

Growing Up with Yasmine and Tom UK



Type of intervention



Classroom setting

Target group/s, level/s of prevention and sub-group/s:

(Potential)
Offenders

Primary prevention

Young Children (0-5 Years), Children (6-11 Years) | Male & Female | Classroom Settings | English

**Children and Young
People (Victims)**

Primary prevention

Young Children (0-5 Years), Children (6-11 Years) | Male & Female | Classroom Settings | English

Target population

Children aged 5-11 years old.

Delivery organisation

Family Planning Association, UK.

Mode and context of delivery

The resource is accessed online and available on a yearly subscription basis. A single subscription can be used by every teacher in a school, making it a cost-effective and up-to-date resource.

Level/Nature of staff expertise required

Growing up with Yasmine and Tom is an online resource to help teachers easily deliver high-quality sex and relationships education (SRE) as part of a Personal, Social and Health Education (PSHE) programme.

Intensity/extent of engagement with target group(s)

The programme includes 50 flexible and age-appropriate lesson plans which include fun and interactive whiteboard activities. These are designed to meet curriculum requirements for children aged 5-11 years.

Description of intervention

Animation, videos, sound effects and touch-screen activities bring the characters Yasmine and Tom to life as pupils are guided through a wide range of real-life situations and issues. Packed full of comprehensive, flexible lesson plans and creative practical activities, this is a unique and effective way to teach sex and relationships education in the context of a PSHE programme.

It includes 50 age-appropriate lessons and activities for children aged 5-11 years. Yasmine and Tom grow and learn with their fellow pupils as they go through primary school, covering topics such as the body, feelings, relationships, family life and online safety.

Module One – age 5-7 years:

- My body: External body parts
- My body: Internal body parts
- My body: Keeping clean
- Life cycles: Different ages
- Life cycles: Looking after babies
- Keeping safe: In the house
- Keeping safe: Out and about
- Keeping safe: People who can help me
- Feelings: Different emotions
- Feelings: What to do if we feel sad
- Relationships: Different families
- Relationships: Friends
- Online technology safety: Taking care online: personal details
- Online technology safety: Taking care online: Who can help us?
- Gender stereotypes/Celebrating difference: Similar and different
- Gender stereotypes/Celebrating difference: Toys

Module Two – ages 7-9 years:

- My body: Sexual body parts - male
- My body: Sexual body parts - female
- My body: Keeping clean
- Life cycles: Growing up and getting older
- Life cycles: Me, myself and I
- Keeping safe: Personal space
- Keeping safe: Identifying risk
- Keeping safe: People who can help me

- Feelings: Expressing our feelings
- Feelings: Managing our feelings
- Relationships: What makes a good friend?
- Relationships: Getting on with your family
- Online technology safety: Photos of myself online
- Online technology safety: Taking care online: Who can help us?
- Gender stereotypes/Celebrating difference: Jobs we do
- Gender stereotypes/Celebrating difference: Mothers and fathers

Module Three – ages 9-11 years:

- My body: Puberty
- My body: Periods
- My body: Wet dreams
- Life cycles: How babies are made – sexual intercourse
- Life cycles: How babies are made – assisted fertility
- Life cycles: Multiple births
- Life cycles: How babies are born
- Keeping safe: Assertiveness, saying no
- Keeping safe: Good and bad touch
- Keeping safe: People who can help me
- Feelings: How easy is it to talk about...
- Feelings: Talking to people about how we feel
- Relationships: Trust
- Relationships: Peer pressure
- Online technology safety: Social networking and sending pictures
- Online technology safety: Cyberbullying
- Gender stereotypes: Sexual orientation
- Gender stereotypes: Discrimination and equal opportunities

The tested and approved lesson plans include everything teachers need to deliver effective lessons using their computer and an interactive whiteboard. The programme can be used by every teacher in the school and at the same time as other colleagues, as it is an online tool. The programme is always up to date and having an annual subscription means subscribers always have access to the latest information and guidance.

Evaluation

There are no published evaluation details.

References

<http://www.fpa.org.uk/schools-and-teachers/unique-interactive-teaching-resource-primary-schools>

Contact details

Email: fpadirect@fpa.org.uk

Telephone: 0845 122 8600