

# Jigsaw SRE

For parents and carers



## What does the DfE say about SRE?

“High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.”

*DfE 2020*

# SRE Guidance (2020)

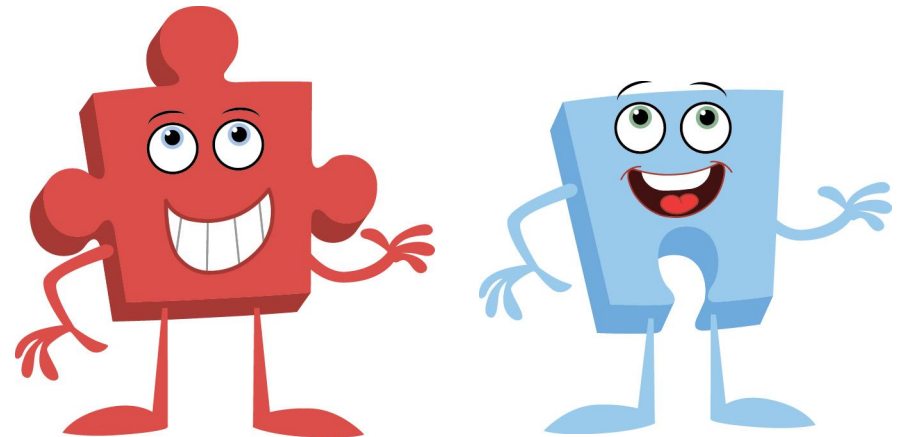
**At primary school, a graduated, age-appropriate programme of SRE should ensure that all children:**

- Develop confidence in talking, listening and thinking about feelings and relationships
- Are able to name parts of the body and describe how their bodies work (In accordance to the science national curriculum)
- Can protect themselves and ask for help and support
- Are prepared for puberty

# Programmes of study

Pupils should be taught:

- Ways of keeping physically and emotionally **safe**
- About **managing change**, such as puberty, transition and loss
- How to make **informed choices** about health and well-being and to recognise sources of help with this



## What SRE can achieve for children

To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)

To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)

To support young people to have positive self-image and body image, and to understand the influences and pressures around them

To make informed choices when considering a sexual relationship, to keep themselves safe (without an unplanned pregnancy or sexually-transmitted infection)

# Science and PSHE – what's the difference?

## Science Key Stage 2

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals
- describe the changes as humans develop to old age
- learn about the changes experienced in puberty

## PSHE Key Stage 2

- how their body will change as they approach and move through puberty
- about human reproduction
- how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
- how to recognise and manage emotions within a range of relationships
- how to recognise risky or negative relationships including all forms of bullying and abuse
- how to respond to risky or negative relationships and ask for help
- how to respect equality and diversity in relationships

## Year 6 scheme of work:

Year 6:

Puberty - Consolidating understanding of physical and emotional changes and how they affect us

Girl talk / Boy talk - A chance to ask questions and reflect (single sex)

Conception to birth - The story of pregnancy and birth

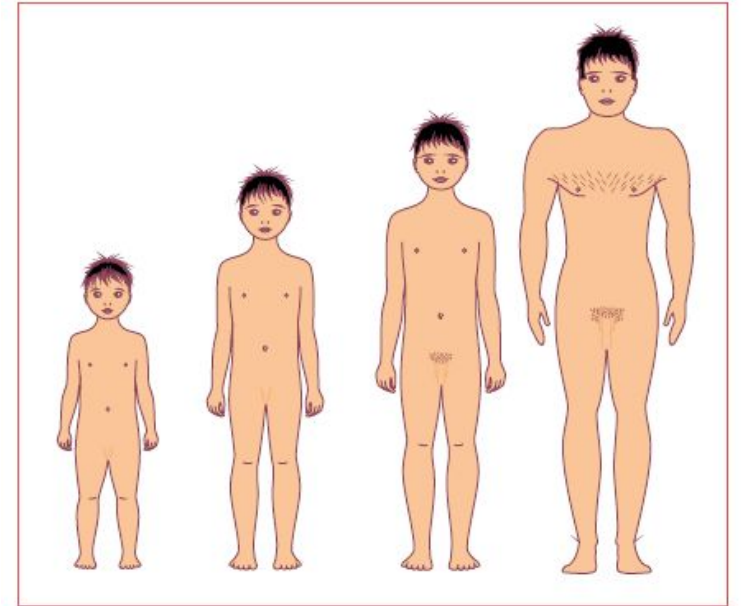
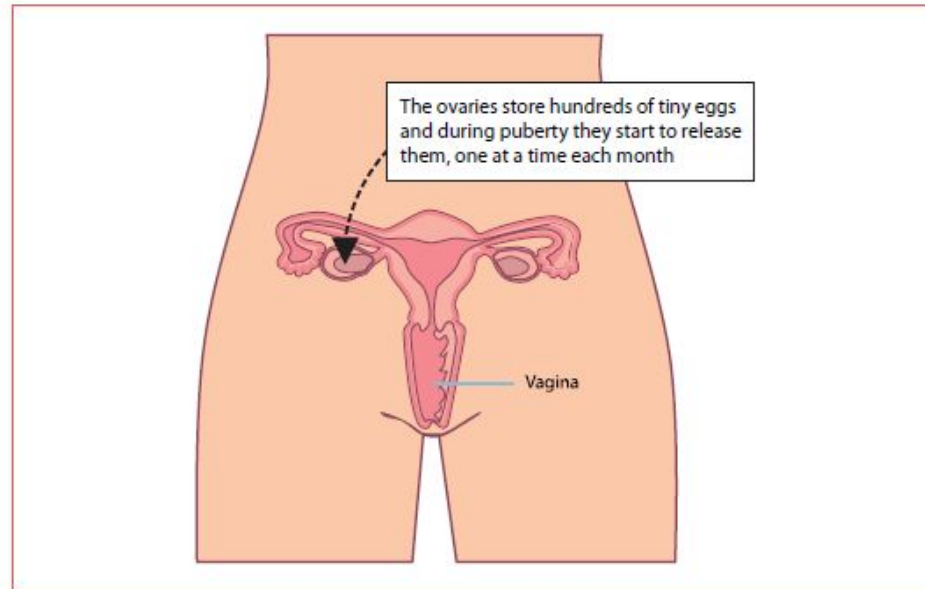
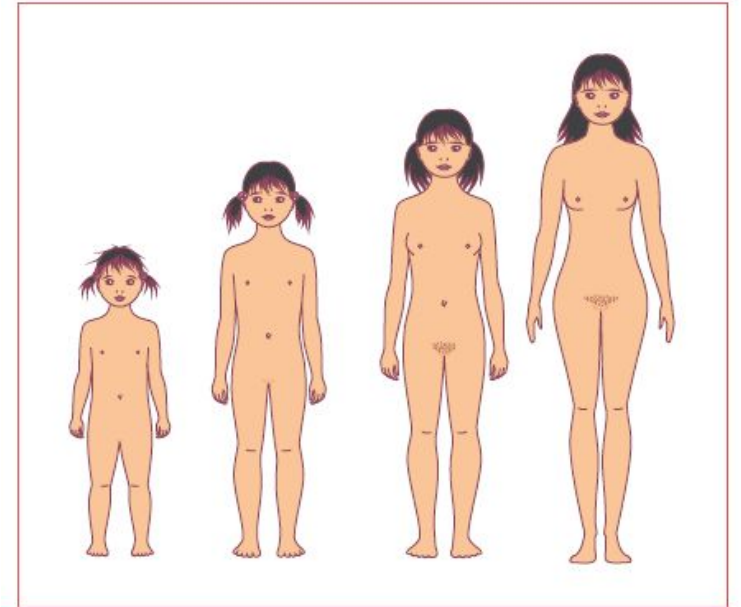
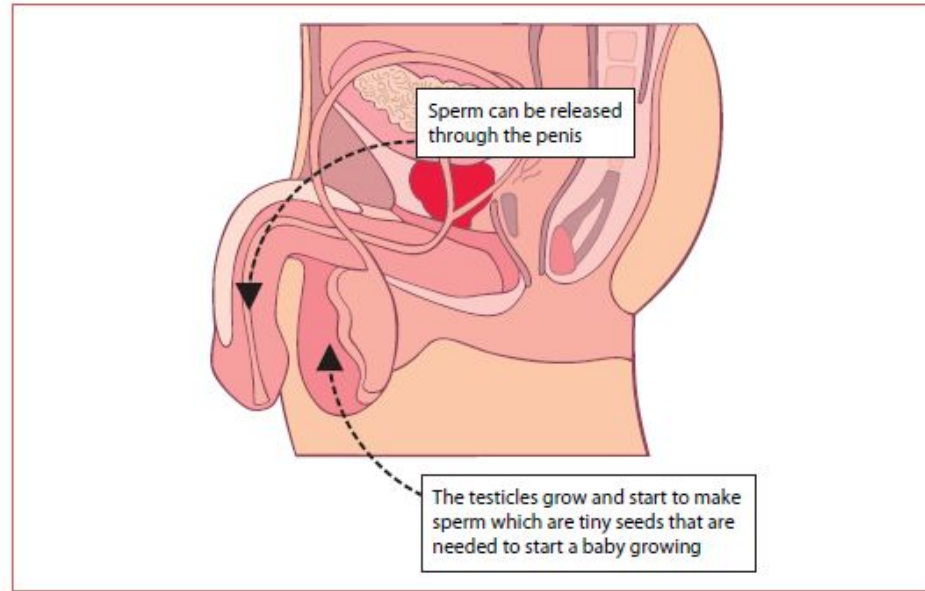


# Content for Year 6



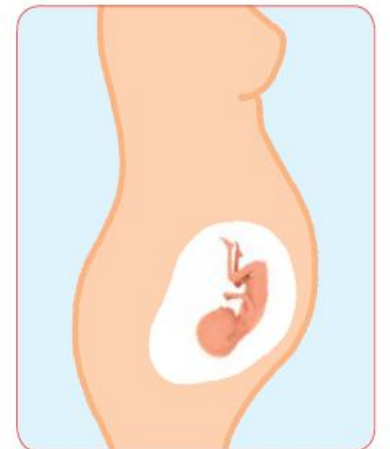
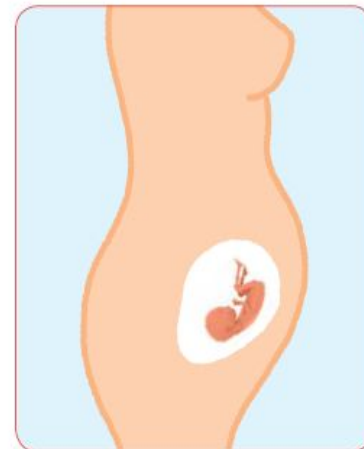
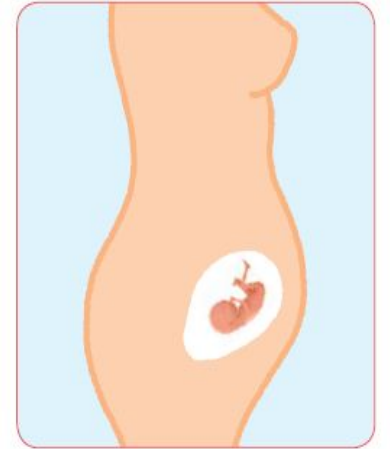
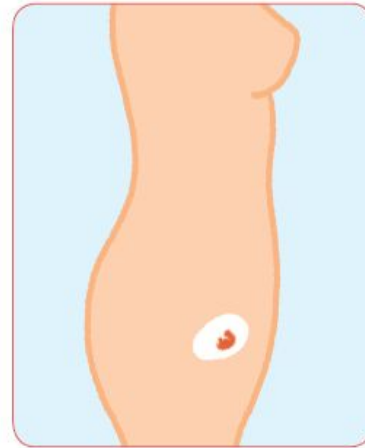
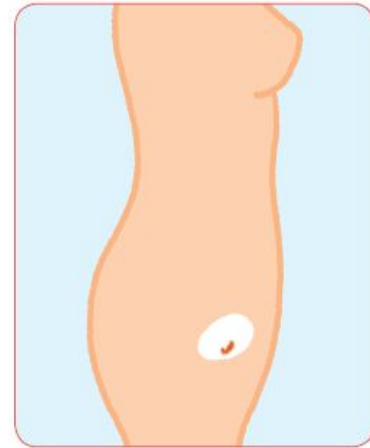


# Content for Year 6



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Baby Developing in the Womb PowerPoint - Year 6 - Piece 4



## Content for Year 6

**If you get spots during puberty it's 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 help by eating well and washing and cleansing your skin thoroughly.

**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.

**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 and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

**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 - there's nothing wrong with it.

Don't forget...

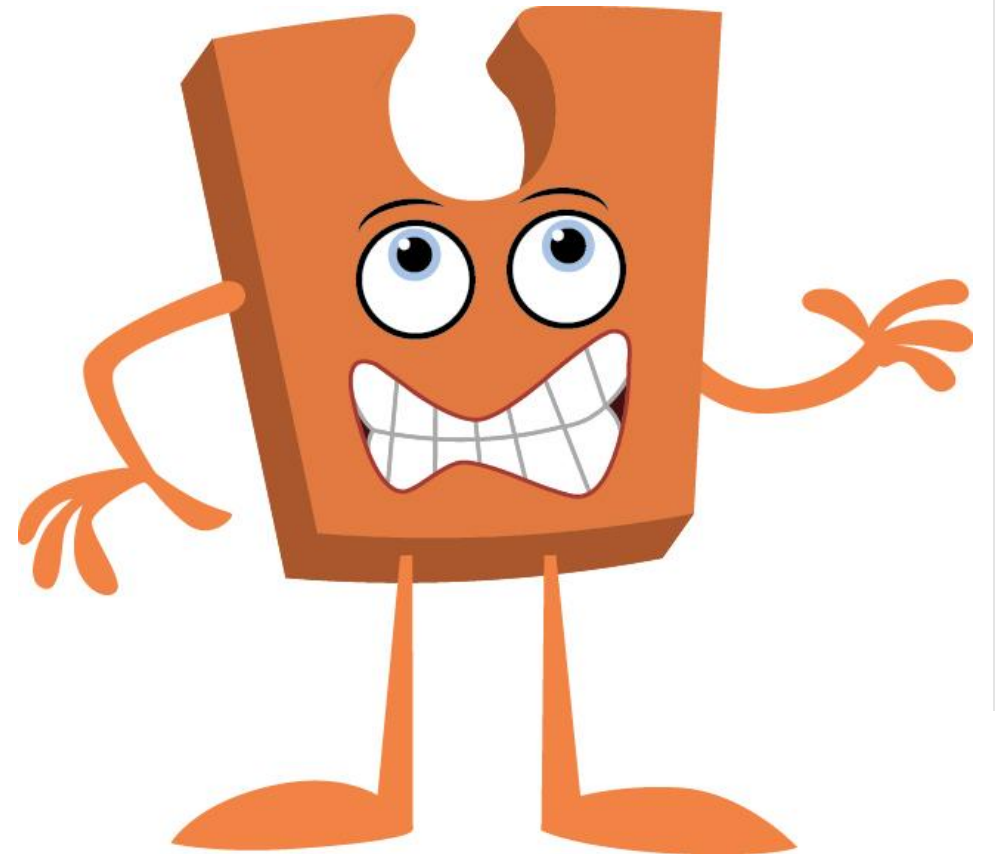
We are educating children and young people to live in the real world, with all its contradictions

*When it comes to sex, children's heads are probably not empty – but they may be full of myths and half-truths*

We mustn't let our adult knowledge of sex prevent us seeing things from the child's perspective

*Our focus should be on building healthy attitudes and positive relationships, not just fighting off perceived threats*

Questions







Thank you!