

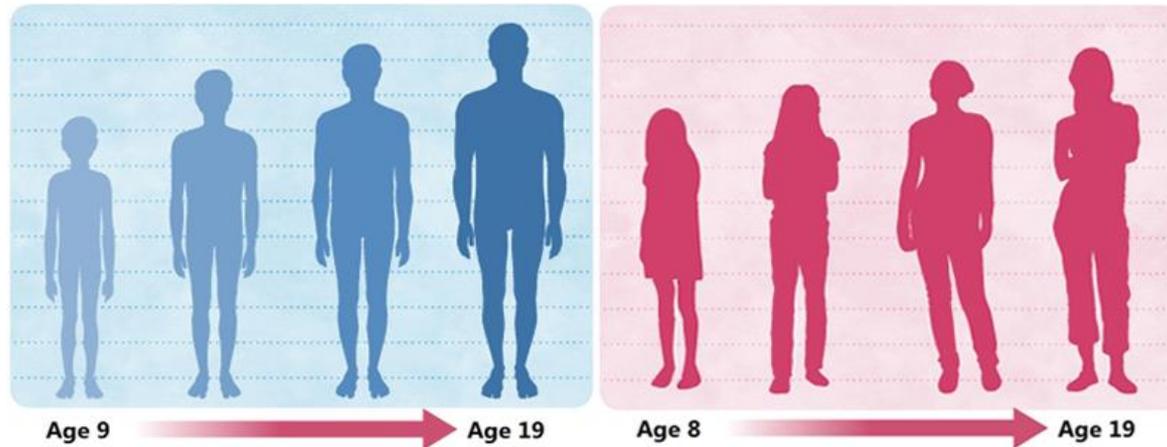
Marden Bridge



Middle School

Believe, achieve, succeed.

Sex and Relationships Education Parent focus group



Thank you for your attendance.

Agenda today

1. To see a little of the general approach in Life Studies SRE lessons and Science SRE lessons
2. To see some of the preliminary findings from the Parent Questionnaire on SRE
3. To discuss the new draft SRE policy (which you should have already received)
4. To have the chance to comment on all/any of this

Be aware of possible



TRIGGERPOINT

Puberty changes



*

To be able to describe 3 changes to the body that puberty brings



**

To be able to define puberty and describe and explain a range of body changes in both boys and girls



To be able to use my knowledge of puberty changes to distinguish between myths and truths, giving reasons

*** The ups and downs and awkwardness of puberty are...

**All of the scientific words for our reproductive anatomy: write as many as you can

Be aware of possible



TRIGGERPOINT

A trigger is content that could upset someone, because of events or challenges in their life. A trigger might seem quite strange to other people, but it can feel very real for that person, and difficult for them to manage alone.

If any lesson content is a trigger for you, just write the word 'Trigger' in your book and call me over. I would then give you permission to pop outside and we can follow Plan B.

And there is always a Plan B...

Ok so learning about sex and relationships can be ...



...so let's talk about that for a minute!

Try to remember!

Although it may seem embarrassing for you at the moment, every adult in the world has been through these changes themselves, and have got over the embarrassment factor!

Believe it or not, we are quite chilled about it all now! Genitals are just another body part. Perfectly ordinary.



What you see as 'weird' stuff is entirely **normal**, all of us survive it, and its not your 'fault'! You didn't design the human body to be like this, and young people didn't invent sex!

The adults around you - parents, teachers, etc - are all here to help and support you, without judgement, with any questions you have or situations you encounter.

Ground rules:

Sex is a serious and grown-up subject. Can you suggest any ground rules for our discussions?

- ▶ No personal questions should be asked
- ▶ You can volunteer personal info but think carefully before you do this
- ▶ You or others may feel embarrassed and awkward so respect this
- ▶ Anyone can take a break outside as long as this is with good reason
- ▶ No-one should laugh at anyone else's contribution
- ▶ If a teacher thought anyone is at risk of harm, that teacher would have to tell another member of staff
- ▶ Use medical names if possible
- ▶ Don't share this info with younger children
- ▶ Do ask questions or, if more comfortable, write them on paper and put in the question box. Add your year group if you'd like it discussed in class. Add your name if you'd like a 1:1 answer.

SRE content mapped by theme and year group

	Puberty changes	Relationships	Emotions	Safe sex
Y5	Body changes Hygiene	Characteristics of healthy and unhealthy relationships Power and control issues	Emotional changes with puberty	Refusal skills (non-sexual context within friendships module) Who can you trust? Grooming
Y6	Menstruation	Forced and early marriage, CSE	-	Assertiveness skills (non-sexual context within bullying module)
Y7	Experiencing our changing bodies (wet dreams, masturbation)	LGBT terminology, diversity, gender identity, sexuality	Loss, separation and divorce, shyness and embarrassment, mental health	Sexual intercourse, anatomy, pregnancy, sexual relationships, Q&A opportunities
Y8	-	Respect, abuse, Healthy and unhealthy relationships, CSE, FGM,	Body image	Consent, consequences of sexual activity eg pregnancy, delaying sexual activity, sources of info and help, HIV and AIDS

General approach in Life Studies SRE lessons

Year 5

Keeping ourselves safe



It's important to know that our bodies belong to us.

We can say No to others who try to touch us.

In particular, the bikini area (or trunks for boys) which should only ever be touched with your consent. Consent means permission.

At your age, this would only happen with a doctor with your parent/ carer present. Bikini areas are kept private from everyone else.

Boundaries and appropriate touch

Different places have different boundaries. What is appropriate at home is not appropriate at school.

What is appropriate at home is not appropriate at school.

We agree different boundaries let us know what is appropriate at home and what is not.

How do we know?

Good ways to touch other people at school



I can tap someone lightly on the shoulder to say "Excuse me".



I can give a high 5 to say "Great!"



I can shake hands to say "It's nice to see you".



Home

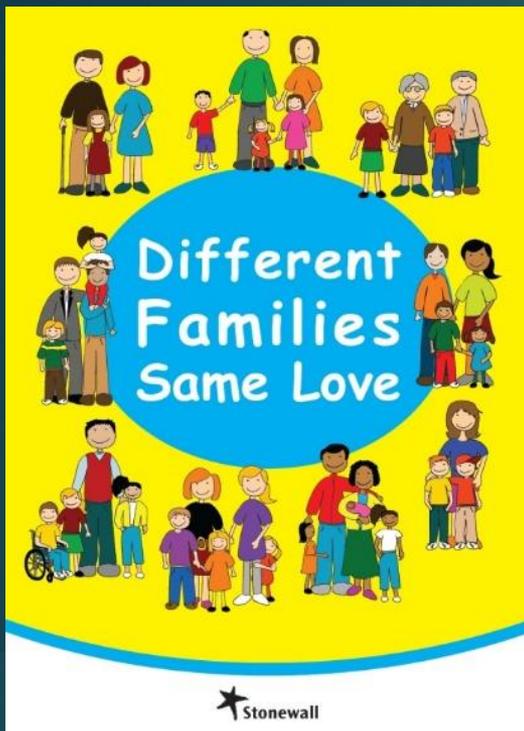
School



Sports Club
Eg Judo

General approach in Life Studies SRE lessons

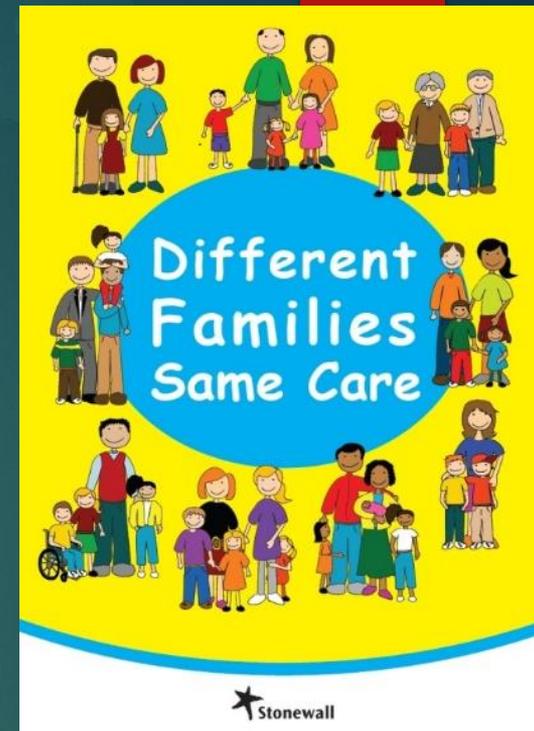
Year 6



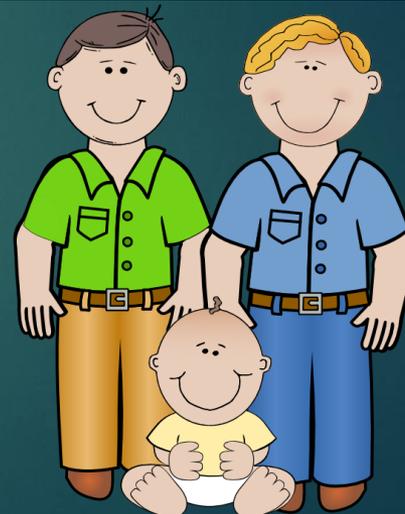
mum + dad = 
 auntie + uncle = 
 foster mum + foster dad = 
 mum + mum = 
 dad + dad's boyfriend = 
 mum + mum's girlfriend = 
 mum =  dad = 
 dad + dad = 
 dad + stepmum = 
 mum + mum's boyfriend = 
 grandma + grandpa = 
 ----- + ----- = 

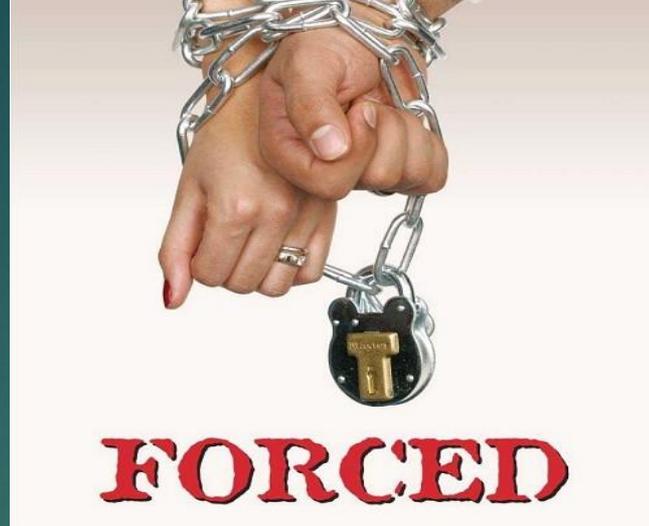
 families = 





Are there any words that you don't fully understand? Stick them on post-its onto this board and we will learn about them together...





A forced marriage is a very serious situation where someone is made to marry someone against their will.

Family pressure maybe physical, psychological, emotional or other. For instance, many young people are told they must do as they are told for the honour of the family.

Honour = respect + pride

General approach in Life Studies SRE lessons

Year 7

Growing up Y7



Hygiene, wet dreams, hormones, masturbation, ejaculation, gender identity, genitalia, menstruation.

	Chemical messengers that produce body changes eg puberty
	Stimulation of own genitalia
	The monthly blood loss in women
	Keeping clean for health
	Common name for night-time release of semen
	Inner feelings about being male or female
	The release of semen from the penis
	The external organs of reproduction

***Match the word with the definition and write in**

****then copy out each word to practice spelling**

*****choose 3 to write into a sentence, showing each word correctly used**

Puberty - truth or myth? **

If you get spots during puberty its because you have a bad diet.

Girls get hairy legs, just like boys do.

A girl should avoid having baths when she has a period.

Most boys have wet dreams at some time during puberty.

Boys can always control when they get erections.

Boys usually start puberty later than girls.

Puberty - truth or myth?

If you get spots during puberty its because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can hep by eating well and washing and cleansing your skin thoroughly.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing, showering and hair washing are the right thing to do - and swimming (with a tampon) and other forms of exercise are fine too.

Boys can always control when they get erections.

Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand that its quite normal.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - theres nothing wrong with it.

Boys usually start puberty later than girls.

Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

Recapping our Year 6 learning: Puberty flashcards

Task:

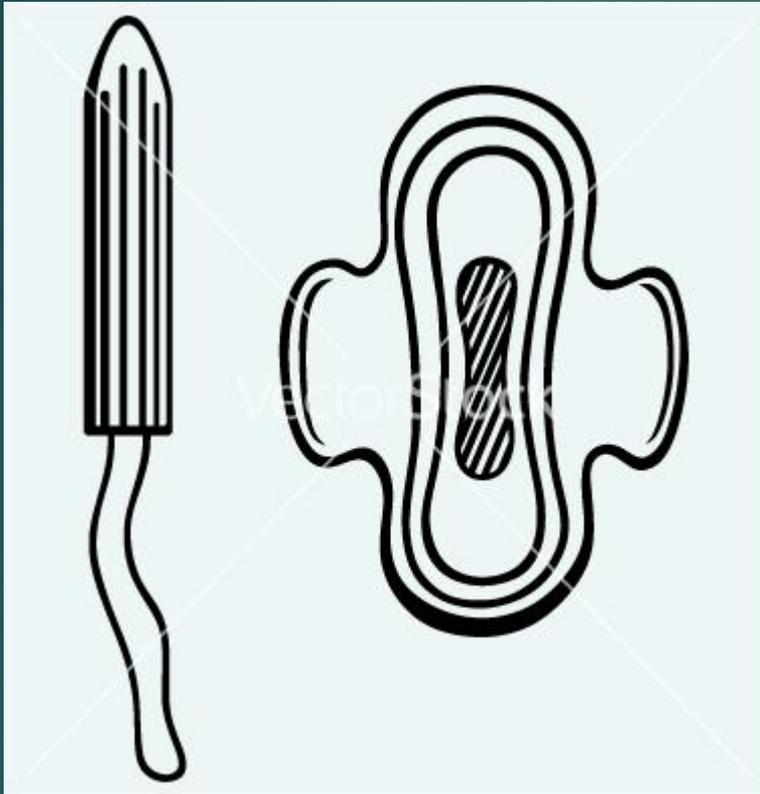
As each card is read out in turn by a pupil, the boys stand if it's a boy thing, and the girls should all stand if it's a girl thing. All stand if it applies to all.

All words relate to changes at puberty or body parts affected by those changes.

Which words are new to you? Write these down.

What questions does this throw up? Write them down to ask, or to pop into the question box later

The sanitary pad challenge!



Boys! Can I have a volunteer to go to the office for a sanitary pad?



Disposing sanitary pad or a tampon





Private parts of our bodies need to be kept to ourselves and sexting is a high-risk activity. Lets look at the detail:

ChildLine
0800 1111

Change wallpaper Help Accessibility

Play games, vids, fun
Explore advice, info, help
Talk call, email, chat

Your locker [Log In](#) | [Sign up](#)

You are here: [ChildLine](#) / [Explore](#) / [Online and mobile safety](#) / [Sexting](#)

Sexting

Sexting is when someone sends or receives a sexually explicit text, image or video on their mobile phone, usually in a text message. Find out how you can stay in control and what to do if a photo has fallen into the wrong hands.

Tell someone

Sexting

Got a sexting dilemma? Get help and support from other young people on the

What is sexting?

When people talk about sexting, they



General approach in Life Studies SRE lessons

Year 8

Now look at <http://teenrelationships.org/respect/>

Now skim and scan the website text to make notes on your LO task. You will need these in a minute to write an imaginary conversation

The Relationship Spectrum

What is a healthy relationship?

Relationships can range from healthy to abusive, and some relationships may be unhealthy, but not abusive. Here's a breakdown of the relationship spectrum:



A Healthy Relationship

A healthy relationship means that both you and your partner are...

Communicating

You talk openly about problems without shouting or yelling. You listen to one another, hear each other out, respect each other's opinions, and are willing to compromise.

Respectful

An Unhealthy Relationship

An unhealthy relationship starts when even just one of you is...

Not communicating

Problems are discussed calmly, or not talked about at all. You don't listen to each other or try to compromise.

Disrespectful

One or both partners are inconsiderate toward the other. One or both partners

An Abusive Relationship

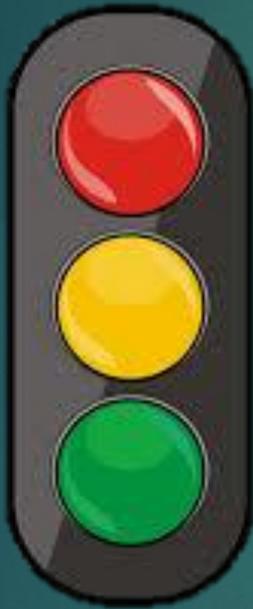
An abusive relationship starts when just one of you...

Communicates abusively

During disagreements there is screaming, cussing, or threatening, or these things happen even when there is no argument. A partner is demeaning or insulting toward the other.

Is disrespectful through abuse

As the situations are read out to you, discuss each one with your partner and raise the appropriate colour in your planner...



Red: these are bad signs in a relationship

Amber: these are warning signs in a relationship

Green: These are good signs in a relationships

Martians

We're going to pick a role-play Martian.

Then the rest of the class have to explain what the next 3 ppt slides are to him. Got it?

Explain what it is, why it needs to be used, where it can be accessed for free, etc

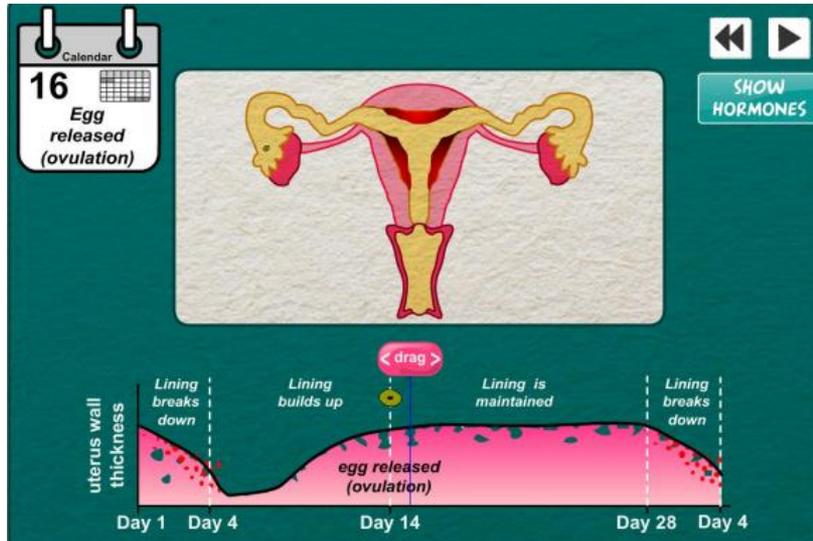




Explain what it is, why it needs to be used, where it can be accessed for free, etc

General approach in **Science** SRE lessons

And in Science...



“Sex always leads to pregnancy”



Do you agree with this statement?

Spallanzani's discovery

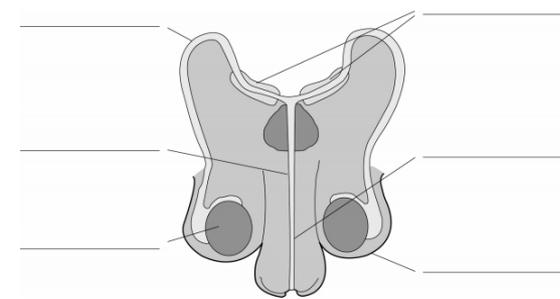


Unit 2 Reproduction
Lesson 2.2 Activity 3 HELP ACTIVITY SHEET

The male reproductive system

1 Use these words to label the diagram.

- penis testis scrotum sperm duct glands urethra



2 Draw a line to match each part to its function. One has been done for you.

Part	Function
penis	Sperm leave the body through this tube.
testis	This holds the testes.
scrotum	Sperm travel along here.

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Questionnaire outcomes

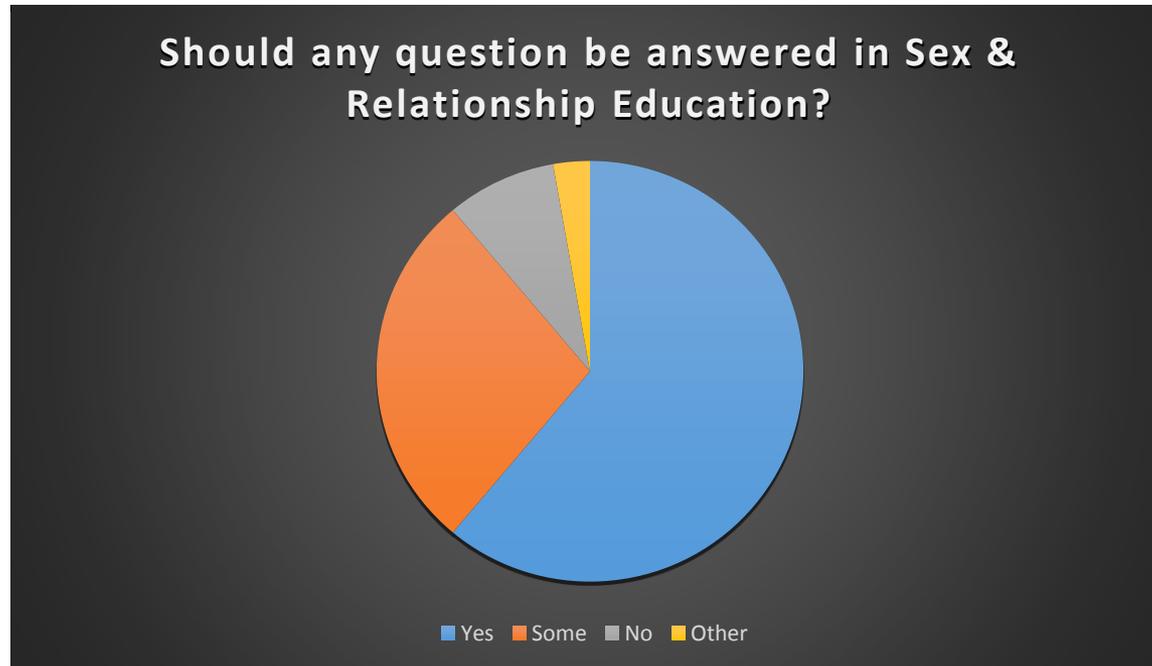
- Questionnaires were sent to the parent/carer of every pupil on roll.
- 76 completed questionnaires were received back.
- No parent asked for their child to be withdrawn from our SRE programme.
- 12 parents made the point that they would like texts to inform them of lessons content, so this was actioned immediately as we taught the programme this year.
- Parents comments were listed and will be used to inform future planning.
- 2 parents volunteered for further involvement in consultation.
- Only 1 parent's comments reflected clear disapproval in the way MBMS approaches SRE generally, as opposed to 9 which offered praise and/or appreciation for being included in the consultative process.

Questionnaire outcomes

The average ages that parents wanted to see topics covered was:

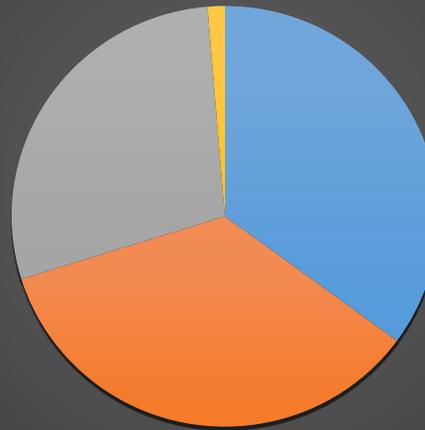
- Puberty changes Year 6
- Sexual intercourse Year 7
- Pregnancy & birth Year 7

Questionnaire outcomes



Questionnaire outcomes

How do you feel about Sex & Relationships Education being taught in single sex groups?



■ Yes ■ , combination ■ No ■

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Key questions to consider

- Single sex, mixed or combination?
- Sending content to parents via texts: how has this gone?
- Are we teaching the right content at the right time?