

Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)

Year 2

What your child will be 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.

The Year 2 topics will build on and reinforce the themes from previous years. New content will cover the process of growing from young to old and how people's needs change over time. Children will explore the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.

Your child will be taught to recognise a range of feelings associated with losing (and being reunited with) someone they are close to. Revisiting learning from EYFS and Year 1, children will be able to identify which parts of the body are private and will use the correct vocabulary for these private parts.

Children will also learn that parts of their bodies involved in reproduction (sperm found in the testicles and eggs found in the ovaries inside women's bodies) help to make babies when we are older.

Lessons will focus on consent and privacy, helping children to understand what privacy means, including knowing that private information about someone should not be shared with others, that they should not touch someone else's belongings without permission, and that they must not touch the private parts of others.

Vocabulary your child learnt:

emotions, unique, penis, testicles, ovaries, vulva, nipples, genitals, privates, consent, permission, risk, hazard, accident, emergency

Questions your child may ask at this age:

- How do babies grow?
- When you were little, did you know what you wanted to be as a grown up?
- Do you have a vulva or a penis?
- What makes us grow?
- Why are private parts private?
- Who can I go to for help or advice if I need it? Can you help me think about who my trusted adults are?
- How are babies made?
- What will I be like when I get older?
- What happens when you get old?
- Can you help me to remember the 5 rules of our NSPCC PANTS lesson? **P**rivates 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 Parents Page](#)

NSPCC

[Healthy relationships | NSPCC](#)

Sarah Sproule

[How to talk to your kids about everything RSE related](#)

amaze

[Healthy Relationships](#)

OUTSPOKEN
Sex Ed

[Age 6-10 | Outspoken Sex Ed Resource for Parents](#)



[The Underwear Rule NSPCC](#)

Books to support learning:



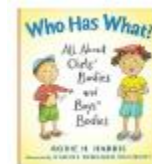
[There's a House Inside My Mummy](#)



[What Makes a Baby](#)



[The Great Big Body Book](#)



[Who Has What?](#)



[Getting Smart about Your Private Parts](#)



[Before You Were Born](#)