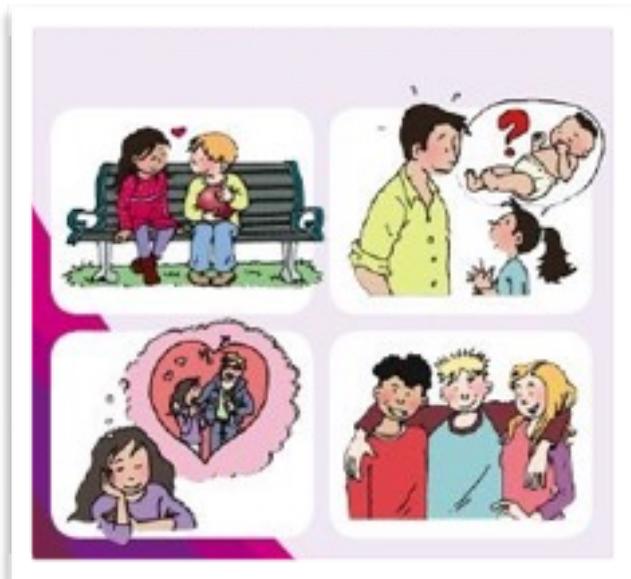


Spring Fever Parent Diary



- Year 4 -

Introduction:

There is often a lot of misunderstanding about what a comprehensive relationship and sex education package might contain, especially when aimed at primary school children. There is the worry that children will lose their innocence if we give them certain information too soon. The evidence suggests that this couldn't be further from the truth.

In fact, Spring Fever is an evidence-based package which progresses year-by-year to an age-appropriate level. The programme is designed to be delivered across all year groups and builds in knowledge and details along with the children's natural development and curiosity.

There are four key themes that run throughout the programme:

- Physical development & self-image
- Reproduction & Family forming
- Social & Emotional Development
- Assertiveness:

These topics provide a framework of lessons which puts everything firmly in context and focuses on children learning the skills to form and maintain positive relationships, especially friendships, based on respect and empathy.

Indeed, the focus is on providing children with a safe space to ask questions and offers fun and responsible support which enables children to express and deal with their feelings in a positive manner.



Parent Diaries:

These diaries have been designed to ensure that you are aware of the content of each session your child takes part in day by day.

Not only is useful to put your mind at rest and but also it can give you an idea of what to expect so any questions or comments your child may make don't catch you by surprise or feel like they have come out of the blue!

Each day we have provided an overview of what topics have been covered, but also given you a few clues of ways to carry on conversations at home.

This is an idea opportunity to begin having little conversations with your child and give them a platform to ask any questions they may have. It will help to re-enforce the notion that talking about their feelings, relationships and bodies are not anything to be ashamed or embarrassed about.

It can be scary when your child asks you questions and we all are sometime shocked by how early they ask particular question. You may not be ready to answer them, but they are ready for an answer!

It is better they hear an honest answer from you - than go away confused and thinking they have done something wrong.

It is ok to be unsure about what to say - if you need more time tell them how good it is that they have asked but you need sometime to think about how best to answer - tell them that you will have a think and come back to them later. Just make sure that you do.

Try and always explain things as simply as possible. If they need to ask more they will.

Lesson One:

Who am I?

Positive characteristics. There perfect male and female stereotypes.

Key Points:

Children will gain insight into special characteristics of themselves and develop a positive self and body image.

They will also be able to appreciate the special characteristics of others.

Children will explore notions of beauty in the media and the influence these can have on their own body and self image.

Questions & Conversations at Home:

Practice giving and receiving compliments at home to each other. Make it a game.

Can they say something nice about themselves too?

Talk about the people they see in adverts or in magazines. Do people in normal life look like that?

Do you think what your appearance and clothes are important?

Do you think it is good that people pay more attention to how they look but forget about their other qualities?

any comments:

Lesson Two:

Boys, Girls and Babies.

How did i begin? Biology of how babies are born and made.

Key Points:

Children will review the correct names for their genitals and the physical differences between boys and girls.

Children will learn about the biology of reproduction, pregnancy and birth.

NB: children will learn about sexual body parts and anatomy as well as how a baby is made. There is an explanation of sex. However, please be aware this is delivered at an age appropriate way and is in context. It is designed to answer children's natural questions. This is science - and not rude!

Questions & Conversations at Home:

This is a great opportunity to make sure your children know that you are happy to answer their questions about sex before it becomes embarrassing for them.

- check and see what words they know for boys and girls bits?
- How does a baby get in its mother womb?
- Can a woman get pregnant in different ways?
- How long does a baby take to grow in its mother's womb?

any comments:

Lesson Three:

Boys and girls Overcoming the stereotypes.

Key Points:

Children will explore the differences and similarities in role behaviours between boys and girls.

They will become aware of how the media portrays men and women in gender-specific manner and how to think critically about gender-role expectations.

They will understand the need for equal rights for girls and boys.

Questions & Conversations at Home:

Looking at adverts on TV is a good way of exploring gender-roles with your children.

-men driving cars, women doing the cleaning?

Do they match the jobs people actually do at home?

- What are boys/men like? Are they all the same?
- What about women and girls?
- What jobs can they do?

any comments:



Lesson Four:

How do I say yes or no?

Key points:

Children will learn to identify their own limits in various ways in different situations.

They will know what they should do in situations which exceed their limits, are unsafe or feel unpleasant. And be able to identify who they might trust or talk to should unsafe or unpleasant situations occur.

Questions & Conversations at Home:

How do you know if someone likes or enjoys something? How can you see or hear this? What about if someone doesn't like or enjoy something instead?

How would you feel if someone forced or persuaded you to do something you didn't like?

Why is it important to listen if you notice that someone doesn't want to do something or doesn't like something?

If this happened to you it is important to talk to someone you trust. A person can be trusted if they:

- believe you,
- don't blame you for the situation,
- listen & understand what has happened,
- are glad that you told them
- really want to help you

any comments:

Lesson Five:

E Safety and Friendships.

Facebook profiles; staying safe on the internet

Key Points:

Children understand what makes a good friend and will know a number of conditions that a friendship must satisfy.

They will be aware that making friends via social media may present risks. They will have an understanding of the importance of privacy and keeping certain information hidden from those they don't know.

Questions & Conversations at Home:

The best explanation of the internet and social media is that the internet is just a big room, social media is the party being hosted in the room. The room itself is not dangerous, however you don't get to choose who is invited to the party - plus some people may have got dressed up and not be who they seem.

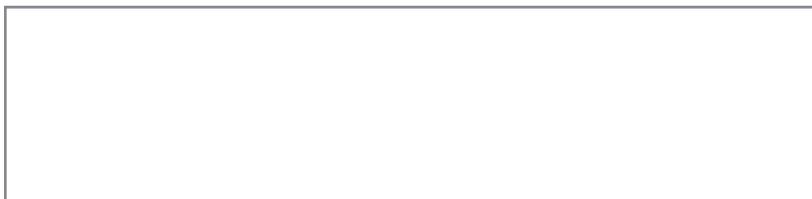
If your child uses social media, sit with them and help them set up their privacy settings.

Ask them about what makes a real friend. How should they behave? Friends on the internet should be the same as friends in real life.

any comments:

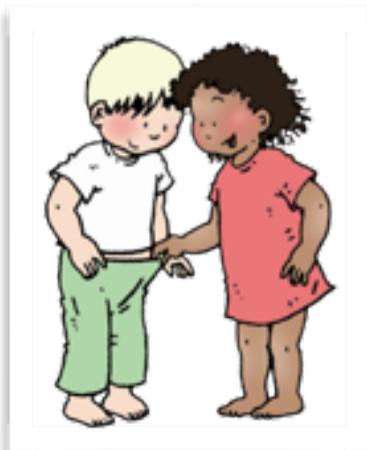
Words we are using at school:

These are the words we are using at school. It is important that you and your child have the same vocabulary and are aware what each other mean. Even if you choose not to use these words at home it is important that you check them against any words you do use.



A description of sex used in the programme in lesson 2:

A baby can start to grow if an egg cell from a woman and a sperm cell from a man come together. They can come together when a man and a woman have sex. When a man and a woman like each other very much they want to be very close together and touch each other everywhere. They start to kiss and cuddle and if they are both very excited and both want to, they sometimes have sex. They get undressed, and lie next to each other naked. The closest they can be together is when the man puts his penis into the woman's vagina and this can feel very nice. They fit perfectly like two pieces of a jigsaw puzzle. They like it so much that they get so excited they could burst. And at that moment the sperm goes through the man's penis into the woman's vagina. The sperm swim towards the egg in the woman's womb. The sperm and the egg come together and now a baby can start to grow.'



any comments:

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