

Dear Parents and Carers,

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

Your Year 2 child will be exploring themes including 'My Body, Your Body' and 'Respecting Privacy'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, testicles, scrotum, vulva, vagina, nipples, anus, womb, breasts, ovaries, sperm, eggs. 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 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 2

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.

Year 2 topics build on and reinforce the themes of the previous years. New content covers the process of growing from young to old and how people's needs change. We will explore the opportunities and responsibilities that increasing independence can bring, recognising that children share a responsibility for keeping themselves and others safe.

Your child will be taught to recognise a range of feelings that are associated with losing (and being reunited with) a person they are close to. Revisiting the learning in EYFS and Year 1, children will be able to identify which parts of our body are private and know the correct vocabulary for these private parts.

Children will also learn that parts of their genitals (sperm found in testicles, and eggs found in ovaries inside women's bodies) help to make babies when we are older. We work on the theme of consent and privacy, understanding what privacy means, including private information about somebody that is not to share with others, knowing that you are not allowed to touch someone's private belongings without their permission, and not to touch the private parts of others.

Vocabulary your child will learn:

emotions, unique, penis, testicles, scrotum, sperm, ovaries, eggs, vulva, vagina, nipples, breasts/ breastfeeding, womb, anus, genitals, privates, consent, permission, risk, hazard, accident, emergency

Questions your child may ask at this age:

- How do babies grow?
- When you were little, did you know what you wanted to be as a grown up?
- Do you have a vulva or a penis and testicles?
- What makes us grow?
- Why are private parts private?
- Who can I go to for help or advice if I need it? Can you help me think about who my trusted adults are?
- How are babies made?
- What will I be like when I get older?
- What happens when you get old?
- 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](#)

Sarah Sproule

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

 **Planned Parenthood**

amaze

[Healthy Relationships](#)

OUTSPOKEN
Sex Ed

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



[The Underwear Rule NSPCC](#)

[Talking to an Elementary School Child: Resource for Parents](#)

Books to support learning:



[There's a House Inside My Mummy](#)



[What Makes a Baby](#)



[The Great Big Body Book](#)



[Who Has What?](#)



[Getting Smart about Your Private Parts](#)



[Before You Were Born](#)