



# Personal, Social, Health and Economic Education

## Growing and Changing

### Year 3

#### 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 3, this topic builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at:

- Healthy and unhealthy relationships

During the lesson pupils are asked to consider people whom they think of as their 'special people'. Pupils may not wish to name names but can label them: friend, parent (mum/dad/carer), grandparent, aunty, neighbour, teacher etc. The children should be able to identify different types of relationships.

This lesson focuses on positive, healthy relationships, and does not refer to inappropriate or unsafe behaviours. Teachers will highlight that our 'special' people are those who make us feel safe and comfortable, and that should pupils ever feel uncomfortable or unsure about something, even with a person they know well, they should tell a different adult, whom they trust.

- Menstruation

It is essential to teach about puberty before pupils experience it - to ensure that their physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies, their emotions and understand how to keep themselves safe. As the NHS states that girls as young as 8 start menstruating, these lessons will prepare the children in advance for changes they will experience and allow girls to understand that periods are a normal part of puberty. We deliver this lesson on menstruation to both girls and boys, as learning about menstruation is a concept of reproduction covered by national curriculum Science and fosters good relationships by breaking down the stigma of going through these changes, leading to less bullying.

We aim to explain both what a period is and why menstruation happens; therefore, we explain that babies come from the joining of an egg and sperm and will explain what happens when an egg doesn't meet a sperm.

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- Body space

In this lesson, we aim to help children understand what is meant by the term body/personal space, and when it is appropriate or inappropriate to allow someone into their body space. For example, someone might be in our body space if you invite them to hug you or when playing tag with friends.

Someone might be in our body space without meaning to be like on a crowded bus, or when we don't want them to be, such as during an argument. In this lesson, the children will rehearse strategies, practising being assertive, for when someone is inappropriately in their body space.

- Secret or surprise

During this lesson, we aim for the children to define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret and how they might make the children feel, e.g. a surprise party would be a safe secret and make the child feel excited, whereas your friend takes a knife from his dad's toolbox to school, would be an unsafe secret to keep and might make the child feel uncomfortable. Within this lesson, the class teacher will discuss what to do or who they might tell if they have been told an unsafe secret or a secret that makes them uneasy.

## Vocabulary your child will be learning:

personal space, invade, respect, uncomfortable, jealous, egg, sperm, puberty, period, ovary, fallopian tube, uterus (womb), lining, vaginal, sanitary pad, tampon, menstrual cup

## Questions your child may ask after the lesson:

- What can I do if someone invades my personal space without hurting their feelings?
- Have you ever had to tell someone to stop doing something that made you feel uncomfortable?
- Can you help me practise being assertive?
- What was puberty like for you?
- When did you start your periods?
- What products do you use for periods?
- When I start my period, where can I get period products from?
- Who are your 'special people' that you trust? Why them?
- Can I talk to you about who my 'special people' are that I can go to if I want to talk or if I need help?



# Personal, Social, Health and Economic Education

## Resources for Parents:



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



[Resource for Parents](#)



[Stages of puberty](#)  
[Starting your periods](#)



[Friendship Struggles](#)



[Helping Your Child Make Friends at Primary School](#)



[Friendship](#)  
[Anti-Bullying Squad - YouTube](#)

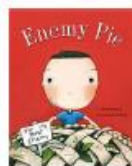


[Help your child navigate friendship problems](#)

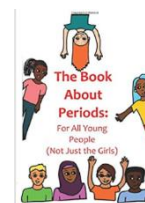
## Books to support learning:



[Friendship Soup](#)



[Enemy Pie](#)



[The Book about Periods](#)