

PSHE and Citizenship KS1

Health and Wellbeing - Growing Up

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is Growing Up.

This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies, respecting their own and others' bodies and what consent means. They will learn about gender stereotypes and different types of families. This topic also covers changes and how these impact on our lives and emotions.

Your child will be taking part in a range of activities, including the following:

Playing games such as 'Simon Says' and circle games, looking at family photos, labelling pictures, role playing scenarios, empathising with characters, sharing and discussing feelings, responding to ideas through drawing and writing.

We will be exploring these questions:

Lesson 1: What are the main parts of our bodies? What are the differences between girls and boys?

Lesson 2: What is 'consent' and what are the rules for respecting people's bodies? What should we do if these rules are broken?

Lesson 3: Can we tell what someone is like depending on if they are a boy or a girl? What is a stereotype?

Lesson 4: What is a family and what makes families special? Who can I talk to if something about my family is worrying me?

Lesson 5: What will we be able to do next year? How will we change as we grow older?

Lesson 6: What are some changes that might happen in people's lives? What feelings can these changes cause?

About PSHE and Citizenship Education

PSHE stands for Personal, Social, Health and Economic Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship learning involves exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning. Children will be given opportunities to ask any questions they may have, and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).