



24th May 2024

Dear Parent/Carers of Year 1

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 1:

Pass on the Praise!

Demonstrate attentive listening skills; suggest simple strategies for resolving conflict situations; give and receive positive feedback, and experience how this makes them feel.

Taking Care of a Baby

Understand some of the tasks required to look after a baby; explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.

Then and Now

Identify things they could do as a baby, a toddler and can do now; identify the people who help/helped them at those different stages.

Who Can Help? (2)

Explain the difference between teasing and bullying; give examples of what they can do if they experience or witness bullying; say who they could get help from in a bullying situation.

Surprises and Secrets

Explain the difference between a secret and a nice surprise; identify situations as being secrets or surprises; identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.

Keeping Privates Private

Identify parts of the body that are private; describe ways in which private parts can be kept private; identify people they can talk to about their private parts.

Anatomical vocabulary ('doctor words'): vulva, vagina, penis, testicles, genitals

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

Best wishes

Mrs L. Knock

Deputy Headteacher
PSHE subject leader