



Castleford Park Junior Academy

Medley Street
Castleford
West Yorkshire
WF10 4BB

Tel: 01977 518959

www.pjademy.net

Headteacher

Miss K Law

Deputy
Headteacher

Mrs J Roberts

Assistant
Headteacher

Mr L Booth

School Business
Manager:

Mrs K Ineson

Chair of
Governors

Mrs T Sycamore

Additional resources used for teaching sex and relationships education

Parents and Carers,

We have been trying to find more modern sex and relationship video resources, that better reflect our modern society. They come from a website which contains teaching resources for parents and educators. www.amaze.org Some are not appropriate for the age of our children but some are really useful and effective. We have summarised below the videos that we will use to complement the scheme that we already teach:

There are lots of fantastic resources for parents also available. As always, we welcome your opinion and questions regarding the resources we use to teach this part of the curriculum. Please get in touch with us if you would like to discuss them further.

Teachers will also use their discretion when teaching the lessons and may only use parts of the videos, or adapt them to the needs of their classes.

| | |
|--|--|
| <p>Being safe on the internet Why the internet is useful and what you should and shouldn't share Nothing is really private on the internet. We shouldn't share private information with parents. What to do if cyber-bullying is happening.</p> | <p>https://amaze.org/video/being-safe-on-the-internet/</p> |
| <p>Body positivity – all bodies are beautiful Focussing on the positives Highlighting the importance of diversity and difference</p> | <p>https://amaze.org/video/bodies-different-shapes-sizes-beautiful/</p> |
| <p>Pregnancy and reproduction explained Process Artificial insemination Invitro fertilisation How different families can be formed</p> | <p>https://amaze.org/video/pregnancy-reproduction-explained/</p> |
| <p>Puberty changes in girls What happens The pituitary gland's role Body changes, at different times</p> | <p>https://amaze.org/video/boobs-and-more/</p> |
| <p>Menstruation and puberty Happens at different times, scientific explanation How puberty can be experienced Menstrual cramps What to do to help with cramps</p> | <p>https://amaze.org/video/puberty-menstruation-what-to-expect/</p> |
| <p>Different kinds of families Explanation of different types of families and what they might be called</p> | <p>https://amaze.org/video/healthy-relationships-different-kinds-of-families/</p> |
| <p>Healthy vs unhealthy relationships</p> | <p>https://amaze.org/video/healthy-vs-</p> |



Healthy Schools



| | |
|---|--|
| <p>Y5 and 6 only Respectful disagreements How friendships change Shouldn't be only one person who compromises in a healthy friendship or relationship</p> | <p>unhealthy-relationships/</p> |
| <p>How to be a good listener Effective listening Good communication Don't jump to conclusions, really listen, show empathy Make sure people feel heard</p> | <p>https://amaze.org/video/healthy-relationships-good-listener/</p> |
| <p>LGBTQ family – having a diverse family Celebrating difference</p> | <p>https://amaze.org/video/sexual-orientation-lgbt-family-two-moms/</p> |
| <p>Range of gender identity Gender identity – inner experience of what each person feels Gender identity is different to sexual orientation Don't have to fully understand to respect – ask which pronouns people would like you to use</p> | <p>https://amaze.org/video/gender-identity-range-gender-identities/</p> |
| <p>Taking care of your body during puberty How to be hygienic at this time</p> | <p>https://amaze.org/video/puberty-taking-care-of-your-body-during-puberty/</p> |
| <p>Top signs boys are in puberty Physical emotional and social changes Happen at different times Explaining chemical changes in your body</p> | <p>https://amaze.org/video/top-signs-boys-are-in-puberty/</p> |
| <p>Top signs girls are in puberty Physical, emotional and social changes Happen at different times for different people Explaining chemical changes in your body</p> | <p>https://amaze.org/video/top-signs-girls-are-in-puberty/</p> |
| <p>What are pronouns? Explaining why people choose different pronouns What they might be Asking which pronouns to use</p> | <p>https://amaze.org/video/gender-identity-pronouns/</p> |
| <p>Why don't I like the way I look? Boys and girls – how you feel about your body Pressure on young men and women from society It is normal to feel that you many want parts of your body to change but you should celebrate your unique self</p> | <p>https://amaze.org/video/why-dont-i-like-the-way-i-look/</p> |
| <p>Wise on the web Do not share private photos on the internet</p> | <p>https://amaze.org/video/wise-on-the-web/</p> |