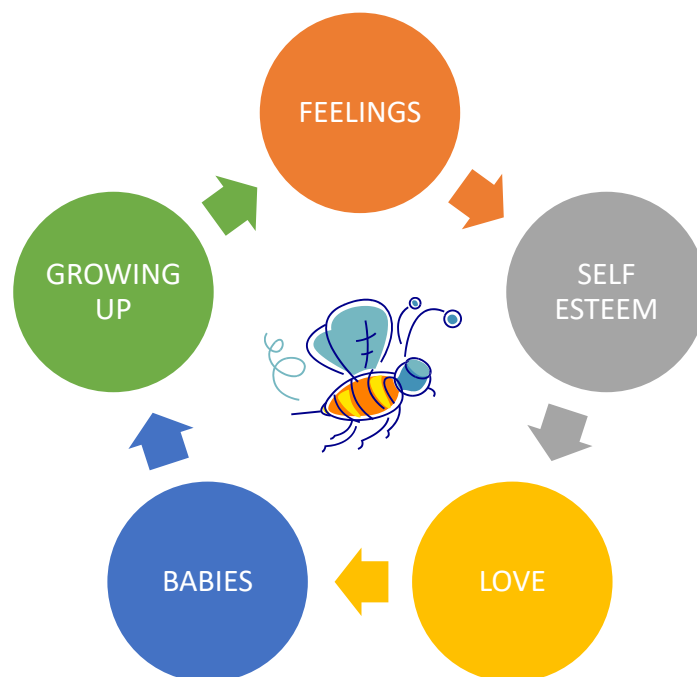


SHARE

Sexual Health and Relationship Education



Primary service level agreement

SHARE

Les Ozouet Campus

St Peter Port

Guernsey

GY1 2UB

Tel 01481 733072

Email SHARE@gov.gg

Sexual Health and Relationship Education

Primary sessions delivered by SHARE

YEAR 5

2 sessions

- Pupils will understand some ways to stay safe and healthy and the importance of good personal hygiene
- Introduce the concept of puberty and a healthy attitude towards it, including hygiene, and to promote a positive self-esteem. Gender split

YEAR 6

3 sessions

- Emotions and puberty
- Body changes at puberty
- Baby in the family.

Information for parents

Individual lesson plans, leaflets and letters to parents can be found on the Sex and Relationship Education page at www.gov.gg/SHARE

All lessons are delivered at an age appropriate level. If parents would like to discuss the sessions delivered by the SHARE nurses, they can contact the school, or SHARE on 733072 or email share@gov.gg

SHARE has a good selection of resources on hygiene, growing up, babies and related topics. These are available for loan to parent's teachers and other professionals. SHARE can provide inset for school staff.

The SHARE team can sometimes provide tailor made mini workshops for students who may have missed lessons or need extra information.

Here is a primary parent's leaflet available to download
<http://www.education.gg/CHttpHandler.ashx?id=95236&p=0>



SHARE has a large number of resources available for loan.

Below are some topics that can be covered to support PSHE/SRE lessons

Circle time rules	Hygiene	Asking for help
Self-esteem	Infections	Responsibility
Decision making	First aid	Sexuality
Feelings	Prejudice	Babies
Sensitive issues	HIV & AIDS	Families
Growing up	Bereavement	Love
Gender	Digital safety	
Body changes	Parent's and SRE	
Appropriate behaviour	Relationships	
Unsafe situations	Reproduction	
Secrets	Gender and sexuality	



Year 5 Growing up talks

Dear Parents,

As part of the schools Personal, Social and Health Education programme, year 5 pupils will be soon receiving two lessons from the SHARE Nurses.

Together in class groups we will be looking at keeping safe including good and bad touches and public/private etc. and personal hygiene.

Girls and boys will then be taught separately and the second lesson will focus on encouraging the children to feel good about themselves and an introduction to the concept of puberty and how to cope with some of the changes ahead.

This programme is delivered to year 5 pupils in all the island schools. All topics are approached in a gentle and age appropriate way.

Pupils may be given leaflets, relevant to their age and gender, to take home and discuss with parents.

Further information and a leaflet for primary parents can be found at www.education.gg/SHARE

The SHARE nurses can be contacted on 733072

email SHARE@gov.gg

Sexual Health and Relationship Education

YEAR 5

SESSION TITLE **Be safe, be clean, be healthy**

LESSON AIM

To be prepared as our bodies change

OBJECTIVES

- Pupils will learn how to identify some emotions associated with growing up
- Pupils will know some ways to keep clean and be healthy
- Pupils will understand the concept of keeping safe and know who to ask for help and advice

STRATEGY/ACTIVITIES

- *Introduction to self and session*
- *Ground rules*
- *Circle time with Bee*
- *Discussion cards on personal safety and emotions*
- *Film clip on digital safety (strangers online and public/private)*
- *NSPCC PANTS poster on personal Public/Private*
- *Consent for kids mini film clip*
- *Personal Hygiene film*
- *Who to ask for help and advice*
- *Question time*

RESOURCES

Bee, Ground rules, male posters, films, discussion cards, Hygiene leaflet.

CLASSROOM

Chairs in a circle - film clips to be show on smart board or TV

Sexual Health and Relationship Education

YEAR 5 BOYS

SESSION TITLE

GROWING UP

LESSON AIM

Introduce the concept of puberty and the importance of good personal hygiene.

OBJECTIVES

- Boys will learn about the physical and emotional changes that will happen to them as they grow up.
- Boys will begin to learn about the male reproductive system.
- Pupils will understand the importance of good personal health & hygiene and where to get help and advice.

STRATEGY/ACTIVITIES

- *Introduction to self and session*
- *Ground rules*
- *Circle time with Bee*
- *Film clip on growing up*
- *Basic Male A&P with simple biology posters*
- *Personal Hygiene*
- *Question time*
- *Round to finish*

RESOURCES

Bee, Ground rules, male posters, DVD, Hygiene bag, Hygiene leaflet.

CLASSROOM

Chairs in a circle - DVD clip



Sexual Health and Relationship Education

YEAR 5 GIRLS

SESSION TITLE

GROWING UP

LESSON AIM

To explore the emotional and physical changes that occur during puberty.

OBJECTIVES

- Girls will learn about some emotional and physical changes that will happen to them during puberty.
- Girls will learn about the process of menstruation and how to cope with their first period.
- Girls will learn about the importance of personal hygiene as they grow up and where to obtain help and advice.

STRATEGY/ACTIVITIES

- *Introduction to self and session*
- *Ground rules*
- *Circle time with Bee*
- *Film clip on growing up*
- *introduce female A&P with basic biology posters*
- *Menstruation management and Personal Hygiene*
- *Question time*
- *Round to finish*

RESOURCES

Bee, Ground rules, female posters, DVD clip, pads etc, Periods leaflet.

CLASSROOM

Chairs in a circle - film clip





Year 6 Growing up talks

Dear Parents,

As part of the schools Personal, Social and Health Education programme, year 6 pupils will soon be receiving three lessons from the SHARE Nurses on Emotions, Growing up and Baby in the Family.

Lesson one will focus on encouraging the children to feel good about themselves and make healthy decisions. In split gender groups during lesson two they will learn about puberty and how to cope with the changes ahead. Baby in the family is the third lesson and they will learn about different families, parent's considerations, love & commitment, conception, foetal development and birth.

This programme is offered to year 6 pupils in all the island schools. All topics are approached in a gentle and age appropriate way.

Pupils may be given leaflets, relevant to their age and gender, to take home and discuss with parents.

Further information and a leaflet for primary parents can be found at www.education.gg/SHARE

The SHARE nurses can be contacted on 733072
or email SHARE@gov.gg

Sexual Health and Relationship Education

Session 1

YEAR 6

SESSION TITLE

EMOTIONS & PUBERTY

LESSON AIM

To explore the emotional changes that occur during puberty, and promote a positive self-esteem.

OBJECTIVES

- Pupils will learn that emotions change during puberty.
- Pupils will learn how to cope with their feelings toward themselves, their families & others.
- Pupils will know about keeping safe and who to go to for help and advice.

STRATEGY/ACTIVITIES

- *Introduce self and session*
- *Ground rules*
- *Round on emotions and feelings about puberty/ change*
- *Trigger pictures &/or Teenager under construction DVD*
- *Where to access help and advice*
- *Book mark activity*
- *Round to finish*

RESOURCES

Bee, DVD, trigger pictures, book marks, pens & leaflets.

CLASSROOM

Chairs in a circle, DVD clip



Sexual Health and Relationship Education

Session 2

YEAR 6 GIRLS

SESSION TITLE

BODY CHANGES AT PUBERTY

LESSON AIM

To extend prior learning on the emotional and physical changes that occur during puberty in boys and girls.

OBJECTIVES

- Pupils will learn how the body changes in boys and girls in preparation for reproduction.
- Pupils will learn to name the main reproductive organs of both males and females, using the correct terminology.
- Pupils will understand about menstruation and how girls cope.
- Pupils will learn the importance of good hygiene and where to access help & advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round on growing up/ puberty/ changes*
- *DVD clip*
- *Male & Female A & P with posters*
- *Menstruation management*
- *Where to access help and advice*
- *Round to finish*

RESOURCES

Bee, A & P posters, DVD, pads etc & leaflets.

CLASSROOM

Chairs in a circle –DVD clip



Sexual Health and Relationship Education

Session 2

YEAR 6 BOYS

SESSION TITLE

BODY CHANGES AT PUBERTY

LESSON AIM

To extend prior learning on the emotional and physical changes that occur during puberty in boys and girls.

OBJECTIVES

- Pupils will learn how the body changes in boys and girls in preparation for reproduction.
- Pupils will learn to name the main reproductive organs of both males and females, using the correct terminology.
- Pupils will learn about menstruation and how girls cope.
- Pupils will learn the importance of good hygiene and where to access help & advice.

STRATEGY

- *Introduce self and session*
- *Ground rules*
- *Round on growing up/ puberty/ change*
- *DVD clip*
- *Male & Female A & P with posters*
- *Menstruation management*
- *Where to access help and advice*
- *Round to finish*

RESOURCES

Bee, A & P posters, DVD, pads etc & leaflets.

CLASSROOM

Chairs in a circle –DVD clip



Sexual Health and Relationship Education

Session 3

YEAR 6

SESSION TITLE

BABY IN THE FAMILY

LESSON AIM

To promote healthy relationships and a responsible attitude towards parenthood and a gently introduce conception, foetal development and birth.

OBJECTIVES

- Pupils will learn about different families and the importance of a stable, loving relationship including marriage between parents.
- Pupils will learn a little about conception, foetal development and birth.
- Pupils will learn to understand the responsibilities of parents and what they should consider before having a baby.

STRATEGY/ACTIVITIES

- *Introduction to session*
- *Ground rules*
- *Circle on parenting with Bee or egg*
- *Parenting discussion/open forum*
- *Basic Male and Female biology revised from last session*
- *Conception and foetal development with posters and models*
- *Birth with model*
- *Question time*
- *Round to finish*

RESOURCES

Egg or Bee, baby posters, baby models.

CLASSROOM

Chairs in a circle



SHARE
SHARE

