

Dear Parents and Carers,

### **Reception 'Growing and Changing' Relationships and Sex Education unit**

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In Early Years Education, it is referred to as PSED, Personal, Social and Emotional Development. This focuses on children's ability to develop a positive sense of self, build social skills and manage their emotions. This includes building confidence and independence, forming relationships and nurturing understanding and empathy. PSED is a Prime area of learning and is crucial for children to lead healthy and happy lives.

During Term 6, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspects of our PSHE programme to Reception children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally appropriate way. From September 2026, schools will be required to teach the 2025 revised guidance for Relationships and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The Department of Education (DfE) acknowledges that the RSHE guidance is only statutory for Y1 onwards, but strongly recommends that teachers introduce it, in an age-appropriate way, as soon as children begin school and the guidance stresses the value of a whole-school approach. The EYFS non-statutory curriculum guidance sits alongside the Early Years framework. The Specific Area "understanding the world" and the Prime Area, "personal, social and emotional development" contain recommended content that closely matches that of the Relationships Education guidance. It forms the basic building block for the RSHE curriculum.

As your child is part of a mixed year class, it is important to know that each year group will be taught separately, and therefore all Reception children will receive the appropriate content separately to the Year 1 children. Reception will be taught by Mrs Tremaine for their PSHE lessons this term, while Miss Pearce teaches Year 1 and Miss Carter teaches Year 2.

Your Reception child will be exploring themes including *'Human life stages - who will I be?', 'Where do babies come from?'* and *'Me and my body - boys and girls'*. During these lessons, correct vocabulary will be taught and shared with your child, in line with the school/ settings RSE policy. This may include the term private parts and the scientific vocabulary of penis, vulva, sperm, eggs, testicles, nipples, breasts, vagina and womb. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts. We advise you to use this vocabulary with your child at home as well as any family words you might use.

We know that RSE has a protective factor when it comes to safeguarding children. 1 in 20 children are sexually abused and 1 in 3 of these do not report this to an adult. Sexual abuse can happen to any child; the best way to safeguard children is to ensure that they receive information on naming parts of their body, knowing the difference between appropriate and inappropriate touch, and having the skills and confidence to find and talk to a trusted adult to report any abuse.

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others, and behaving appropriately and safely, they are better able to enjoy their friendships and therefore focus more whilst at school.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas:

[Helping your children understand changes at puberty  
\(www.coramscarf.org.uk/rse-for-Y6-and-P7\)](http://www.coramscarf.org.uk/rse-for-Y6-and-P7)

If further advice/support is required or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Headteacher.

Kind regards,  
Miss Carter (PSHE Lead)

## **Growing and Changing** - part of our Personal Social Health and Economic Education (PSHE)

Year Group: **Reception**

### What your child will be learning about:

Term 6'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 how to ask for help when they need it.

In Reception, children 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 or woman's womb. We discuss how families are different and how we are all unique. The children will identify their similarities and differences.

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

In Reception, we name parts of the body (including reproductive parts) using the correct vocabulary; penis, testicles, vulva, sperm, egg, nipples, breasts, vagina and womb. For children to be kept safe, it's important that they can 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 learn:

seasons, life cycle, baby, child, adult, teenager, old age, private parts, penis, testicles, vulva, sperm, egg, nipples, breasts, vagina, womb, growing, family, love, care, safe, changes.

## Questions your child may ask at this age:

- 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 did I do in mummy's tummy?
- When did I come out?
- How have I changed?
- Do you have a penis and testicles 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?  
Privates are private; Always remember your body belongs to you; NO means NO; Talk about secrets that upset you; Speak up, someone can help.



## Resources for Parents: [SCARF Growing and Changing parent/carer page](#)

**OUTSPOKEN**  
Sex Ed

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



[A Resource for Parents](#)



[Sexual development in children](#)



[Amaze Junior](#)

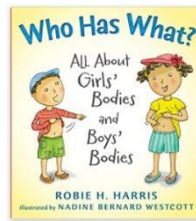


[The Underwear Rule](#)

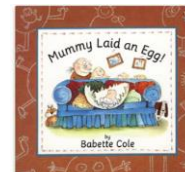
## Books to support learning



[Book Lists - All About Me](#) [Who Has What](#)



[The Great Big Book of Families](#)



[Mummy laid an egg](#)