

# Personal, Social, Health and Economic Education



## Growing and Changing

### Year 2

#### What will my child be learning:

This half term's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children also learn how to keep themselves safe and to ask for help when they need it.

In Year 2, this topic builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at the process of growing from young to old and how people's needs change; explores the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.

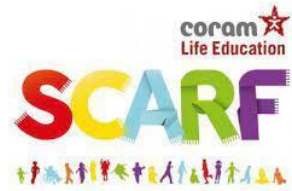
Your child will be taught to recognise a range of feelings that are associated with losing (and being reunited) with a person they are close to. Revisiting the learning in EYFS and Year 1, children will be able to identify which parts of our body are private and know the correct vocabulary for these private parts.

Children will learn that parts of their genitals (sperm found in testicles, and eggs found in women's bodies) help to make babies when we are older. We will work on the theme of consent and privacy, understanding what privacy means and knowing that you are not allowed to touch someone's private belongings without their permission, and not to touch others private parts as they are private.

#### Vocabulary your child will be learning:

emotions, unique, penis, testicles, vulva, nipples, genitals, privates, consent, permission, risk, hazard, accident, emergency

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## Questions your child may ask after the lesson:

- How do babies grow?
- When you were little, did you know what you wanted to be as a grown up?
- Do you have a vulva or a penis?
- What makes us grow?
- Why are private parts private?
- Who can I go to for help or advice if I need it? Can you help me think about who my trusted adults are?
- How are babies made?
- What will I be like when I get older?
- What happens when you get old?
- Can you help me to remember the 5 rules of our NSPCC PANTS lesson? **P**rivates are private; **A**lways remember your body belongs to you; **N**O means NO; **T**alk about secrets that upset you; **S**peak up, someone can help.



## Resources to support parents:



[Healthy relationships | NSPCC](#)



[Healthy Relationships](#)



[Rule  
Age 6-10 | Outspoken Sex Ed](#)



[Resource for Parents](#)



[The Underwear](#)

[NSPCC](#)

## Books to support learning:



[There's a House Inside My Mummy](#)



[What Makes a Baby](#)



[The Great Big Body Book](#)



[Who Has What?](#)



[Getting Smart about Your Private Parts](#)



[Before You Were Born](#)