

# Personal, Social, Health and Economic Education

## Growing and Changing

Year Group: Reception

### What your child has been learning about:

This half term's PSHE topic, "*Growing and Changing*", will incorporate Relationships and Health Education (RHE) and will be designed to cover the key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will also learn how to keep themselves safe and how to ask for help when they need it.

In Reception, children will learn to recognise how they have changed and will learn about the different stages of human life, for example: baby, child, teenager, adult and older age. They will be able to explain that a baby is made by a man and a woman and that a baby grows inside the mother's tummy or a woman's womb. Children will discuss how families are different and how everyone is unique, and they will identify similarities and differences between themselves and others.

The children will also explore the life stages of animals and plants, using relevant vocabulary such as egg, seed, sperm, baby, grow, change, young and old. They will also learn the names for young animals.

In Reception, children will learn to name parts of the body, including reproductive parts, using the correct vocabulary. To help keep children safe, lessons will support them to identify and explain which parts of their body are private and why, and to know how to tell or ask an appropriate adult for help if they ever feel unsafe.

### Vocabulary your child will have learnt:

seasons, life cycle, baby, child, adult, teenager, old age, private parts, penis, vulva, growing, family, love, care, safe, changes, womb.

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Questions your child may ask at this age:

- What was I like as a baby?
- How did you look after me when I was a baby?
- Where do babies come from?
- How did I eat when I was a baby?
- Did I grow in your tummy?
- What did I do in mummy's tummy?
- When did I come out?
- How have I changed?
- Do you have a penis or a vulva?
- Can you help me think of my 'special people' that I can talk to if I need help?
- Why are privates private?
- Can you help me to remember the 5 rules of our NSPCC PANTS lesson?



Privates are private; **A**lways remember your body belongs to you; **N**O means NO; **T**alk about secrets that upset you; **S**peak up, someone can help.

Resources for Parents: [SCARF Growing and Changing parent/carer page](#)



[Age 2-5 | Outspoken Sex Ed](#)



[A Resource for Parents](#)



[Sexual Development in children](#)



[Amaze Junior](#)



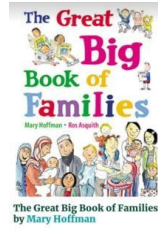
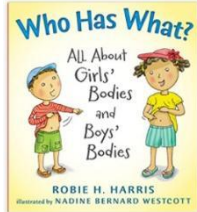
[The Underwear Rule |](#)

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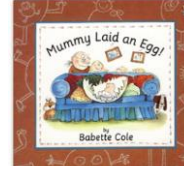
### Books to support learning



[Book Lists - All About Me](#) [Who Has What?](#)



[The Great Big Book of Families](#)



[Mummy laid an egg](#)