

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.

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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.

FPA Speakeasy book and parents' course

FPA has a helpful book called *Speakeasy: Talking With Your Children About Growing Up* available from www.fpa.org.uk/parents

They also developed the *Speakeasy* course for parents and carers. This is a non-threatening way to get together with other parents and carers and get the confidence and skills you need to talk to your children about growing up, relationships, sex and sexuality.

It is designed to be fun and relaxed, providing an atmosphere where parents can learn together from one another's experiences.

If you would like further information about the *Speakeasy* course then email speakeasy@fpa.org.uk or visit www.fpa.org.uk/speakeasy





The children will use the Yasmine and Tom resource and will interact and watch animation on certain areas. Here is an overview on the areas covered in key stage areas, focusing on Relationships and Health

Relationships Module one

(Key stage 1)

1. Introducing Yasmine and Tom
2. Friendships and feelings
3. Different families
4. My brilliant body
5. Keeping clean and taking care of myself
6. Naming body parts
7. Keeping safe

Relationships Module two

(Lower key stage 2)

1. Introducing Yasmine and Tom
2. Gender stereotypes and aspirations
3. Me, myself and I
4. What makes a good friend?
5. Families and getting on with our families
6. My personal and private body parts and keeping safe
7. Body care
8. Is it risky?
9. People who can help us on and offline

Relationships Module three

(Upper key stage 2)

1. Introducing Yasmine and Tom
2. On and offline friendships
3. Friendships and secrets
4. Friendships and pressure
5. Keeping safe – safe and unsafe touch
6. Keeping safe – online images
7. Changes at puberty
8. Periods (menstruation)
9. Wet dreams and masturbation
10. Identity and prejudice

11. Equality and the law
12. Getting help

Health Module one **(Key stage 1)**

1. Sleeping well
2. Keeping clean
3. Sun safety
4. Healthy eating
5. Emotions – feeling angry
6. Keeping fit

Health Module two **(Lower key stage 2)**

1. Germs
2. Sun safety
3. Hidden sugar
4. Oral hygiene – brushing your teeth
5. Feeling good
6. Getting physical

Health Module three **(Upper key stage 2)**

1. Sleep
2. Germs
3. Sun safety
4. Healthy eating
5. Feeling good
6. Isolation and loneliness
7. Physical fitness
8. Dangers of smoking
9. The effects of alcohol
10. Legal and illegal drugs
11. Asking for help