

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

Year 3

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 3 topics will build on and reinforce all the themes from previous years. New content will cover:

Healthy and unhealthy relationships

Children will be asked to consider people they think of as their 'special people'. They may choose not to name a specific person but can label them as a friend, parent (mum/dad/carer), grandparent, aunt, neighbour, teacher, etc. The children will then be able to identify different types of relationships.

The focus will be on positive, healthy relationships, encouraging children to consider what makes a relationship unhealthy or negative, such as breaking promises. Teachers will highlight that 'special' people are those who make us feel safe and comfortable, and that if children ever feel uncomfortable or unsure about something, even with someone they know well, they should tell a different trusted adult.

Menstruation

It is essential to teach about puberty before children experience it. This will help to ensure that their physical, emotional and learning needs are met and that they have accurate information about changing emotions, how to care for their bodies, and how to keep themselves safe. NHS guidance states that girls as young as 8 can start menstruating.

These lessons will prepare the children in advance for changes they will experience and will help girls understand that periods are a normal part of puberty. The lesson on menstruation will be delivered to both girls and boys, alongside learning about some of the main changes boys will experience. Learning about menstruation is part of the reproduction content covered in the National Curriculum for Science and fosters positive relationships by breaking down stigma and potential fears around these changes, helping to prevent bullying.

Children will learn what a period is and why menstruation happens. They will be taught that babies are created when an egg and a sperm join together, but not how they come together. They will also learn that menstruation occurs when an egg does not join with a sperm, so the lining of the womb is no longer needed.

Body space

Children will be helped to understand what is meant by body or personal space, including when it is appropriate or not appropriate to allow someone into their body space. For example, someone may be in their body space if they invite them for a hug or when playing games such

as tag.

They will also learn that someone might be in their body space unintentionally, such as on a crowded bus, or when it is unwanted, such as during an argument. To reinforce learning, children will practise being assertive and rehearse strategies for managing situations where someone enters their body space without consent.

Secret or surprise

Children will be taught the difference between a 'secret' and a 'surprise', and how to recognise safe and unsafe secrets, including how these situations might make them feel. For example, a surprise party will be discussed as a safe secret that may make a child feel excited. In contrast, situations such as a friend talking about bringing a knife from home to school will be identified as an unsafe secret that could make a child feel uncomfortable.

Class teachers will discuss what children should do and who they could tell if they are given an unsafe secret or one that makes them feel uneasy.

Vocabulary your child learnt:

personal space, invade, respect, uncomfortable, jealous, egg, sperm, puberty, period, ovary, fallopian tube, uterus (womb), lining, vaginal, period/menstruation pad, tampon, menstrual cup.

Questions your child may ask at this age:

- What can I do, without hurting someone's feelings, if someone invades my personal space?
- Have you ever had to tell someone to stop doing something that made you feel uncomfortable?
- Can you help me practise being assertive?
- What was puberty like for you?
- When did you start your periods?
- What products do you use for periods?
- When I start my period, where can I get period products from?
- Who are your 'special people' that you trust? Why them?
- Can I talk to you about who my 'special people' are that I can go to if I want to talk or if I need help?



Resources for Parents: [SCARF Growing and Changing Parents Page](#)



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



[Resource for Parents](#)



[Stages of puberty](#)
[Starting your periods](#)



[Friendship Struggles](#)



[Helping Your Child Make Friends at Primary School](#)



[Menstruation](#)

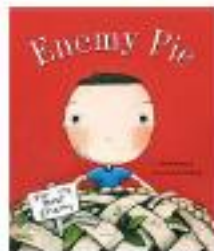


[Help your child navigate friendship problems](#)

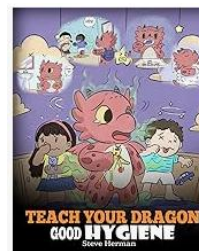
Books to support learning:



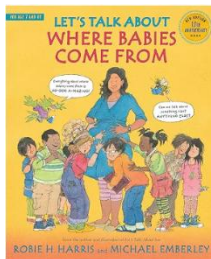
[Friendship Soup](#)



[Enemy Pie](#)



[Teach your dragon good hygiene](#)



[Let's talk about where babies come from](#)



[Some secrets should never be kept](#)



[Hair in funny places](#)