

Term 6: Changing Me (including Relationships and Sex Education)

Please note that the following vocabulary will be taught to children when they learn the correct names for girls' and boys' body parts: penis, testicles and vagina.

Year 1 Objectives (6 lessons):

- **Life Cycles:** I understand that changes happen as we grow and that this is OK.
- **Changing Me:** I know that changes are OK and that sometimes they will happen whether I want them to or not.
- **My Changing Body:** I understand that growing up is natural and that everybody grows at different rates.
- **Boys' and Girls' Bodies:** I respect my body and understand which parts are private.
- **Learning and Growing:** I enjoy learning new things.
- **Coping with Changes:** I know some ways to cope with changes.

Year 2 Objectives (6 lessons):

- **Life Cycles in Nature:** I understand there are some changes that are outside my control and can recognise how I feel about this.
- **Growing from Young to Old:** I can identify people I respect who are older than me.
- **The Changing Me:** I feel proud about becoming more independent.
- **Boys' and Girls' Bodies:** I can tell you what I like about being me.
- **Assertiveness:** I am confident to say what I like and don't like and can ask for help.
- **Looking Ahead:** I can start to think about changes I will make when I am in Year 3 and know how to go about this.

These lessons have been adapted to suit Lethbridge pupils from the Jigsaw programme. If you would like to discuss any of the lessons above, or let us know of anything sensitive that may affect your child's ability to engage positively with these sessions, please arrange to speak to your child's teacher via admin@lethbridgeprimary.co.uk.

Best wishes,

Lucy Pryke

(Key Stage One Phase Leader)