

**Book list for Parents/Carers on Reproduction, Sex and Puberty for use with their children  
For Younger Children - all picture books**

| Title                              | Author                               | Price | ISBN Number   | Description  |
|------------------------------------|--------------------------------------|-------|---------------|--|
| <b>I Know a Secret</b>             | Annie Kubler (illustrator)           | £5.99 | 0 85953 315 8 | A story book that shows children trying to find out details about pregnancy and babies. It does not cover sexual intercourse, it just mentions that you need a mummy's egg and a daddy's seed.   |
| <b>Baby's First Year</b>           | Debbie MacKinnon<br>Anthea Sieveking | £5.99 | 0 7112 2128 6 | Includes photographs of a baby and what he can do and what he needs at different ages in his first year.   |
| <b>The World is Full of Babies</b> | Mick Manning<br>Brita Granstrom      | £5.99 | 0 7496 5689 1 | This book looks at what babies do and need and compares these needs with the needs of animal babies.   |
| <b>Where Willy Went</b>            | Nicholas Allan                       | £5.99 | 0 099 45648 6 | Does not cover sexual intercourse explicitly (just shows the mother's and father's genitalia as a simple map!) but looks at the sperm that 'race' to meet an egg and a simple look at pregnancy. |
| <b>How Did I Begin?</b>            | Mick Manning<br>Brita Granstrom      |       |               | A look at how babies are made, including a simple look at sexual intercourse   |
| <b>Made with Love</b>              | Kate Petty                           | £4.99 | 0 333 74186 2 | A look at how babies are made, including a 'gentle' look at sexual intercourse.  |
| <b>Mummy Laid and Egg</b>          | Babette Cole                         | £5.99 | 0 09 929911 9 | An entertaining, simple look at how babies are made, using simplified cartoon pictures.  |
| <b>Hair in Funny Places</b>        | Babette Cole                         | £5.99 | 0 09 926626 1 | An entertaining, simple look at the changes that happen during puberty   |
| <b>Where Do Babies Come From?</b>  | Susan Meredith                       | £1.50 | 0 7460 4245 0 | Small but detailed pocket book that covers: pregnancy, conception, sexual intercourse (briefly), birth, and a fair amount about babies.  |

**For Older Children and Teenagers**

| Title  | Author                             | Price          | ISBN Number   | Description   |
|--|------------------------------------|----------------|---|---|
| <b>Everything you ever wanted to asked about willies and other boy's bits</b>                  | Tricia Kreitman<br>Dr Neil Simpson | £6.99          | 1 85340 634 1                                       | A very detailed look at issues most boys would value advice on when it comes to developing, growing up, hormones, moods, sex and being attracted to others. |
| <b>Living with a Willy</b>   | Nick Fisher                        | £4.99          | 0 330 33248 1                                       | A detailed look at issues around growing up – for boys.   |
| <b>XY – a toolkit for life</b>   | Matt Whyman                        | £5.99          | 0 340 85257 7                                       | Gives the facts and considers issues such as: sex, body changes, drink, drugs, love...etc for boys  |
| <b>Everything you ever wanted to ask about periods</b>   | Tricia Kreitman                    | £5.99          | 1 85340 672 4                                       | A very detailed look at periods.  |
| <b>Periods</b>   | Charlotte Owen                     | £5.99          | 0 340 63604 1                                       | A detailed, but simpler (than the book above) look at periods   |
| <b>What's Happening to Me?</b>   | Susan Meredith                     | £6.99          | 0 7460 6995 2                                       | An illustrated, detailed and clear look at puberty in girls.  |
| <b>Facts of Life – this is both books: <i>Growing Up</i> and <i>Babies</i> joined together</b> | Susan Meredith<br>Robyn Gee        | £8.99<br>£5.99 | 0 7460 3143 2<br>Growing Up (only)<br>0 7460 3143 2 | A detailed and illustrated look at the changes of puberty for both girls and boys, sex, reproduction and babies   |
| <b>Let's Talk About Where Babies Come from</b>   | Robie H Harris                     | £ 9.99         | 1 84428 173 6                                       | An illustrated, nicely worded and detailed look at where babies come from   |
| <b>Let's Talk About Sex</b>  | Robie H Harris                     | £9.99          | 1 84428 174 4                                       | An illustrated, nicely worded and detailed look at growing up, changing bodies, sex and sexual health.  |
| <b>The Sex Files</b>   | Jasminka Petrovic                  | £8.99          | 1 904194 52 4                                       | An illustrated, frank and up to date guide to growing up and sex.   |

# Old Catton and White Woman Lane Federation



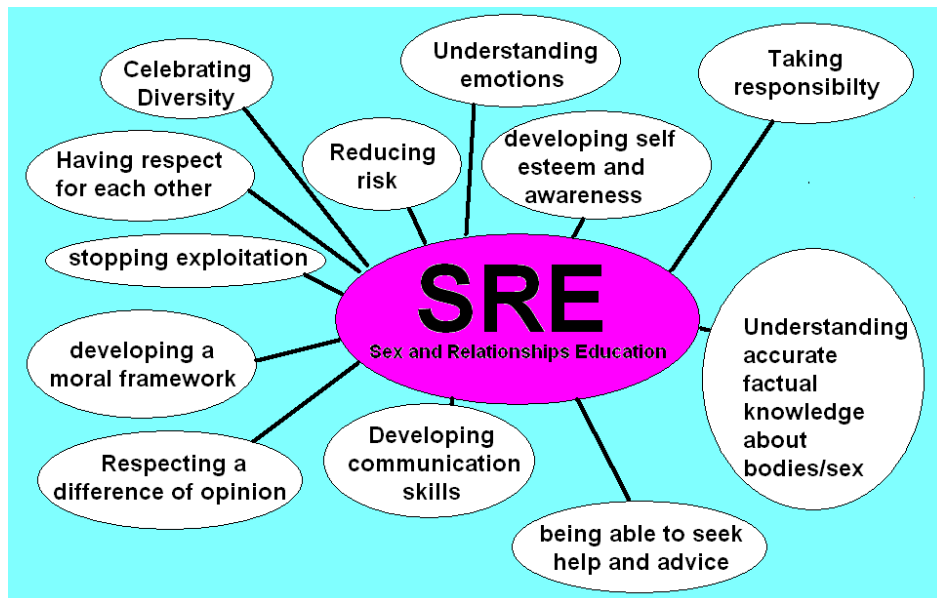
## Sex and Relationships Education

### Information for Parents

# What is SRE?

Sex and Relationships Education aims to give children and young people:

- self esteem
- skills for successful relationships
- emotional literacy
- the ability to make informed choices and minimise risk
- the ability to keep themselves and other people safe
- the opportunity to explore their own attitudes, values and beliefs and develop an individual moral code that will guide their actions.
- a discerning eye for the messages they receive from the media
- the ability to access help and support
- a positive attitude towards their body and sexuality



## ***“How explicit will the programme be?”***

Each individual school decides upon the content of its own SRE programme. Careful consideration is put into how explicit the programme needs to be and how to answer children’s questions. Many parents appreciate their children’s questions being answered openly and honestly – but with discretion exercised over explicitness.

## ***“Will what is taught go against my personal beliefs?”***

SRE aims to enhance personal values of respect and acceptance. This means no single view is taught as the ‘correct’ view and pupils are encouraged to respect the fact that there is a diversity of views with most issues.

## ***They seem so young – are they really ready for all this?”***

Puberty starts younger these days and even now 10% of girls in the U.K. start their periods without knowing what is happening to them. This can be extremely scary. Preparation for puberty at high school is too late.

Investigations into what pupils already know often reveals that they have picked up a lot of knowledge from the media and playground speculation at very young ages. It would be better for children to be given the correct knowledge from a sensitively taught school’s programme than for children to fall prey to misunderstandings that can be quite distressing.

**Remember: As a parents or carer you have the legal right to withdraw your child from SRE lessons.**

# What's Statutory?

## **Policy**

All schools must have a written statement of the policy available to all parents and carers. The policy need to be kept up-to-date.

## **Programme**

Governors also ultimately have a responsibility for deciding the content of sex education and organisation of the sex education programme, i.e. integrated or discrete, delivered, for example, through PSHE (Personal, Social and Health Education) and/or science. They should be satisfied that teaching materials are appropriate and that any contribution by outside speakers/agencies are consistent with the policy.

## **Parents Right to Withdraw**

Parents have the right to withdraw their children from all or part of SRE provided at school except for those parts included in the statutory National Curriculum.

## What we cover:

From Year 3 to Year 5 we use a DVD resource called 'Living and Growing'. This Sex and Relationships Education series is designed for children aged between 5 and 11. This will be taught within the context of PSHE - work on self esteem; helping children to develop their own moral framework; loving caring relationships. The initial programmes gently introduce the younger children to issues relating to sex education through a study of topics that include living and growing, families, our bodies, growing up from baby to adult, naming body parts, differences between boys and girls, and relationships at home and at school.

The programmes for the older children focus on issues such as the human life cycle in the context of all living things, changes within and beyond our control, friendship, sexual relationships, pregnancy and the birth of a baby.

In year 6 we will be using a video resource called 'The Primary guide to Growing Up, Relationships and Sex'.

### Years 3 and 4

- A simple look at the difference between males and females
- A simple look at development
- Pregnancy
- Babies
- Growing Up
- An introduction to the changes of puberty including menstruation and sperm production
- Body parts needed to make a baby

### Years 5 and 6

- The changes of puberty – including menstruation and sperm production
- Sexual intercourse
- Pregnancy, birth and babies
- Stages of development and the human life cycle
- Personal Hygiene
- Naming sexual organs and body parts and looking at their function
- A detailed look at puberty – the physical and emotional changes
- Reproduction – sexual intercourse, fertilisation, pregnancy and birth.
- Personal hygiene and the increased need for it during puberty

### Year 6

- How to keep yourself safe from unwanted sexual advances
- Understanding consent and the right to say no
- Gay and straight relationships

# Parents/Carers and SRE: Commonly cited concerns

Although SRE is not just factual information about sexual matters, this is the part of SRE that causes the most anxiety. Frequently cited concerns are:

***“Too much knowledge can be dangerous.”***

Children often know more about sexual matters than parents/carers probably suspect. Some of it correct and some of it, at times, a little confused. Is knowledge alone actually dangerous? SRE aims to help pupils make responsible use of any knowledge they gain. Research also shows that effective SRE does not encourage children to ‘experiment.’

***“Surely parents/carers are best placed to deliver SRE.”***

Ideally – yes – but many parents/carers are not comfortable talking to their children about sex. Single parents sometimes highlight their uneasiness or lack of knowledge when it comes to talking about the opposite sex.

***“Keep children innocent – do they really need to learn about sex – can’t we protect them?”***

Ignorance is not the same as innocence. Young children who are taught all the facts by their parents at an early age remain just as innocent. Is it perhaps an ‘adult’ judgement that perceives sex to be capable of ‘tainting innocence’? We will never be able to protect our children always and forever – all we can do is just equip them and then trust them.

# What’s Included? The Three Strands of SRE

