



## PHSE and RSHE (Relationships, Sex and Health Education)

Dear Parents/Carers,

We are writing to inform you that your child's class will be starting their new puzzle in Jigsaw (PSHE) called 'Changing Me'.

During these sessions your child will be learning about puberty and human reproduction, appropriate to their age and stage of development.

### What will my child actually be taught in Relationships, Sex and Health Education?

The 'Changing Me' unit is taught over a period of **6 weeks in the second half of the summer term**. Each year group will be taught appropriate to their age and developmental stage.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

In year 1 we will be covering:

- **Life Cycles.** Start to understand the life cycles of animals and humans understand that changes happen as we grow and that this is OK.
- **My Changing Body.** To know how my body has changed since I was a baby understand that growing up is natural and that everybody grows at different rates.
- **Boys' and girls' bodies; naming body parts.** Identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina respect my body and understand which parts are private.

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This will be the content of the lesson on naming body parts:

- Open my mind - Whole class activity using PowerPoint slides of animals, can we identify males and females?
- Show me or Tell me - Same gender pairs can we identify gender from appearance alone (list three ways)?
- Introduction to male female 'private' body parts: penis, vagina, testicles (as covered by a swim suit).
- Let me learn - Class sorting activity using two hoops (intersecting) and the body part cards (emphasis on using correct names).
- Help me reflect - individual draw and write activity - me in a swim suit with labelled body parts including genitalia and the correct terms.

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life. There is a strong safeguarding element to the 'Changing Me' Puzzle.

If you have any questions or would like to view any of the resources that will be used please contact the school or Miss Holmes.

Many thanks,

Miss Holmes