

## **Relationships and Health Education**

Our Relationships and Health Education Curriculum (which the Government made statutory from September 2020), has been shaped to support all children to flourish and achieve their potential. In our consultation with families in the Autumn Term, parents fed back how much they would like to have an overview about what their children are learning so that they can continue these conversations at home. Parents told us they would find it helpful to know the vocabulary we use in class and what each year will learn so that they can be ready to follow up conversations at home. This summer term is our Changing and Growing learning and we have created this sheet to support parents with conversations at home.

### **RHE Growing and changing Y1 Parental Information**

This term, the children will be learning all about how their body grows and changes as they get older. We will be looking at the human lifecycle, body parts and what it means to become independent.

This information is designed to be an overview of the learning over a series of lessons to support parents to work in partnership and continue conversations at home by knowing what the children are learning.

#### **Lesson 1: Growing from young to old.**

Children will explore how people change from a baby to old age. They will learn about how people's needs change as they get older as well as how responsibilities and levels of independence differ in different age groups.

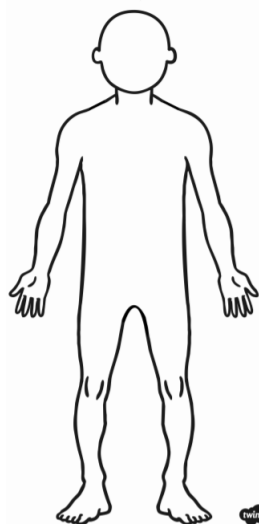
**Key Vocabulary:** baby, toddler, child, teenager, adult, elderly, responsibility, independence

#### **Lesson 2: Naming parts of the body including external genitalia.**

During this session, the children will begin by focusing on the physical differences between boys and girls. As part of this we will be naming the parts of the body including that they may already be familiar with (elbow, shoulder, feet etc.). As the session progresses, they will learn to use scientific vocabulary to name new external body parts. These will be introduced as private body parts and we will be using the NSPCC resources to support their understanding of what the term private means.

**Key vocabulary:** private, unique, genitals, penis, nipples, vulva, (this is the correct terminology for female external genitalia, vagina refers to internal genitalia which children will learn about from Y4).

Here is an example of the resource pictures:



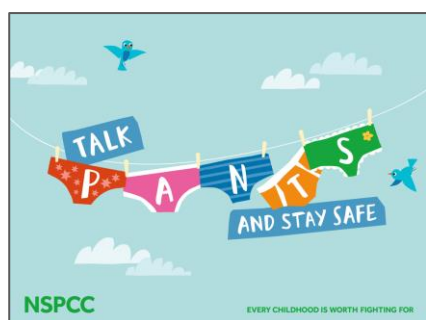
How are boys and girls bodies different?



### Lesson 3: Exploring privacy.

During this session the children will learn about what private and privacy means. The children will use the NSPCC resources to learn about why we need to keep their private parts of their body private. We will be referring back to the body parts in the previous lesson.

**Key Vocabulary:** private, unique, genitals, penis, vulva, nipples.



### Lesson 4: Types of touch

During this session children will learn about good and 'not good' touch. They will explore good touch such as hand holding and hugging and how it feels when we want this type of touch and also what to do when we don't want it. The children will learn about touch that might not feel good but is necessary to keep them and others safe e.g., grabbing your hand if you run into a busy road or being safely held to have an injection at the doctors. As the session progresses, we will recap the NSPCC PANTS rule reinforcing that privates are private and learning what to do and when to say no to touch that makes us feel uncomfortable or worried, anywhere on our body. We will also relate our learning to visits the children many have had in the previous year to CAP UK which we use in each school and the recap the CAP saying (Safe, Strong and Free).

**Key vocabulary:** tickled, hugged, private, privates, trusted adult, good touch, not good touch, uncomfortable.

### The PANTS rules

**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

### Lesson 5: Keeping physically and emotionally safe.

Children will learn how to keep themselves safe in and out of school. They will talk about how to be safe on the internet, at school and at home. As the session progresses the children will learn about how to be safe around strangers.

#### Key Vocabulary:

Safe stranger

Stranger

Trusted adults