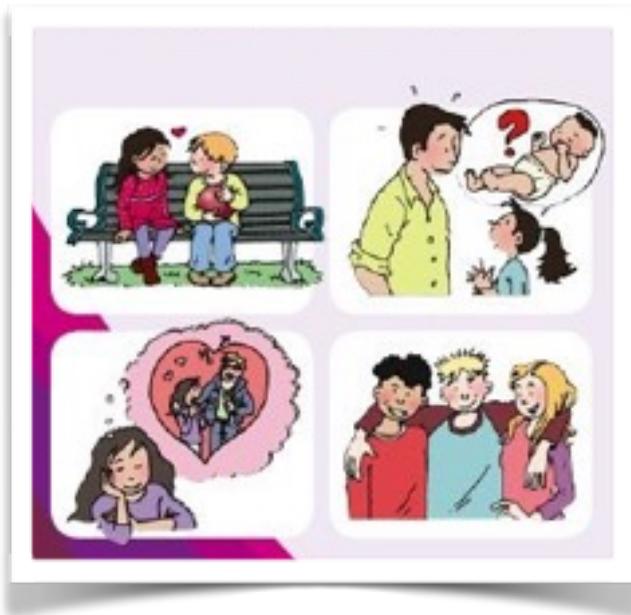


Spring Fever Parent Diary



- Year 6 -

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?

A book about me and my qualities.

Key Points:

Children will become more aware of their own talents and characteristics and develop a positive self-image

They will be able to name a number of their own personal talents and positive characteristics as well as being able to give positive feedback to others.

They will understand that everyone is unique and has their own special qualities.

Questions & Conversations at Home:

Ask what they think they are good at? What are their talents and their positive characteristics.

Help them to see what they are good at.

Practice giving each other compliments and pointing out each others positive characteristics.

Ask if they made a 'That's me' book - ask what they wrote (they may wish to show you or keep it private).

any comments:

Lesson Two:

Does bare make you blush?



Key Points:

Children will know and can explain that there are different norms and (cultural) customs regarding acceptable clothing, nudity and privacy.

Also that these can change depending on the situation.

Certain clothing or lack of can sometimes evoke different reactions.

Questions & Conversations at Home:

Now is a good time to think about and ask if they would like more privacy at home. Do any situations make them feel uncomfortable (like someone coming into the bathroom when they are in the shower). Things that once were ok, may no be any more.

Ask if they would like any changes to respect their privacy?

Stress however, that their body is nothing to be ashamed of, but you are aware that they have a right to privacy.

any comments:

Lesson Three:

What is Sex?

What do you know?

Key Points:

Children will learn that people's attitudes and opinions to sex can vary and that talking about sex isn't easy for everyone.

They will learn that sexual feelings are part of human nature and perfectly normal.

NB: Children hear a lot about sex, but rarely have the opportunity to ask questions, as a result they are often left confused and misinformed. This session is designed for children to clear up any issues they may have and to ask questions. It is a session that is predominately pupil led so it will be tailored to their own needs and experiences.

Questions & Conversations at Home:

If you would like to be able to talk to your child about sex and for them to feel able to ask you questions, now is the time.

Ask them what people asked and what they talked about.

Was there anything that they didn't understand or felt unable to ask?

Explain that you realise that they may not want to talk to you about sex and their relationships, but the more little conversations you have, whether it is in front of the TV, asking what they would do if they were in the particular character's situation or commenting that you hope they could talk to you if it was them...

any comments:

Lesson Four:

Men and Women in the media

Key Points:

Children will gain an insight in to gender-specific behaviour and how this is learnt.

They will understand that the media often confirms and exaggerates gender stereotypes.

They will be given the tools to think critically about the message the media presents around beauty and gender roles.

Questions & Conversations at Home:

Watch TV and look at the adverts - talk about the gender stereotypes.

- can you find an ad where a man changes a nappy and it doesn't go wrong?
- A car ad where a woman drives?
- Especially pay attention to adverts for cleaning products and perfumes or aftershaves...

Are they realistic?

Compare them to the roles people take on in your family.

any comments:

Lesson Five:

What do you think and what would you do?

Key Points:

Children become aware that their own norms and notions can have an influence on sexual intimidation.

Children are capable of applying various strategies and timely interventions for the identification and prevention of sexual intimidation and where they can go for help if the need may arise.

Questions & Conversations at Home:

Attitudes are really important when it comes to how we view sex and sexual intimidation.

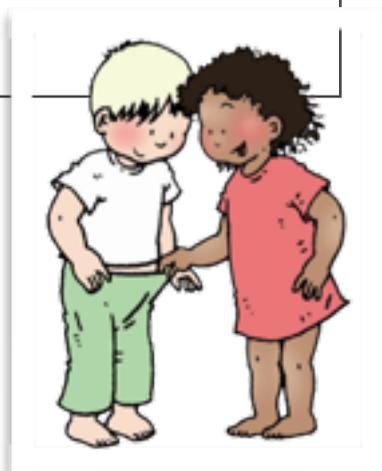
Blaming the victim of sexual intimidation is never valid. It makes no difference what they were wearing for example - no one ever 'asked for it'.

Talk about different situations and how they could respond and make it clear that they don't like or want to do something. Also stress the importance of looking for the signs that someone else is uncomfortable too.

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.



any comments:

