

Dear Parents and Carers,

### **Year 1 '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.

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) aspect of our PSHE programme to Year 1 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.

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 Year 1 children will receive the appropriate content separately to the Reception and Year 2 children. Year 1 will be taught by Miss Pearce for their PSHE lessons this term, while Miss Carter teaches Year 2 and Mrs Tremaine teaches Reception.

Your Year 1 child will be exploring themes including 'Keeping Privates Private' and 'Inside my Wonderful Body'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, testicles, scrotum, sperm, vulva, vagina, eggs, womb, nipples, breasts, and anus. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts and understanding the difference between male and female bodies. We advise you to use this vocabulary with your child at home as well as any family words you might use. We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well.

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](http://www.coramscarf.org.uk/rse-for-Y6-and-P7)  
([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 1**

#### **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 will also learn how to keep themselves safe and how 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. They learn to identify people that they are able to talk to safely about these private parts of their body. They 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 is will be able to identify the ways that 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.

Your child will also learn about bullying and teasing and where to get help if they witness or experience bullying.

#### **Vocabulary your child will learn:**

organ, intestines, digested, oxygen, attention, unkindness, teasing, bullying, witness, uncomfortable, hygiene, privates, penis, testicles, scrotum, vulva, vagina, nipples, womb, breasts, anus.

## Questions your child may ask at this age:

- 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 and testicles?
- 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?
- 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?

**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 Parents Page](#)

**NSPCC**

[Healthy relationships | NSPCC](#)

**amaze**

[Healthy Relationships](#)

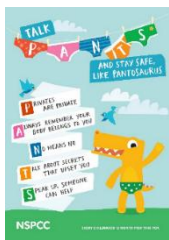
**OUTSPOKEN**  
Sex Ed



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

[Resource for Parents](#)

[Different Families](#)



[The Underwear Rule | NSPCC](#)

*Sarah Sproule*

[How to talk to your kids about everything RSE related](#)

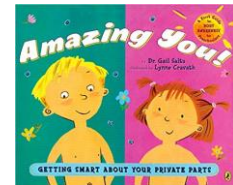
Books to support learning:



[My Family, Your Family](#)



[The Great Big Book of Families](#)



[Amazing You!](#)