



24th May 2024

Dear Parent/Carers of Year 3

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 3:

For or Against?

Develop skills in discussion and debating an issue; demonstrate their understanding of health and wellbeing issues that are relevant to them; empathise with different viewpoints; make recommendations, based on their research.

I Am Fantastic!

Identify their achievements and areas of development; recognise that people may say kind things to help us feel good about ourselves; explain why some groups of people are not represented as much on television/in the media.

Relationship Tree

Identify different types of relationships; recognise who they have positive healthy relationships with.

Body Space

Understand what is meant by the term body space (or personal space); identify when it is appropriate or inappropriate to allow someone into their body space;

Rehearse strategies for when someone is inappropriately in their body space.

None of Your Business!

Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; recognise and describe appropriate behaviour online as well as offline; identify what constitutes personal information and when it is not appropriate or safe to share this; understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.

Secret or Surprise?

Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; recognise how different surprises and secrets might make them feel; know who they could ask for help if a secret made them feel uncomfortable or unsafe.

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

Best wishes

Mrs L. Knock

Deputy Headteacher
PSHE subject leader