

Personal, Social, Health and Economic Education



Growing and Changing

Year 1

What your child will 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 1, your child will be taught to recognise that genitals are private and know their correct names; identifying people that they are able to talk to about their private parts. They will develop an understanding of the difference between surprises and secrets (good or bad secrets) and when not to keep bad adult secrets.

Through the course of these lessons, your child will be able to identify how they have changed from a baby until now and know the basic needs and tasks required to look after a baby. They will be able to identify people who help/helped them during the different stages.

In this unit, your child will learn about bullying and teasing and where to get help if they witness or experience bullying.

Vocabulary your child will be learning:

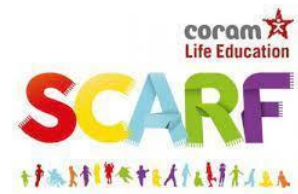
organ, intestines, digested, oxygen, attention, unkindness, teasing, bullying, witness, uncomfortable, privates, penis, vulva, hygiene

Questions your child may ask after the lesson:

- What was I like as a baby?
- What did you do to look after me when I was a baby?
- How am I changing as I grow up?
- Do you have a vulva or a penis?
- Has anyone ever asked you to keep a secret that made you feel uncomfortable? What did you do?
- Why are some secrets not safe?
- What kinds of things are unsafe secrets?
- Have you ever been bullied?
- Have you seen someone else being bullied? What did you do?



Personal, Social, Health and Economic Education



- Can you help me think about who I can go to for help if I need it?
- What do you call private parts?
- Why are private parts 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 to support parents:

NSPCC

[Healthy relationships | NSPCC](#)

amaze

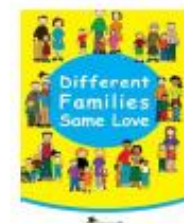
[Healthy Relationships](#)

OUTSPOKEN
Sex Ed

[Age 2-5 | Outspoken Sex Ed](#)
[Age 6-10 | Outspoken Sex Ed](#)

 **Planned Parenthood**

[Resource for Parents](#)



[Different Families](#)



[The Underwear Rule | NSPCC](#)

Books to support learning:



[My Family, Your Family](#)



[The Great Big Book of Families](#)