



24th May 2024

Dear Parent/Carers of Reception Class

Relationships and Sex Education (RSE) as part of PSHE Lessons.

As part of our PSHE Curriculum ([SCARF](#)) during the summer term, children will be focussing upon 'Growing and Changing'. This will cover aspects of the PSHE curriculum such as: taking care of our body, how we change as we grow up, respecting privacy and our bodies, emotions as well as puberty in upper Key Stage 2. Sex education (Making Babies) is only taught in Year 5. Correct anatomical vocabulary will be used during sessions. The full RSE Policy [is on our website](#).

Our PSHE scheme of work introduces language appropriate for the age of the children. It is important that children know the correct names for parts of their body as it increases a child's self-confidence and positive body image. We teach children that all parts of their body are important, and no shame or stigma are attached to any part.

Year group content - Reception:

Life Stages: Human life stage – Who will I be?

Retell a story and respond to questions about it.

Use the language and describe the different life stages of: baby, child, teenager, adult, older age.

Talk about their own experience of growing up.

In this lesson, we discuss what people do when they get older – get a job, sometimes people can't do certain jobs if they have a disability, decide to have a baby or not, get married or not.

Getting Bigger

Talk about how they have changed as they have grown and what they can do now, compared to when they were babies.

Explain the differences between babies, children, and adults.

Understand that we are all unique.

Me and My Body – Boys and Girls

Name parts of the body (including reproductive parts) using the correct vocabulary.

Explain which parts of their body are kept private and safe and why.

Tell or ask an appropriate adult for help if they feel unsafe.

Research shows that children who are taught the correct words for their genitals are more able and more likely to report sexual abuse if it is happening or has happened to them.

Anatomical vocabulary ('doctor words'): Penis, testicles, vulva, vagina, parts of our body, private parts

If you have any questions, please contact your class teacher or me.

Best wishes

Mrs L. Knock

Deputy Headteacher

PSHE Subject Leader