▶ Children have to participate in the science element α 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.

- α Describe the changes as humans develop to old age.
- α They should learn about the changes experienced in puberty.



Any questions?