

Growing and changing

Summer 2022

Within this unit we will be focussing our discussions around growing and changing. Depending on the children's age and maturity, we will be considering the following:

- To name parts of the body
- Recognise what makes us unique and special
- The importance of daily exercise, good nutrition and sufficient sleep
- How to talk about their bodies, health and emotions
- Noticing changes that happen as we grow.
- What are our personal strengths and weaknesses?
- Physical and emotional changes during puberty.
- How to maintain good personal hygiene as we grow.

Nursery: Can they recognise changes in the environment? Describe changes in babies, young animals and plants as they grow. Broaden their expectations beyond potential stereotypes of boys and girls.

Early Years: Can you name your body parts? What is the same and what is different about us? How are our families the same/ different? How can I keep myself safe?

Year 1: What makes you, you? What can you do if you find something tricky? What are our private parts? What are surprises and secrets? How do we keep ourselves safe?

Year 2: How do our physical and emotional needs change as we grow? What changes happen when moving to a new class? i.e: your role in school, your responsibilities. Etc... How can I look after myself and others? How does it feel when you have to say goodbye to someone or something?

Year 3: What makes you, you? What do you find difficult? How can you overcome setbacks? What makes a good relationship? What are safe and unsafe secrets?

Year 4: How will my body change? How can I overcome conflict? What do some people choose to get married and others live together or have a civil ceremony?

Year 5: How do I develop resilience? How will my body change during puberty? What is menstruation? Who are the trusted adults in my life?

Year 6: What does being independent really mean? How might things change as you move to Secondary School? How can you manage these changes? How can I see my body changing in a positive way? How are babies made in human reproduction? What is a loving, positive relationship?

Resources for parents:



Statutory guidance:

- **Relationships Education Families and people who care for me**
 1. That families are important for children growing up because they can give love, security and stability.
- **Relationships Education Families and people who care for me**
 3. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- **Relationships Education Families and people who care for me**
 4. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- **Relationships Education Respectful relationships**
 1. The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

Questions your child may ask:

- Why do I look different to _____?
- Why is my body changing?
- I am worried about moving to a new class, how can I manage these feelings?
- How can I manage my arguments?
- How are families different?

Do you require further advice or guidance? Contact us on:
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