



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.

- **Year 2: Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)**
- **Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private. Explain what I like/don't like about being a boy/girl and how/where we like to be touched on our bodies by others (e.g. pinching, hitting, tapping, hugging, tickling, stroking of arms etc)**

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 safe-guarding 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.

Many thanks

Mrs Brown PSHE lead and Helen Ridley Year 2 class teacher

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