

What is SHARE?

Sexual Health And Relationship Education
is an important aspect of every child's personal
and social development



SHARE

What do you want to get out of tonight's SHARE evening?

Group Activity

Talk to the others in your group and note down what you hope to get out of tonight's presentation.

Changes in SHARE education



- ‘Too little, too late’
- ‘Bolted on’ as children went through puberty
- Failed to meet needs of children and parents
- Sometimes damaging results

Why?

Young people are having sex younger and regretting it

Teenage pregnancy in Britain is the highest in Western Europe

Diagnosed cases of STIs on increase



Sexual Health Services Aberdeen

Sexual health support you and your child can access.

- GP surgery
- Health Village Frederick St
contraception/ STI tests and treatment male/female / unplanned pregnancy advice

Some booked clinics , some drop in
Under 16s 'priority' group
dedicated clinic 4-6 pm Tues & Thurs
0345 337 9900 NHSG website
' No delays' website

Helping children to...

Make informed, responsible and healthy choices about their lives, their relationships and their contribution to society.

Parent Partnership

We aim to work with the support of parents.

SHARE begins in the home where children first become aware of their growing bodies and their relationships with others.



SHARE involves:



- Giving information and knowledge
- Challenging beliefs
- Forming positive attitudes and values
- Promoting the necessary skills for effective communication

Discussion

What knowledge and values would you want a young person to have before engaging in a sexual relationship?



The story so far...

Pre-School

- Develop confidence, self esteem and a sense of security.
- Express feelings, needs and choices.
- Respect the needs and feelings of others.
- Awareness of change i.e. growth, seasons, living things etc...

The story so far...

Primary 1

- Naming the main body parts.
- Recognise their own feelings.
- Simple ways of keeping safe e.g. avoiding strangers.

The story so far...

Primary 2

- Recognise that their own family and other special people care for them
- Similarities and differences between themselves and others.
- Understand that they are continually developing and changing.

The story so far...

Primary 3

- Awareness of the way their bodies grow and change.
- Differences in size and shapes of bodies.
- Recognise family relationships.

The story so far...

Primary 4

- Recognise a range of feelings they can experience at different times.
- Communicate emotions and feelings with increasing vocabulary.
- The value of family and friendships.
- How they respect and care for themselves and others.

Living and Growing

Primary 5 - Unit 1

- Programme 1 - Differences
- Programme 2 - How did I get here?
- Programme 3 - Growing Up

Primary 5

- 'Living and Growing' Unit 1
- Animal and human life cycles.
- Naming body parts in relation to gender.
- How to deal with a range of emotions.
- Simple decision making strategies for keeping healthy and safe.
- How circumstances can change emotions.
- Ways of making and keeping friends.

Living and Growing

Primary 6 - Unit 2

- Programme 1 - Changes
- Programme 2 - How babies are made
- Programme 3 - How babies are born

Primary 6

- 'Living and Growing' Unit 2
- How people grow and change e.g. puberty and hygiene.
- Awareness of the sexual organs of the body.
- The main stages of human reproduction.
- Relationships between the sexes.
- Respecting others e.g. prejudice and discrimination.
- Uniqueness, body image and self esteem.

Living and Growing

Primary 7- Unit 3

- Programme 1 - Girl Talk
- Programme 2 - Boy Talk
- Programme 3 - Let's talk about Sex

Primary 7

- 'Living and Growing' Unit 3
- Their own developing sexuality.
- Revision changes which take place during puberty.
- Their own emotional needs and strengths.
- How peers and the media can affect personal decision making.
- How to relate to different groups of people.
- Equal opportunity issues.

Supporting girls

How can we help girls who are having periods in primary school?

- Inform us
- Storage of sanitary items
- Use of toilet with sanitary bins
- SMT are here for practical and emotional support

Relationships with ICT

- Your child is going into town for the first time.
- Your child receives a phone for the first time.
- Respect Me website
<http://respectme.org.uk/resources/videos/>

LGBT

- In 2014, Stonewall commissioned a poll of 1000 primary teachers.
- 45% reported that their pupils were experiencing homophobic bullying.
- 7 in 10 teachers reported that they had heard the use of homophobic language such as, “You’re so gay.” in their schools.
- In the Equalities Act 2010 schools are expected to promote respect and understanding of LGBT people and issues within our community.

Bill's New Frock – P5

When Bill Simpson woke up on Monday morning, he found he was a girl...

Forced off to school in a frilly pink dress, Bill discovers one of the worst days in his life is about to begin.

Baffled by the way things are just *different* for girls, Bill falls headlong into trouble. As the amazing day drags on, Bill's new frock becomes dirtier and tattier. How will it all end for him - or her?

Danni's Story – P6

- Danni is the Chief of her tribe and Shivvum and Charlie are her two trusty warriors. Some of the other kids in Danni's neighbourhood don't think girls should be allowed to hang around with boys, let alone be in charge. They keep saying that Danni isn't a 'real girl'

Jake's Story – P6

- Jake and Harry are best friends but they don't like all the same things – Jake loves singing and dancing while Harry wants to be a footballing pro and can't understand why Jake doesn't like 'boy things'. Their friendship is put to the test when Jake admits that he'd rather go to a drama lesson than watch Harry's football match.

Linus' Story – P7

- Linus is really proud that his older brother Jordan is about to become a professional footballer. But Linus doesn't like the fact that Jordan has a boyfriend, Toby. He thinks professional footballers can't be gay and that he'll get bullied for having a gay brother, so he comes up with a plan to break up Jordan and Toby.

Emma's Story – P7

- Emma loves her two mums and her two dads even if, like all parents, they can be annoying. But when Emma's friend Genesis tells her she's not allowed to sleep over because her mum doesn't like Emma's parents, Emma starts to wonder if there's something wrong with her family.

Resources available on Stonewall Website

- [http://www.stonewall.org.uk/sites/default/files/free film - activity pack.pdf](http://www.stonewall.org.uk/sites/default/files/free_film_-_activity_pack.pdf)

Books which offer further support

There are some books for you to look at and order (if you wish), which may be helpful for you to further support your child.

How can you help?

- Informed about what the school is teaching.
DVDs can be borrowed
- Publication healthscotland.com - resources - online publications, search “Talking with your child about relationships and sexual health.”
- Take an interest and listen
- Be honest, answer if you can!



Any questions?