

Relationships and Health Education

Objectives:

- To be reassured that your child's RHE learning is appropriate to them, will develop their confidence and will help them towards building healthy and happy relationships in the future.
- To have an awareness of how children's **skills** will be developed across Reception, Year 1 and Year 2. RHE develops into Relationships, Sex and Health Education (RSHE) in KS2. RHE and RSHE is statutory (since September 2020).
- To be familiar with the lessons and resources that your child will be seeing and using.



- Listen respectfully
- No wrong answers
- It's ok to change your mind
- Disagree politely
- You have the right to pass

RHE

- RHE is learning about the emotional, social and physical aspects of growing up and having healthy relationships in Reception and KS1. In KS2, this develops into RSHE (including Sex Education). Important to reflect on language, vocabulary is key.
- The skills that young people need (in order to have healthy and happy relationships) are changing. RHE must always be appropriate to age and stage of development and is an essential part of safeguarding.
- Strong links between RSHE and safeguarding including:
 - Internet safety
 - Links with Emotional and Mental Health and Wellbeing
 - Equalities and diversities - Inclusive practice
 - Inclusive vocabulary – use 'all genders', 'grown ups'
 - Disability equality – representing every child and their family
 - Family diversity – ensuring all family types feel included
 - Challenging stereo-types...
 - There's lots of ways to be a girl or boy
 - Some people don't feel like a boy or a girl
 - There's more than one way that a family grows



Personal and Private body part names...



penis

vagina

vulva

scrotum

anus

breasts

nipples

bottom

testicles

foreskin

Which of those words will we be using with our children?



Reasons we teach children to name their private and personal body parts:

- Safeguarding – understanding scientific language and having confidence to use it to describe the personal and private parts of the body is important for safeguarding (discussed in FGFS topic also).
- Children can more confidently talk about the changes taking place in their bodies as they grow by using scientific words.
- Children may all have *different* family names for personal private parts, so it is important they all know the scientific words for these parts of the body too. Using phrase ‘personal and private parts of the body’ suggests parts are private but not taboo. It is healthy and acceptable to name and talk about these parts.
- Naming external body parts is part of the science curriculum.
- It’s like naming your hands ‘clappers’ or your elbow ‘pointy knobble’

6 Key Themes

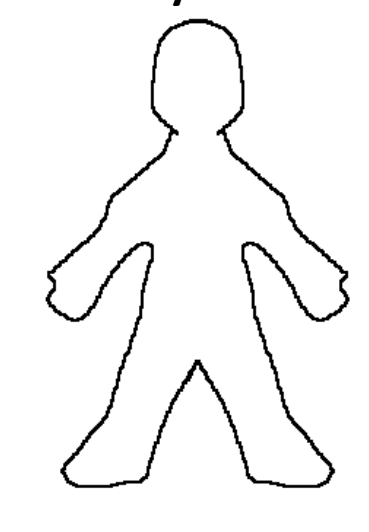
- Friendship
- Family Diversity
- Body image
- Naming body parts
- Looking after my growing body
- Challenging Gender stereo-types



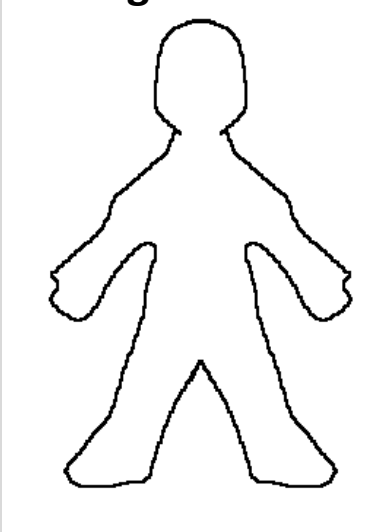
Naming Body Parts

Draw around 2 children's bodies on big paper.
Can you put the body-part labels in the correct places?

Most boys' bodies

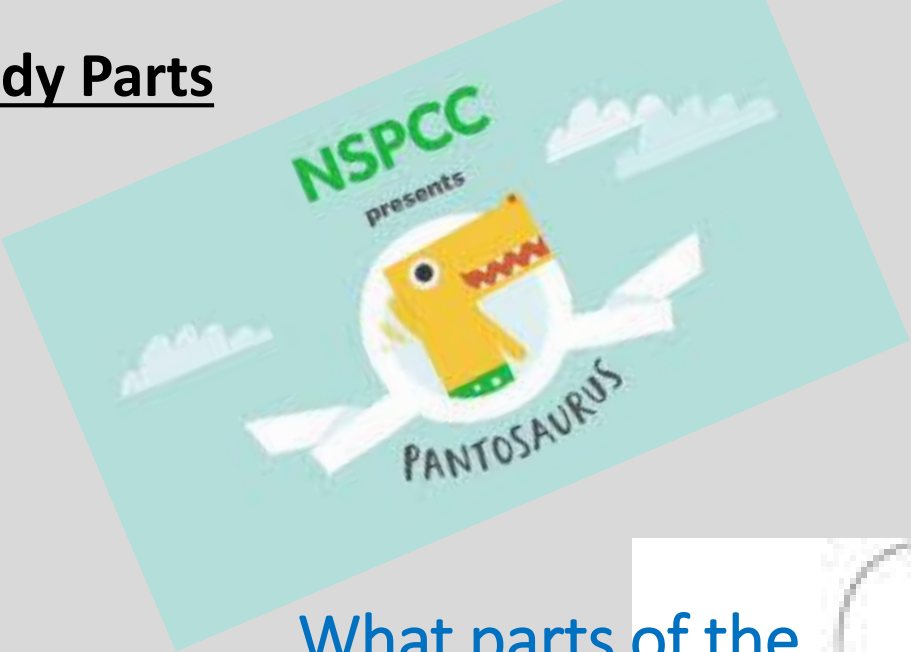


Most girls' bodies



Place a large pair of paper pants over the private and personal parts of each body.

<https://video.link/w/jZwpd>

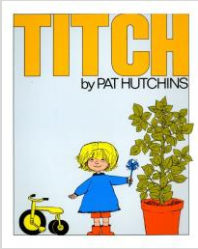


What parts of the body are private and personal?

We keep these parts inside our pants.



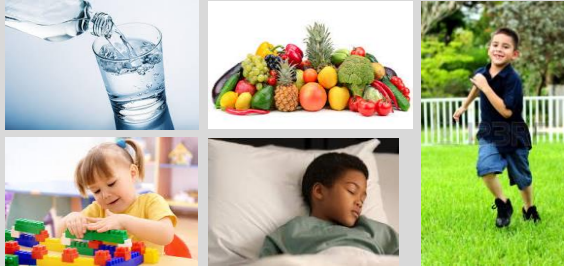
Friendship



What did Titch's plant need to grow?



What does Titch need to grow?



We also need special people in our lives to help us grow a happy, healthy mind.

We need people to...



hug



laugh with



chat to



play with

Shall we play together?

Can I join in?

Can I have a hug?

Can I hold your hand?

Would you like a turn?

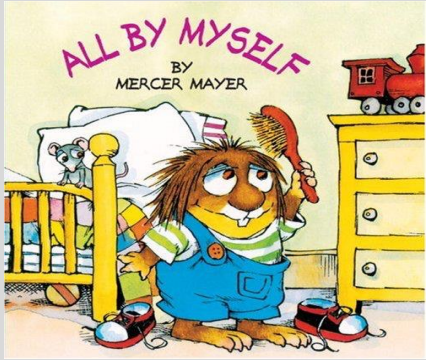
Shall we see who else would like to play?



Practise saying things that can help your friendship to grow...

Looking After My Growing Body

Watch the clip...



What things is the child learning to do all by themselves?

Look at photo cards of different things you are learning to do by yourself.

- Find one that you can do really well and tell a friend about it.



- Find one that you can't do yet and tell a friend about it.

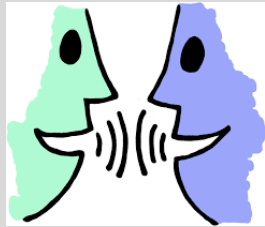


How will you get better at these things?

Naming Body Parts

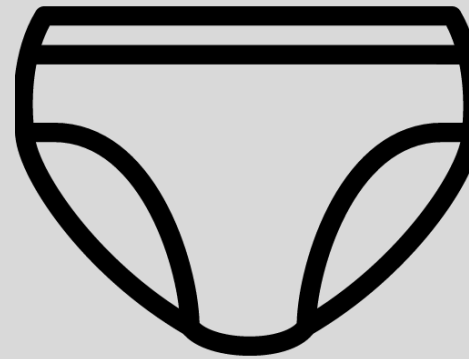


If you would like to,
tell your partner about the words
you use in your family to name
the personal and private parts
of your body.

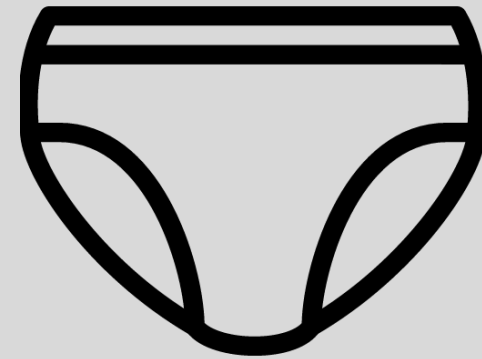


Sort the body part labels...

Which body parts
usually stay in
most girls' pants?



Which body parts
usually stay in
most boys' pants?



Which body parts are not personal and private?

Looking After My Growing Body



What does Lola need to help her body to grow?



What does Lola need to help her mind to grow?



Love



Care



Learning



Play



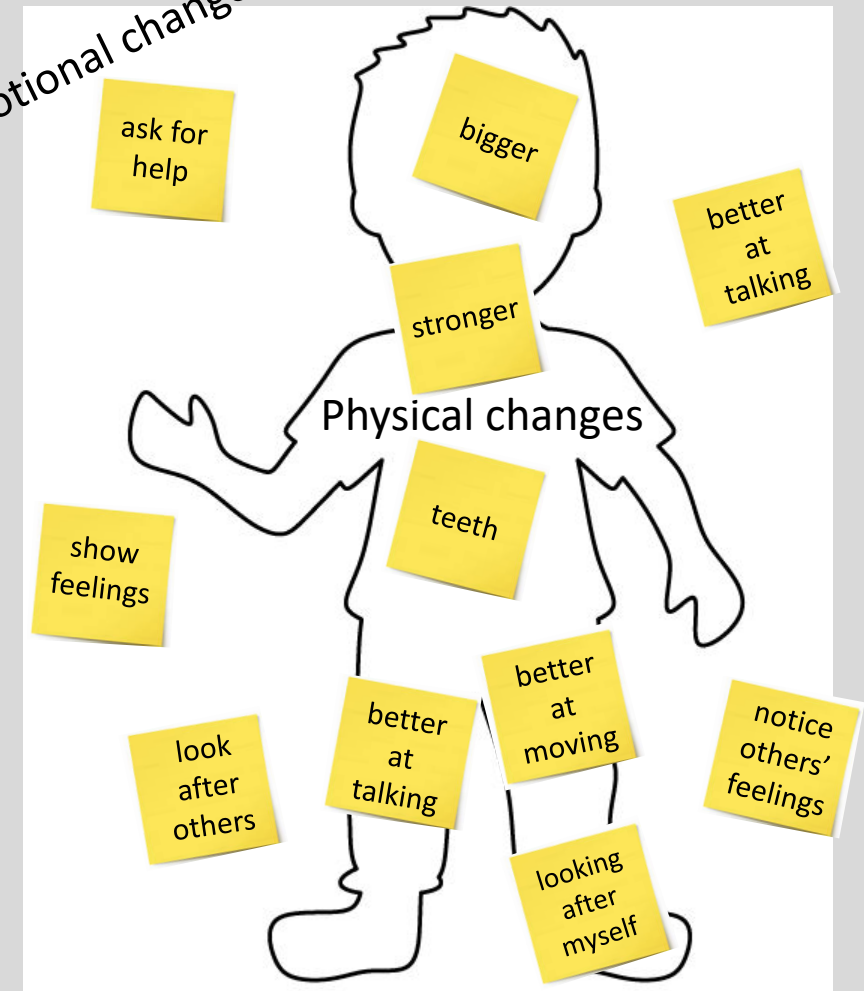
Family



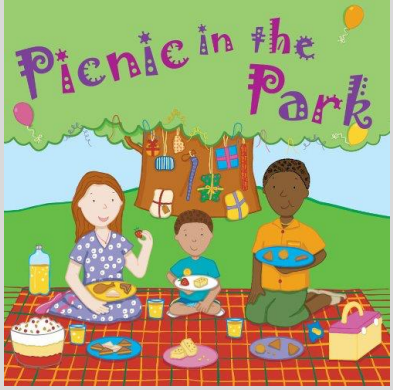
Friendship

What's changed now we are older?

Emotional changes



Family Diversity



Which is the smallest family?
Which is the biggest family?
Did you notice a family like yours?
Did you notice a different family?

Use playdough or plasticine to make your family.



**Often families change over time.
What different changes might happen to a family?**



Two families
join together



A family member
leaves home



A family member dies



A new baby

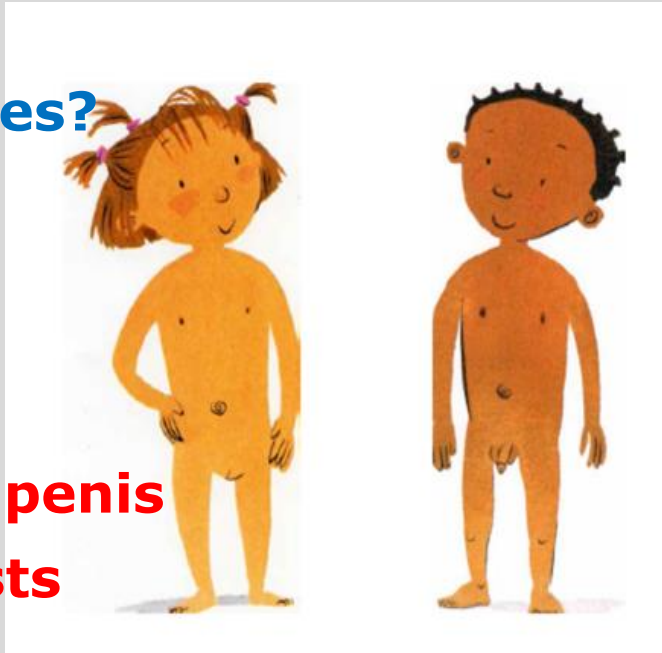
**Sometimes these
changes are difficult but
it usually gets better as
people get used to them.**

Naming Body Parts

Most of our body parts are the same. Which body parts are different on most boys' and most girls' bodies?

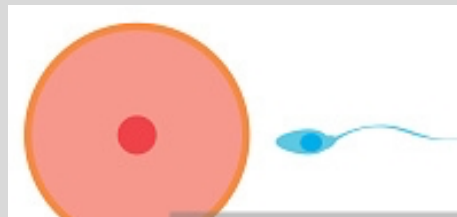
vulva **vagina** **penis**
testicles **breasts**
anus **nipples**

Can you sort into female, male, both?



Why are male and female bodies different?

- Some people, when they are grown up, may choose to have a baby.
- The parts of the body that make them male or female are needed to make a human baby.
- To make a baby you need a sperm from a grown up male body and an egg from a grown up female body.

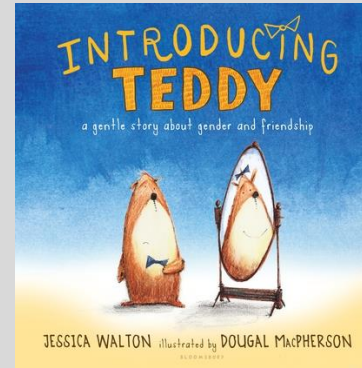


Write five words or phrases you would use to describe friendship on your paper hand.

- *Fun*
- *Caring*
- *Sticks by you-loyal*
- *Kind*
- *Interesting*
- *Like the same things*
- *Asks you to play*



Friendship



How does Errol react when Tilly tells him that she is a girl teddy?

What does he say?

Is Errol being a good friend to Tilly the Teddy?

How does that make Tilly feel?

How did Ava show us that there is more than one way to be a girl?

- On your friendship Hi Five did you write
‘boy’ or ‘girl’?
- Does it matter?

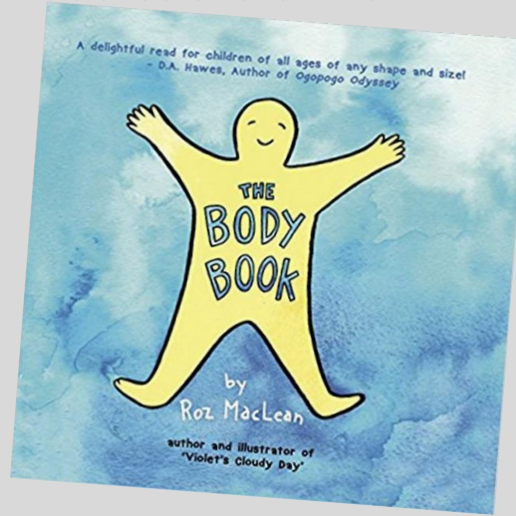


Body Image

- Can you find three similarities and three differences between your body and your partner's body?



All bodies are different!
All bodies are brilliant!

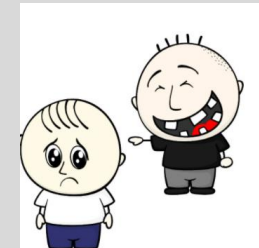


Write and draw what you love about YOUR brilliant body.



What can our brilliant bodies do?
Let's make a list.

Sometimes people say mean things about how other people look.
How might this make someone feel?



What could we say to make them feel better?

Answering tricky questions



