



# Relationship Sex Health Education (RSHE)

## Changing Adolescent Bodies Curriculum



### Year 4

Next week the whole school will be completing their curriculum work for Changing Adolescent Bodies. This curriculum is planned progressively across the school and taught age appropriately to each year group. Below you will find the overview of learning for your child's curriculum next week. If you would like to find out more information, please visit the school Friday 10<sup>th</sup> June, 09.00 a.m. Main Hall or visit the school website.

Year 4 – This is Me – Parent and Carer Learning and Curriculum Content Information				
When	What will the pupils be learning?	What words will the pupils learn?	What resources will be used?	How can you help your child at home?
Monday 13/6/22 am session	To identify which parts of the human body are private	Penis, Vulva, Nipples	Blank body template for pupils to label with the body parts. Body part names to be provided	Ask your child if they can remember the names of the body parts? Continue to reinforce the importance of knowing the scientific names of their body parts to keep themselves safe.
Monday 13/6/22 pm session	Understand that marriage is a commitment to be entered into freely and not against someone's will	diversity, rules, laws, arranged marriage, relationships	Together – Activity Sheet	Talk to your child about relationships. Explain what a marriage, civil partnership or an arranged marriage is.
Tuesday 14/6/22 am session	To understand what privacy is	Penis, Vulva, private, respect, privacy	Scenario about two friends. Pupils to be deciding, through class discussion, what you should share about yourself and others and what you should not.	Talk to your child about what the word private means. Ensure your children are aware of what parts of their body should remain private and about respecting others' feelings.
Tuesday 14/6/22 pm session	To identify private parts and places	Penis, private, consent, genitals, secrets, underwear	<a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a>	Access the website and read through the information for parents and carers. Reinforce with your child that what is underneath their underwear is private and that no one should touch it without their consent.

Wednesday 15/6/22 am session	To understand the difference between a secret and a surprise	secret, surprise, private, trust, consent	Storybook: Some Secrets Should Never be Kept – Jayneen Sanders	Look over the story yourself and be prepared to talk to your children about it. Reinforce the point that no one should touch your child in their private places without consent
Wednesday 15/6/22 pm session	To understand the difference between a secret and a surprise	Secret, surprise, adult, trusted,	Scenario cards – e.g. 1. Your friend Harry stole sweets from the shop and told you not to tell anyone – is this a good secret or surprise or something you should tell?	Talk to your child about what they have learnt today. Ask them to tell you the difference between a good secret or surprise and something that they should tell. Remind your children about all the people that they can talk to if they feel upset, scared or worried.
Thursday 16/6/22 am session	To understand what is meant by 'body space'	personal, comfortable, space,	Body Safety Rules Video - <a href="https://www.youtube.com/watch?v=u03EHVf-7vI">https://www.youtube.com/watch?v=u03EHVf-7vI</a> Circle of Trust Worksheet	Ask your child to show you what they learnt about body space and tell you some of the phrases that they know they can use if they feel uncomfortable
Thursday 16/6/22 pm session	To know how to keep myself safe online	Online, age restrictions, appropriate, safety, confidential. trust	Video Game Age Quiz - <a href="https://www.youtube.com/embed/OvOXnqMze6Q">https://www.youtube.com/embed/OvOXnqMze6Q</a>	Talk to your children about their use of the internet and the video games they play. Check that your child's games are all age appropriate and remove ones that are not

There have been several parent workshops already provided but due to low numbers in attendance we are providing more. If you would like to contact the school directly, please ask for Rachel Speed (Head of Education) or Lacey Leung (PSHE leader). Every day next week (w/b 13<sup>th</sup> June) there will be parent 'drop in' sessions whereby leaders will make themselves available to talk through any questions or provide materials to support learning at home.