



## Y5 Sex Education



### Guidance For Parents

This leaflet is intended to provide parents with information on how sex education is taught at Ladbroke School and guide parents in how to deal with the issues at home.

At any time parents are welcome to come and speak to the class teacher if they have any concerns relating to sex education in school

### Sex Education at Home

Your role in your child's education about sex and relationships is important. The teaching of these subjects in school is designed to complement the discussions you have with your child at home.

Before talking to your child, think about your own views on sex and what matters to you in your relationships and family life. Work out your own values and morals so that you can give your child clear, consistent messages about sex and relationships throughout childhood. Sex education is most effective when it's built up gradually over a number of years.

Don't ignore the subject altogether - you don't want your child to grow up being confused about sex and relationships.

Tips on talking to your child about sex and relationships:

- Try to make discussion of sex a part of normal life not just a one-off talk.
- Talk as naturally as possible to your child as this will encourage him or her to be more relaxed and open with you.
- Answer any questions your child asks as clearly as you can so that he or she doesn't become confused.
- Listen carefully to what your child has to say and try to deal with any fears, concerns or misunderstandings as they arise.
- Be truthful if you don't know the answer to a question - try to find out the answer and then raise the topic again another day.
- Don't avoid a topic if you feel uncomfortable or embarrassed about raising it. Consider introducing the subject via discussion of a TV programme or magazine article or what your child is learning in class.
- Make sure any discussions are appropriate to the age of your child.

### Answering Difficult Questions

At the start of the sex education topic, children will be asked to write any questions they have on a piece of paper and these will be placed in a box.

The aim of this is to give all children a chance to write something down that they may be too embarrassed to ask openly. The questions are also used to gauge how much knowledge the children already have and where to pitch discussions.

Questions, wherever possible, are answered throughout the topics as and when they fit in to the discussion. The school believes that individual teachers must use skill and discretion in these situations and refer to the subject leader or SLT if they are concerned.

At times a teacher may address a question individually with a child if this is deemed more appropriate. At all times questions will be answered sensitively and honestly. If it is felt that the classroom is not the right place to answer the question, then the child will either be spoken to individually or the parents informed for them to be able to address the issue at home.



### Help and Advice

You may choose to approach a range of organisations that exist to offer advice and support regarding sex and relationships. A list can be obtained from the Sex Education Forum at

National Children's Bureau  
8 Wakely Street  
London  
C1V 7QE

Tel: 020 783 6000  
E-mail: [sexedforum@ncb.org.uk](mailto:sexedforum@ncb.org.uk)  
Website: [www.ncb.org.uk/sef](http://www.ncb.org.uk/sef)

## Aims of our Sex Education Policy

Our sex education programme aims to

### Give knowledge which

- Ensures children understand the acceptable vocabulary used for the parts of the body
- Ensures children understand human reproduction
- Prepares the children for changes that will happen during puberty
- Teaches children that there is no norm in terms of age or size
- Promotes loving relationships
- Counteracts myths from peers, the media and from hearsay

### Challenge stereotypes

- To raise awareness of sexism and equal opportunities
- To consider the sharing roles in family life

### Enable children to make informed decision

- About strangers
- Over the control they have over their bodies

### Explore children's emotions and attitudes with regard to

- The importance of relationships
- The family
- The care required by babies and young children

### Develop children's communication skills with regard to

- Accepting their own sexuality
- Accepting responsibilities
- Being sensitive towards the needs of others
- Loyalty and Fidelity

### Ensure children to have respect for themselves

Sex and relationship education must allow time for work and discussion on

Self reflection, growth and change, sense of self, communications, respect, responsibility, values, self respect, confidence, power, knowing how our bodies work, peer pressure, appropriate ways of expressing our feelings, friendship, information, behavioural influences, gender stereotyping, relationships, choices, affections, assertions, birth and reproduction.

## Implementation

The sex education curriculum will be covered through the PSHCE, SEAL, Assemblies and the science curriculum.

Different aspects of the work will be carried out in different year groups

### In Year 3/4

Differences  
Challenging stereotypes  
Family differences  
Decision making  
Safety  
Growing and Changing  
Body changes  
What is Puberty  
Changing relationships

### In Year 5/6

Puberty  
Puberty and Hygiene  
Menstruation and Wet Dreams  
Building Good relationships  
Reproduction  
Human Life Cycle  
Being a Parent  
Questions and  
Answers



## Confidentiality

As a general rule a child's confidentiality will be maintained by the teacher or member of staff concerned. If this person believes that a child is at risk or in danger (perhaps through questions posed or responses given), he/she is to talk to the class teacher who may confer with the headteacher before any decision is made. The child concerned will be informed that confidentiality is being breached and the reasons why. The child will be supported by the teacher throughout the process.

## How will it be Covered

The Channel Four series - Living and Growing - will be used to supplement the teaching of sex education.  
We will be using 3 programmes to support our teaching

### Programme 1 - How did I get here?

To explain that a baby develops inside its mother's womb and that both the male and female sex parts are needed to make a baby.  
To enable children to reflect on their development from babies.  
To inform children about conception and the growth of a baby in the womb

### Programme 2 - Changes

To introduce children to physical and emotional changes that occur during puberty  
To consider some of the changes over which we have no control and the choices we can make concerning those over which we do have control

### Programme 3 - Girl talk (Girls Only)

To consider the physical and emotional changes that take place as girls go through puberty  
To address the concerns and worries of young women  
To make boys more aware of the changes that occur as girls become young women

The school nurse will come in and talk to the boys whilst the class teacher will talk to the girls

Books being used to support teaching are  
Hair in funny Places  
by Babette Cole

Let's Talk About where Babies Come From  
By Robie H Harris

