

## Upcoming PSHE Unit – Changing Me

Dear Parents and Carers,

As part of our PSHE curriculum, we follow the Jigsaw programme across the school. This comprehensive and progressive scheme supports children's emotional, social and physical development, helping them to understand themselves, respect others and build healthy relationships. This scheme is used in many, many schools and is something we have bought into now for a long time.

Next term, all year groups will begin the final Jigsaw unit of the year, called Changing Me. This unit focuses on change and growth, covering topics appropriate to each year group's age and developmental stage. It supports children in understanding the physical and emotional changes they experience as they grow, including aspects of puberty and human reproduction in Year 5 and Year 6.

We would like to take this opportunity to inform you that schools are required by law to teach certain aspects of Relationships and Sex Education (RSE) as part of our PSHE curriculum. The Department for Education has made the teaching of Relationships Education **compulsory** in all primary schools, and as a school we must also provide factual, age-appropriate Relationships and Sex Education.

In line with statutory guidance and best practice, the "Changing Me" unit has been carefully planned to ensure it is age-appropriate, sensitive and inclusive. Key learning includes:

- Understanding life cycles and how we change as we grow.
- Developing confidence and self-awareness around growing up.
- Learning correct vocabulary for body parts.
- Understanding physical and emotional changes during puberty (Year 4-6).
- Exploring human reproduction in a scientific and respectful way (Year 5-6 only).

We understand that some families may have questions about this content. You have the right to request that your child be withdrawn from specific sex education lessons that are **not** part of the Science National Curriculum. In this

situation please inform the school office in writing for the attention of Mrs Hendry. If you would like more information about the content of the lessons, or to discuss any concerns, please don't hesitate to contact your child's class teacher or a member of the leadership team. Additionally, we will be inviting parents to an informal drop in after school on Thursday 5<sup>th</sup> June to answer any questions you may have. Attendance is not compulsory, and it is not a presentation about the content being taught, but an opportunity to ask any specific questions you may have. The drop in will be from 3:15pm until 3:45pm.

We will always work with parents to ensure that children feel safe, respected, and informed during these lessons, and we thank you for your continued support in helping our pupils grow into confident, respectful and healthy young people.

Below we have shared information and content that will be shared during children's PSHE sessions next term. Our RSHE learning will not commence until the second week of Term 6 (Week beginning 9<sup>th</sup> June) following the informal drop-in session.

Yours Sincerely,

Mrs Hendry & Mr Conlan

## Reception & Year 1

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 3-5</b>	<ul style="list-style-type: none"> <li>Know the names and functions of some parts of the body (see vocabulary list)</li> <li>Know that we grow from baby to adult</li> <li>Know who to talk to if they are feeling worried</li> <li>Know that sharing how they feel can help solve a worry</li> <li>Know that remembering happy times can help us move on</li> </ul>	<ul style="list-style-type: none"> <li>Can identify how they have changed from a baby</li> <li>Can say what might change for them as they get older</li> <li>Recognise that changing class can elicit happy and/or sad emotions</li> <li>Can say how they feel about changing class/ growing up</li> <li>Can identify positive memories from the past year in school/ home</li> </ul>	<ul style="list-style-type: none"> <li>Which parts of your body do you know the name of?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>Can you tell me about a time when you felt really happy?</li> </ul>
<p>Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</p>			
<p><b>Key vocabulary that may be introduced</b>          Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories, Healthy, Grow.</p>			

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 5-6</b>	<ul style="list-style-type: none"> <li>Know that animals including humans have a life cycle</li> <li>Know that changes happen when we grow up</li> <li>Know that people grow up at different rates and that is normal</li> <li>Know the names of male and female private body parts</li> <li>Know that there are correct names for private body parts and nicknames, and when to use them</li> <li>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know that learning brings about change</li> </ul>	<ul style="list-style-type: none"> <li>Understand and accepts that change is a natural part of getting older</li> <li>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>Can express why they enjoy learning</li> <li>Can suggest ways to manage change e.g. moving to a new class</li> </ul>	<ul style="list-style-type: none"> <li>What is a life cycle?</li> <li>How will you change as you grow up?</li> <li>Who is the tallest / smallest in your class?</li> <li>Which parts of your body are private?</li> <li>Who is allowed to see your private body parts?</li> <li>What should you do if you don't like the way someone is touching you?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>What is the best part about being your age?</li> </ul>
<p>Children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body that they might use if talking to a doctor or a nurse. (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them or making them feel uncomfortable.</p>			
<p><b>Key vocabulary that may be introduced</b>  Changes, Life cycles, Baby, Adult, Growing up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.</p>			

## Year 2

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 6-7</b>	<ul style="list-style-type: none"> <li>Know that life cycles exist in nature</li> <li>Know that aging is a natural process including old-age</li> <li>Know that some changes are out of an individual's control</li> <li>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> <li>Know the physical differences between male and female bodies</li> <li>Know the correct names for private body parts</li> <li>Know that private body parts are special and that no one has the right to hurt these</li> <li>Know who to ask for help if they are worried or frightened</li> <li>Know there are different types of touch and that some are acceptable and some are unacceptable</li> </ul>	<ul style="list-style-type: none"> <li>Can appreciate that changes will happen and that some can be controlled and others not</li> <li>Be able to express how they feel about changes</li> <li>Show appreciation for people who are older</li> <li>Can recognise the independence and responsibilities they have now compared to being a baby or toddler</li> <li>Can say what greater responsibilities and freedoms they may have in the future</li> <li>Can say who they would go to for help if worried or scared</li> <li>Can say what types of touch they find comfortable / uncomfortable</li> <li>Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>Can say what they are looking forward to in the next year</li> </ul>	<ul style="list-style-type: none"> <li>What is a life cycle?</li> <li>How have you changed since you were a baby?</li> <li>How will you change over the next year / 5 years / 20 years?</li> <li>What changes can you / can't you control?</li> <li>Which parts are your private parts?</li> <li>Who is allowed to see them?</li> <li>What would you do if someone was touching you and you didn't like it?</li> <li>Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>What is your favourite part of Jigsaw lessons?</li> </ul>
<p>In this Puzzle children look at different life cycles in nature including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old-age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicle, vulva). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.</p>			
<p><b>Key vocabulary that may be introduced</b>  Control, Life cycle, Adult, Fully grown, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Excited, Nervous, Anxious, Happy.</p>			

## Year 3 & 4

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 7-8</b>	<ul style="list-style-type: none"> <li>Know that in animals and humans lots of changes happen between conception and growing up</li> <li>Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</li> <li>Know that babies need love and care from their parents/carers</li> <li>Know some of the changes that happen between being a baby and a child</li> <li>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults</li> <li>Know some of the outside body changes that happen during puberty</li> <li>Know some of the changes on the inside that happen during puberty</li> </ul>	<ul style="list-style-type: none"> <li>Can express how they feel about babies</li> <li>Can describe the emotions that a new baby can bring to a family</li> <li>Can express how they feel about puberty</li> <li>Can say who they can talk to about puberty if they have any worries</li> <li>Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry</li> <li>Can identify changes they are looking forward to in the next year</li> <li>Can suggest ways to help them manage feelings during changes they are more anxious about</li> </ul>	<ul style="list-style-type: none"> <li>Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up?</li> <li>Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes?</li> <li>Do you have any questions about the changes that are going to happen to you as you grow up?</li> </ul>
<p>This Puzzle (Puzzle) begins with an exploration about babies and what they need to grow and develop including parenting. Children learn that it is the female mammals (including humans) that carry the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown-up. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised by a male's sperm it passes out of the body as a period. Sexual intercourse and the birth of the baby is not taught in this year group. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p> <p><b>Key vocabulary that may be introduced</b>            Birth, Animals, Babies, Mother, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Cope, Puberty, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Breasts, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge.</p>			

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 8-9</b>	<ul style="list-style-type: none"> <li>Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</li> <li>Know that babies are made by a sperm joining with an ovum</li> <li>Know the names of the different internal and external body parts that are needed to make a baby</li> <li>Know how the female and male body change at puberty</li> <li>Know that personal hygiene is important during puberty and as an adult</li> <li>Know that change is a normal part of life and that some cannot be controlled and have to be accepted</li> <li>Know that change can bring about a range of different emotions</li> </ul>	<ul style="list-style-type: none"> <li>Can appreciate their own uniqueness and that of others</li> <li>Can express how they feel about having children when they are grown up</li> <li>Can express any concerns they have about puberty</li> <li>Can say who they can talk to about puberty if they are worried</li> <li>Can apply the circle of change model to themselves to have strategies for managing change</li> <li>Have strategies for managing the emotions relating to change</li> </ul>	<ul style="list-style-type: none"> <li>Which of your characteristics did you get from your birth parents?</li> <li>Do you have any questions about the changes that happen to a girl when they grow up?</li> <li>Do you have any questions about how babies are made?</li> <li>How do you feel about the changes that will happen to you as you grow?</li> </ul>
<p>In this Puzzle bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. Conception and sexual intercourse may be introduced in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm. They also learn that the ovum and sperm carry genetic information that carry personal characteristics. The unit (Puzzle) ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw's Circle of change model as a strategy for managing future changes.</p> <p><b>Key vocabulary that may be introduced</b>            Personal, Unique, Characteristics, Parents, Sperm, Gene, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Tampons, Hormones, Fallopian tube, Periods, Menstrual cycle, Period pants/pads, Seasons, Control, Emotions, Acceptance.</p>			

## Year 5 & 6

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 9-10</b>	<ul style="list-style-type: none"> <li>Know that our self-image is important to our mental well-being, and that there are things we can do to affirm this</li> <li>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>Know that sexual intercourse can lead to conception</li> <li>Know that some people need help to conceive and might use IVF</li> <li>Know that becoming a teenager involves various changes and also brings growing responsibility</li> </ul>	<ul style="list-style-type: none"> <li>Can celebrate what they like about their own and others' self- image and body-image</li> <li>Can suggest ways to boost self-esteem of self and others</li> <li>Recognise that puberty is a natural process that happens to everybody and that it will be OK for them</li> <li>Can ask questions about puberty to seek clarification</li> <li>Can express how they feel about having a romantic relationship when they are an adult</li> <li>Can express how they feel about having children when they are an adult</li> <li>Can express how they feel about becoming a teenager</li> <li>Can say who they can talk to if concerned about puberty or becoming a teenager/adult</li> </ul>	<ul style="list-style-type: none"> <li>Can you tell me how you feel about yourself?</li> <li>What can people do if they don't feel great about themselves?</li> <li>Can I share with you how I see you and how I care about you?</li> <li>Do you have any worries about puberty?</li> <li>Do you have any questions about puberty?</li> <li>Do you have any questions that you'd like to ask me about how babies are conceived?</li> <li>What do you think it will be like when you are a teenager?</li> <li>What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now?</li> <li>What do you enjoy about being your age now?</li> </ul>
<p>In this Puzzle the children revisit self-esteem and self/body-image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is revisited with further detail explaining bodily changes in males and females. Sexual intercourse is explained in slightly more detail than in the previous year (if taught). Children are encouraged to ask questions and seek clarification about anything they don't understand. Further details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception e.g. IVF. Children learn that having a baby is a personal choice. Details of contraceptive options and methods are not taught as this is not age-appropriate. Reasons why people choose to be in a romantic relationship and choose to have a baby are also explored. Children look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. They also look at the perceptions that surround teenagers and reflect whether they are always accurate e.g. teenagers are always moody; all teenagers have a boyfriend/girlfriend etc.</p>			
<p><b>Key vocabulary that may be introduced</b>  Body-image, Self-image, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Vagina, Vulva, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Broader, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Fertility treatment, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Consent, Responsible, Teenager, Manage, Milestones.</p>			

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
<b>Ages 10-11</b>	<ul style="list-style-type: none"> <li>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>Know how a baby develops from conception through the nine months of pregnancy and how it is born</li> <li>Know how being physically attracted to someone changes the nature of the relationship</li> <li>Know the importance of self-esteem and what they can do to develop it</li> <li>Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class</li> </ul>	<ul style="list-style-type: none"> <li>Recognise ways they can develop their own self-esteem</li> <li>Can express how they feel about the changes that will happen to them during puberty</li> <li>Recognise how they feel when they reflect on the development and birth of a baby</li> <li>Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to</li> <li>Can celebrate what they like about their own and others' self- image and body-image</li> <li>Use strategies to prepare themselves emotionally for the transition (changes) to secondary school</li> </ul>	<ul style="list-style-type: none"> <li>Can we talk about the changes that will happen to your body over the next few years?</li> <li>How do you feel about these changes?</li> <li>What does mutual respect mean? Why is that important in a relationship?</li> <li>What are you excited about in secondary school?</li> <li>What are you worried about in secondary school? What can we do with these worries?</li> </ul>
<p>In this Puzzle the class learn about puberty in boys and girls and the changes that will happen - they reflect on how they feel about these changes. The children also learn about childbirth and the stages of development of a baby, starting at conception. They talk about being physically attracted to someone and the effect this can have upon the relationship. They discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to develop it. Finally, they look at the transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves mentally.</p>			
<p><b>Key vocabulary that may be introduced /repeated</b>  Body-image, Self-image, Characteristics, Looks, Personality, Perception, Real-self, Assertive, Comparison, Negative body-talk, Mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Midwife, Labour, Menstruation, Products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Opportunities, Freedoms, Responsibilities, Attraction, Relationship, Love, Sexting, Transition, Secondary, Looking forward, Journey, Worries, Anxiety, Excitement.</p>			