



Relationship Sex Health Education (RSHE)

Changing Adolescent Bodies Curriculum



Year 3

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 10th June, 09.00 a.m. Main Hall or visit the school website.

Year 3 – 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	To understand basic first aid and its importance	prevent, preserve, promote, recovery position, sling	First Aid Training for Children First Aid Champions (redcross.org.uk)	Ensure that your child knows their home address and how to access a phone if they need to call 999
Tuesday 14/6/22 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 in order to keep themselves safe.
Tuesday 14/6/22 pm session	To identify private parts and places	Penis, private, consent, genitals, secrets, underwear	https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/	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	To understand the	Secret, surprise, adult,	Scenario cards – e.g.	Talk to your child about what they have

15/6/22 pm session	difference between a secret and a surprise	trusted,	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?	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 - https://www.youtube.com/watch?v=u03EHVf-7vI 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 - https://www.youtube.com/embed/OvOXngMze6Q	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 13th 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.