

# Relationships and Growing Up Education



PSHE



Year 1

# Relationships Education

- 1) What is Relationships Education?
- 2) Why is Relationships Education important?
- 3) Age appropriate resources- What is covered in Relationships Education?
- 4) Our policy

# **1) What is Relationships Education?**

# Relationships Education in primary schools

- Part of **PSHE**
- Linked to **safeguarding**
- **Statutory guidance** used **from September 2020**
- **Range of topics:** e.g. keeping clean, routine, good and bad touch, saying no, assertiveness, good friendships, self esteem, communicating

# What is covered in Relationships Education in primary?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



## Four main topics



Growing  
up



Our  
bodies



Keeping  
safe



Relationships  
and family  
life



# Relationships Education themes Year 1

Respect

Feelings

Friendships

Differences

Families and people who care for me

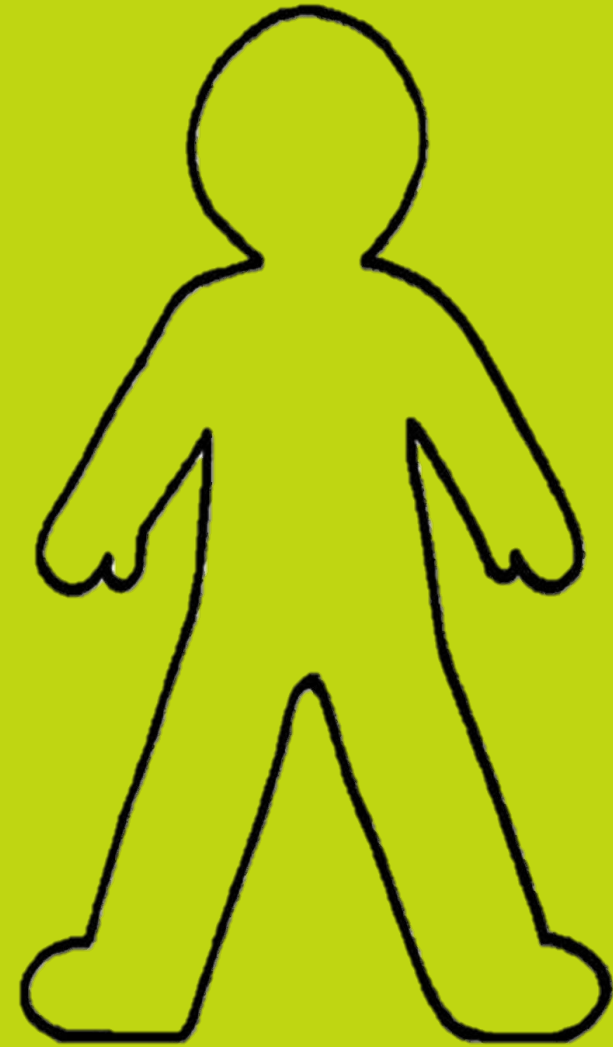
Keeping safe

Confidence/ self esteem

Solving problems

## **2) Why is Relationships Education important?**

**What skills does it teach children?**





# Why is Relationships Education important?

- Develop **confidence** in talking, listening and thinking about **feelings and relationships**.
- Are able to **name parts of the body** and describe **how the body works**.
- Have the skills, language and confidence to **protect themselves**.



# Relationships Education and safeguarding

Universal  
language  
spoken by all

CSE and  
grooming –  
links to  
online safety

Appropriate  
and  
inappropriate  
touch

Promotes  
healthy  
relationships



# Why do children learn about Relationships Education topics?

- Keeping safe
- Healthy friendships
- Families
- Stereotypes
- Body changes
- Healthy body image
- Saying no

# Where do children and young people learn about Relationships Education related issues?

TV

Magazines

Radio

Music videos Gaming

Parents

Siblings

Peer

School

Internet

Disney

Films

# **3) Age appropriate resources**

### Vocabulary

<b>Friend</b>	A person who is kind to you and who you like being with.
<b>Compliment</b>	When you say something nice about someone else.
<b>Achievement</b>	A thing done successfully.
<b>Pride</b>	Feeling proud of something you have done.
<b>Safe</b>	Feeling protected from danger or harm.
<b>Trusted adult</b>	An adult who you have a good relationship with who you can talk to.
<b>Qualities</b>	A positive thing about a person.
<b>Secrets</b>	Something that is kept from others. There are good and bad secrets. If it makes you feel uncomfortable you should tell a trusted adult.
<b>Help</b>	When you make it easier for someone to do something.
<b>Keeping clean</b>	Washing your body.
<b>Hygiene</b>	When you look after the way you look and keep clean.
<b>Healthy</b>	When you have good health.
<b>Family</b>	People who look after you and take care of you.
<b>Differences</b>	Ways in which people are different to each other.
<b>Grown</b>	The process of changing from a baby to now.
<b>Change</b>	Ways in which we look and act differently over time.

What does PSHE stand for?

- Personal
- Social
- Health
- Economic



In PSHE lessons we have lots of whole class discussions and circle time where we display British Values and our 4 school values.

We follow ROCK ground rules for these lessons- Respect, Openness, Confidentiality, Kindness

R - Respect

O - Openness

C - Confidential

K - Kind



Children throughout the school learn the importance of staying safe through the message from NSPCC's Pantosaurus. The key message is that your body belongs to you. This understanding will help keep them safe and to value the importance of positive safe relationships with others. If they feel uncomfortable in any situation that involves their body, they must speak up and tell a trusted adult.

### Key Learning

- To identify the qualities of a good friend
- To explain what a compliment is and why it is important
- To recognise our achievements
- To identify places and people who make me feel safe.
- To explain why these places and people make us feel safe
- To explain why good friends are important and explore how to make new friends
- To understand good friendships and saying no
- To identify the people in my family, while recognizing that not all families look like mine
- To explain where I can get help and support

### Relationships Education lessons

- To understand how to keep myself clean and healthy and explain why it is important
- To understand how I have grown and changed since birth
- To identify the people in my family, while recognising that not all families look like mine.
- To explain where I can get help and support.



# PSHE

What does PSHE stand for?

- Personal
- Social
- Health
- Economic



PSHE



**R** - Respect

**O** - Openness

**C** - Confidential

**K** - Kind



# LQ: Can I understand how to keep myself clean and healthy and explain why it is important?

I can:

- Identify ways to keep myself clean and healthy



Relationships and Growing up



# Say "Hello" to

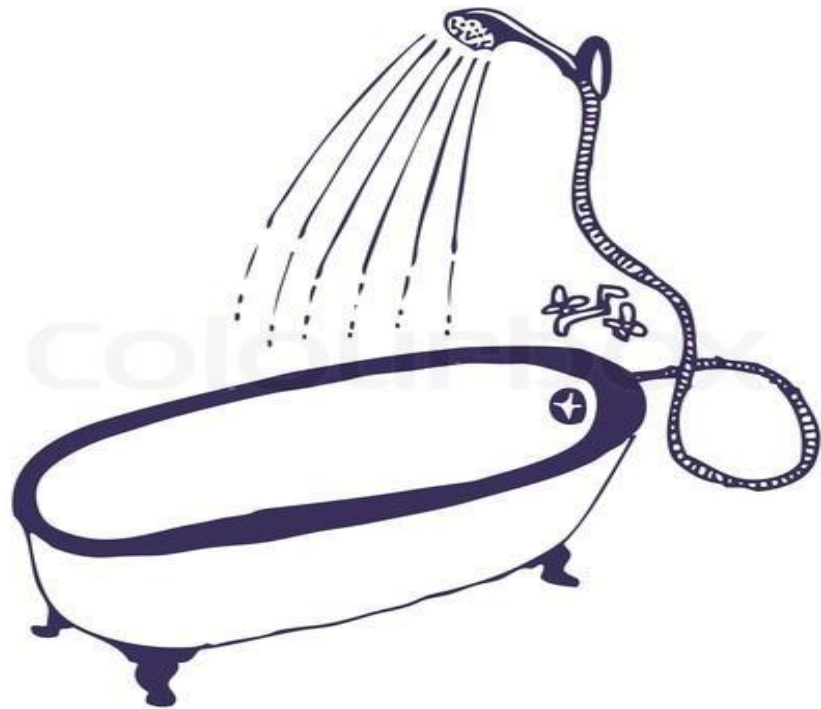
Dirty  
Bertie



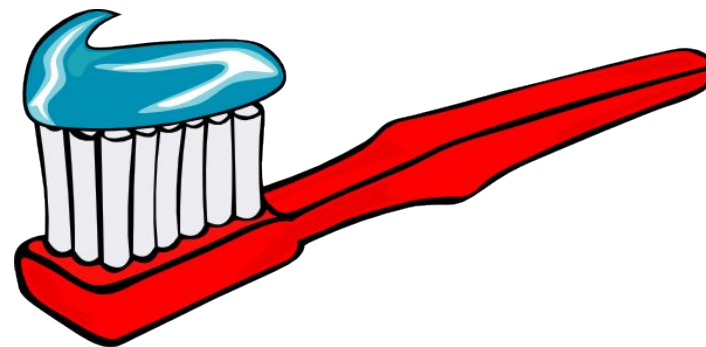
Hello Year 1  
My name is  
Dirty Bertie!

I'm going to  
tell you about  
myself.

I don't like baths  
or showers...  
YUK!



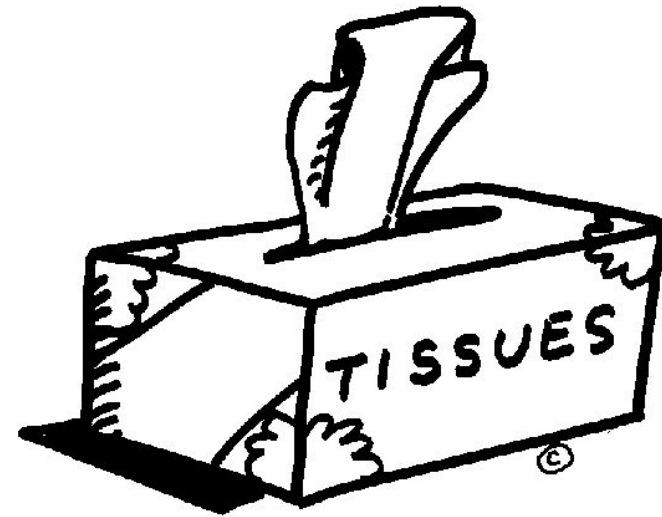
I never clean  
my teeth...  
**NO WAY!**



I don't bother  
washing my hands  
after I go to the  
toilet or before I  
eat...  
**WHY BOTHER?**



I can't be bothered  
to use a tissue  
when I sneeze..  
**SO WHAT?**



That's ok isn't it?

No?

Why not?

Can you help me please?







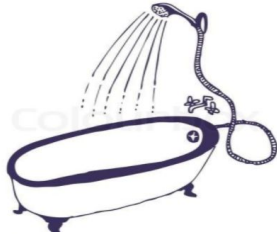
# Why is it important to:

- Have a bath or a shower regularly?
- Brush our teeth twice a day?
- Wash our hands?
- Sneeze into a tissue?
- Is Bertie doing the right things? What should he be doing?

# Activity

In groups create posters to tell Bertie what he should be doing. Draw pictures and write.

I don't like baths  
or showers...  
YUK!



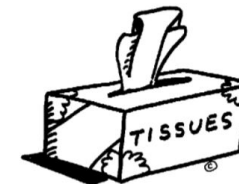
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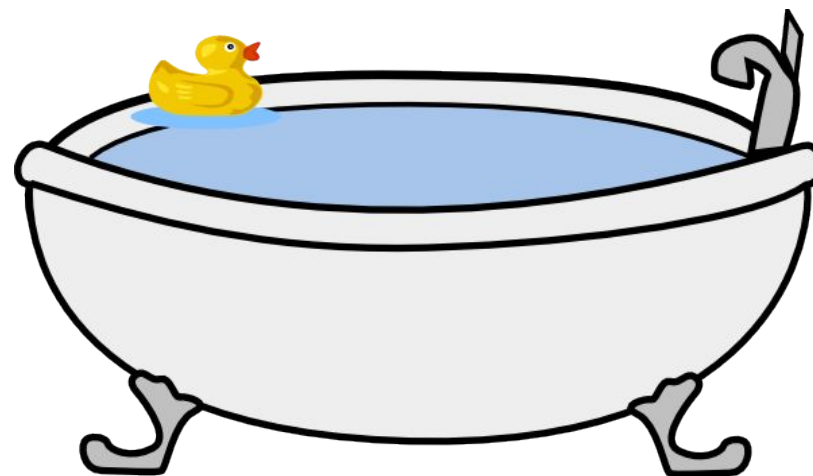


## Bertie's promise:

1. I will have a bath or shower when my parents tell me to.
2. I will clean my teeth after my breakfast and before I go to bed.
3. I will wash my hands after I go to the toilet and before I eat.
4. I will use a tissue when I sneeze.



Thank you for your  
help everyone!  
I'm much cleaner  
and healthier now!



# LQ: Can I understand how I have grown and changed since birth?

I can:

- Recognise how I have changed since I was born.



Relationships and Growing up

# Growing up Changes

Think about some of the things you can do now that you could not do when you were babies.

Think about how you have changed since you started school.

You will continue to grow as children and then as adults. What things can only older children or adults do?



# Babies

- Babies can do nothing for themselves when they are first born
- How do we feed babies?





# Toddler

- A toddler is a very young child who is just learning to walk.
- Toddlers are a bit wobbly on their feet!



# Children

- As babies grow they turn into **toddlers**, then **children**.
- Children learn to do things for themselves.






What will the next stage be?

# Activity

Draw a picture of yourself as a baby, toddler and child.

Could ask parents to share pictures.

Baby	Toddler	Child
		



LQ: Can I identify the people in my family, while recognising that not all families look like mine

Can I explain where I can get help and support ?

I can:

- Explain who is in my family
- Recognise that all families look different.



Relationships and Growing up

# Family

What does family mean?

A large, empty rectangular box with a light gray background and a thin black border, intended for a response.

# Circle Time discussion

- Who in your family?
- Why are these people special to you?
- What sort of things do you do together?

## Activity

Draw a picture of who is in your family.



# Who can help?



If you are worried  
about something who  
could help?

On each finger write  
the name of someone  
you can talk to at home  
or school.

# **5) Our Policy**

## **Using government guidance**

# Woodlands Academy policy

Click the link to view our Relationships and Growing up policy.

<https://www.woodlands.ealing.sch.uk/wp-content/uploads/2021/04/Relationships-and-Growing-up-Policy-March-202159462.pdf>

Visit the school website for information on [Relationships Education](#).

