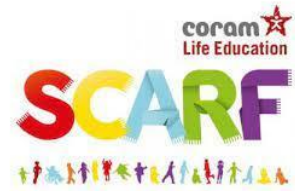


Personal, Social, Health and Economic Education



Growing and Changing

Foundation Stage

What your child will be learning:

This half term's PSHE topic 'Growing and Changing' incorporates Relationships and Sex Education (RSE) 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 Reception, children will learn to recognise how they have changed and know the different human life stages e.g. baby, child, teenager, adult, older age. They will be able to explain that a baby is made by a man and a woman and that a baby grows inside the mother's tummy. We will discuss how families are different and how we are all unique. The children will identify their similarities and differences.

The children will also explore the life stages of animals and plants, using relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).

In Reception, we will name parts of the body (including reproductive parts) using the correct vocabulary. It is important that the children are able to identify and explain which parts of their body are kept private and safe and why, and to tell or ask an appropriate adult for help if they feel unsafe.

Vocabulary your child will be learning:

seasons, life cycle, baby, child, adult, teenager, old age, private parts, penis, vulva, growing, family, love, care, safe, changes

Personal, Social, Health and Economic Education



Questions your child may ask after the lesson:

- What was I like as a baby?
- How did you look after me when I was a baby?
- Where do babies come from?
- How did I eat when I was a baby?
- Did I grow in your tummy?
- What do I do in mummy's tummy?
- When did I come out?
- How have I changed?
- Do you have a penis or a vulva?
- Can you help me think of my 'special people' that I can talk to if I need help?
- Why are privates private?
- 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 for Parents:



[Age 2-5 | Outspoken Sex Ed Resource for Parents](#)



[What's Normal, What's Not](#)

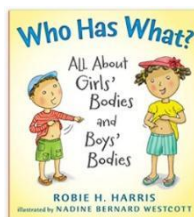


[The Underwear Rule NSPCC](#)

Books to support learning:



[Book Lists - All About Me](#)



[Who Has What?](#)



[The Great Big Book of Families](#)