

Growing Up with Yasmine and Tom

What is Growing Up with Yasmine and Tom?

Growing up with Yasmine and Tom is an online resource to help schools deliver sex and relationships education (SRE) as part of their personal, social, health and economic (PSHE) education programme. It has been produced by the charity FPA.

It is designed to be an age-appropriate, fun, interactive way for your child to learn about their body (including growing up/puberty), life cycles, feelings, relationships, gender stereotypes and keeping safe (including keeping safe online).

The aim of Growing Up with Yasmine and Tom

The resource is intended to be part of a planned programme of sex and relationships education (SRE) being taught in school.

Children want to be able to talk about their bodies, feelings and relationships, and usually would like their parents or carers to be the first person to talk with them about these issues. Importantly, children need this information, and the chance to talk about it, before their bodies start to change. If parents/carers and teachers don't talk to children about growing up they may pick up the idea that it is scary or shouldn't be talked about.

Young people often report that their SRE happens too late – after they have begun puberty and experienced sexual desire or sex, so it's important to start these conversations early.

Young children can believe incorrect, confusing and misleading information about puberty and sex which they have worked out either on their own or with the help of friends and siblings. Children also absorb a great deal of information from television, the internet, advertising, radio, newspapers and magazines, and this is not necessarily accurate. It is important to help them learn the truth about growing up and sex and relationships.



How does Growing Up with Yasmine and Tom work?

The resource is divided into modules for different age groups. Each module has a variety of lessons with different activities, including activities that children can complete on the interactive whiteboard. Your child's school may choose to use all the modules and lessons or just some of them. It will depend on their particular teaching programme and policies. They can discuss this with you.



Talking to your child about growing up

When children can talk to their parents about sex and relationships, they are more ready for puberty, understand more about relationships, and are less likely to do things just because their friends are.

Good relationships and sex education can also:

- raise the age young people first try out sexual activity
- cut the rate of teenage pregnancies, abortion and sexually transmitted infections.

Which schools need to teach SRE?

From September 2020, relationships and sex education became statutory in all secondary schools in England and relationships education became statutory in all primary schools in England.

Primary schools are not required to teach sex education. However, the Department of Education recommends that all primary schools have a sex education program of work.

Children have the right to comprehensive sex education and FPA strongly recommends that all primary schools teach age-appropriate sex education.

Can parents withdraw their children from lessons?

Parents have the right to withdraw their children from sex education.

This does not include what is taught as part of the science curriculum.

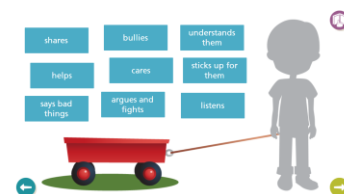
All children have the right to comprehensive sex education and most parents support the teaching of sex education in schools. Schools should engage with parents and have a clear policy in place which explains the benefits of school-based RSE.

Growing Up with Yasmine and Tom

Module One Lessons– KS1 (ages 5 to 7)

Introducing Yasmine & Tom

- To establish a working agreement/ground rules with the group.
- Children can some ways that boys and girls are similar
- Children know there is more than one way to be a boy and more than one way to be a girl



Friendships and feelings (Relationships & Feelings)

- To understand how to be a good friend and what makes friendship feel good.
- Children can explore what makes a good friend
- Children can problem-solve when a friendship goes wrong

Different families (Relationship)

- To understand that there are many types of families and that we value all types of families equally in our school.
- Children can identify different types of families
- Children can identify similarities and differences between different types of family



My brilliant body (My body)

- For pupils to recognise that all bodies are different and that all bodies can do different things.
- To begin to develop a positive body image about themselves and learn skills to respond to any negative comments about their bodies.
- Children can share that all bodies are different
- Children can identify what is brilliant about their body
- Children can identify what to do if someone says unkind things about someone's body
- Children can share how they can get help



Keeping clean and taking care of myself (My body)

- To develop an awareness of and take increasing responsibility for taking care of their own needs.
- Children can identify and name objects that are used to help keep someone clean and healthy
- Children can explore why it is important to keep clean
- Children can identify what things they can do and what things they are learning to do to look after their body

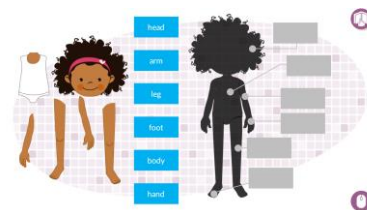


Growing Up with Yasmine and Tom

Module One Lessons– KS1 (ages 5 to 7)

Naming body parts

- To be able to name their personal and private body parts, in a safe space, confidently.
- To understand what 'private' means.
- Children can name different body parts including the private and personal body parts
- Children can identify private and personal parts and how they are identified



Keeping Safe (Keeping safe)

- To have an awareness of some of the ways that they can keep themselves safe.
- To build a support network of people who can help them.
- Children can recognise when a situation is safe or unsafe
- Children can identify ways to keep safe
- Children can identify how to get help



Growing Up with Yasmine and Tom

Module One Lessons– LKS2 (ages 7 to 9)

Introducing Yasmine & Tom

- To establish a working agreement/ground rules with the group.
- Children can identify someone they can communicate with about growing up
- Children can identify something that makes them feel safe.



Gender Stereotypes & Aspirations (Gender Stereotypes & celebrating difference)

- To develop an understanding of gender stereotypes.
- Children can explore what a stereotype is



Me, Myself & I (Life Cycles)

- To develop a positive sense of self.
- Children will be able to show respect to others who are different to them
- Children can share something they are good at,
- Children can share something they can do to make themselves feel better when they are feeling down.



What makes a good friend? (Relationships)

- To develop pupil understanding of what a good or healthy friendship is.
- Children can identify qualities that make a good friend
- Children can explore what they need to do to be a good friend.



Families and getting on with families (Relationships)

- To explore further diversity in families and to have some ideas of what to do if there are any difficulties in their family.
- Children will explore commonalities and differences between most families
- Children can explore how they would respond to unkind, mean or bullying behaviour about their own or someone else's family.
- Children can identify who they can talk to if they are worried about anyone or anything in their family.

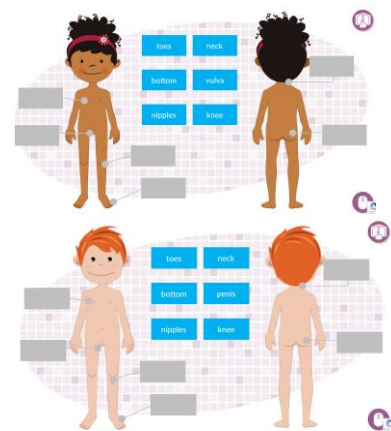


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Module Two Lessons– LKS2 (ages 7 to 9)

My personal and private body parts and keeping safe (My body)

- To reinforce language for the personal and private parts of the body and to explore ideas of safe touch, personal space and consent.
- Children can label personal and private body parts
- Children can identify the difference between safe and unsafe touches
- Children know that no one has the right to touch them in a way that feels unsafe



Body Care (My body)

- To feel good about our bodies and to understand more about keeping clean and not spreading germs.
- Children can celebrate something brilliant about their body
- Children can identify what parts of their body they need to keep clean as they get older



Is it risky? (Keeping Safe)

- To begin to develop skills in assessing and managing risk.
- Children know that some risks are good and for others they need to think carefully
- Children are beginning to understand the steps they need to take to assess risk and keep themselves safe
- Children can say no to things they do not want to do



People who can help us on and offline (Gender Stereotypes & celebrating difference & Online Technology Safety)

- To ensure all pupils know who they can ask for help.
- Children can identify someone they can ask for help if they need it

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Module Two Lessons– UKS2 (ages 9 to 11)

Introducing Tom and Yasmine

- To introduce the unit of work and develop ground rules for the unit.
- Children can identify things that change as they get older
- Children can create a set of ground rules to follow and understand why they are important

Online & Offline Relationships

- To explore the challenges of on and offline friendships.
- Children can explore healthy friendships and how this can make them feel
- Children can identify what online bullying is
- Children can tell someone what to do if they see something that is upsetting or shocking to them



Friendships and secrets

- To explore trust and secrets in our friendships.
- Children can explore the difference between a safe and unsafe secret
- Children can ask for help if they need it



Friendships and pressure

- To explore peer pressure and develop the skills to say no.
- Children know what peer pressure is
- Children can say no to something they don't want to do



Keeping Safe – safe and unsafe touch

- To understand safe and unsafe touch.
- To be able to say no to unwanted touch or behaviour.
- Children can explain the need to ask and receive permission (consent) for some types of touch
- Children can identify what physical contact feels safe and know how to ask for help



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Module Two Lessons– UKS2 (ages 9 to 11)

Keeping Safe – online images

- To develop pupil understanding of the risks of sharing images of themselves and their bodies online.
- Children can explain why posting pictures could be risky
- Children know the law about sharing pictures of a child's personal and private body parts
- Children can share how to help a friend who has made a mistake online



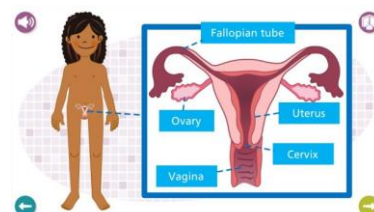
Changes at puberty

- To understand physical and emotional changes at puberty.
- Children can identify some changes that will happen to their bodies and other bodies at puberty
- Children can identify who to talk to when they need help dealing with the changes at puberty
- Children can ask for help with any changes that are difficult to manage



Periods (menstruation)

- To learn about periods (menstruation).
- Children know what a period (menstruation) is
- Children can suggest ways to overcome possible problems from periods



Wet dreams and masturbation

- To understand more about wet dreams and masturbation.
- Children can explain what wet dreams are
- Children know that some boys have wet dreams and some don't
- Children can suggest ways to manage wet dreams
- Children know what masturbation is



Making babies – sexual intercourse

- To learn and understand how babies are made.
- Children can describe fertilisation through sexual intercourse
- Children can know what consent means
- Children know the age of consent

