

# *Relationships and Growing Up Education*



**PSHE**



**Year 2**



# 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



# Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid



## Four main topics



Growing  
up



Our  
bodies



Keeping  
safe



Relationships  
and family life

# Relationships Education themes Year 2

Respect

Emotions/ feelings

Friendships

Saying No

Good and bad touch

Differences

Families and people who care for me

Keeping safe

Communicating

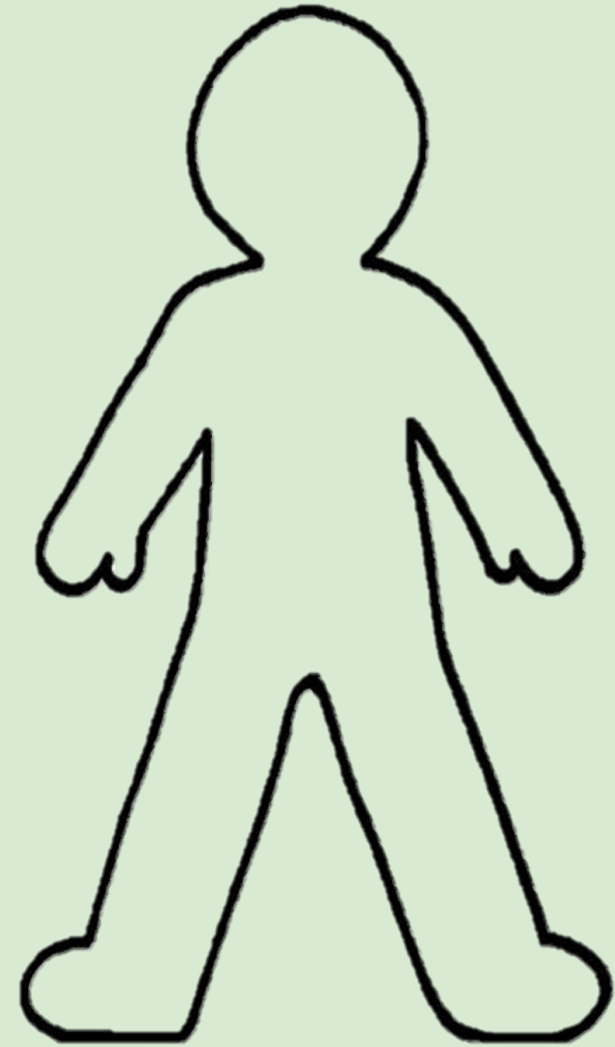
Building self-esteem

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

# Where 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>Differences</b>	Ways in which people are different to each other.
<b>Boy</b>	A male child or youth.
<b>Girl</b>	A female child or youth.
<b>Male</b>	A boy/ man
<b>Female</b>	A girl/ woman
<b>Penis</b>	A special part of a boy's body that is covered by his pants.
<b>Vagina</b>	A special part of a girl's body that is covered by her pants.
<b>Pride</b>	Feeling proud of something you have done.
<b>Achievement</b>	A thing done successfully.
<b>Friendship</b>	A relationship between friends.
<b>Good friendship</b>	A positive relationship between friends.
<b>Qualities</b>	A positive thing about a person.
<b>Conflict</b>	A problem that needs to be solved.
<b>Resolution</b>	The process of solving a conflict/ problem.
<b>Similar</b>	Ways in which people are the same as each other.
<b>Stereotype</b>	A fixed belief about a group of people that is untrue. e.g gender stereotypes- boy and girl toys to play with.
<b>Private</b>	The area of our body covered by own pants.
<b>Boundaries</b>	Our personal boundaries are the rules we set out for our bodies. e.g boundaries in friendships.
<b>Baby</b>	The first stage of the life cycle.
<b>Toddler</b>	The second stage of the life cycle.
<b>Child</b>	The third stage of the life cycle.
<b>Teenager</b>	The forth stage of the life cycle
<b>Adult</b>	The fifth stage of the life cycle.
<b>Elder</b>	The final stage of the life cycle.

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.

- R** - Respect
- O** - Openness
- C** - Confidential
- K** - Kind



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



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 how to keep ourselves safe ([Link to PANTS rule](#))
- To understand emotions
- To explain how to talk about feelings and emotions
- To understand what pride is and identify what makes us proud
- To explain why it is important to feel proud
- To explain what makes us proud of other people
- To understand what makes a good friend
- To identify how we can be a good friend to others

### Relationships Education lessons

- To explore stereotypes
- To explain personal boundaries
- To understand how boys and girls are different and to name boy and girl body parts
- To understand the stages in the human lifestyle.
- 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



# PSHE

What does PSHE stand for?

- Personal
- Social
- Health
- Economic



PSHE



**R** - Respect

**O** - Openness

**C** - Confidential

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Tuesday 28th June

LQ: Can I understand that I have the right to say “no”  
to unwanted touch?

I can:

- Explain what the PANTS rule is.
- Know the difference between good and bad touch.
- Explain that I have the right to say no to unwanted touch.
- Reconsigise who I can tell if I feel uncomfortable.



Relationships and Growing up

## Good and bad touch

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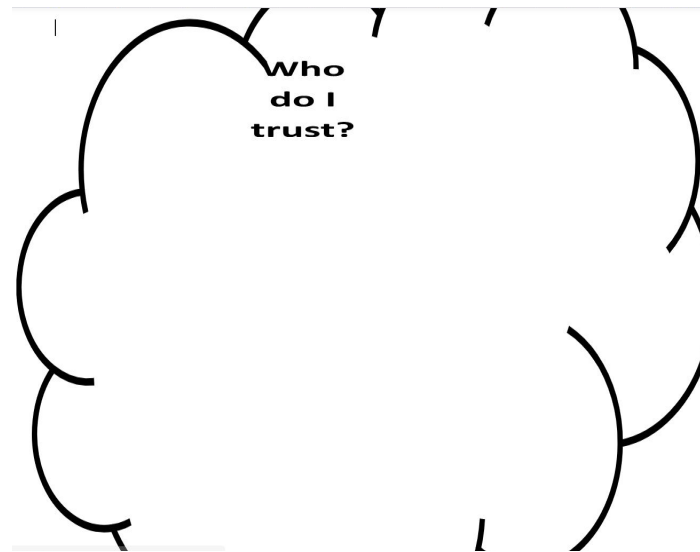
- Touch can be **good** or **bad**.
- People touch you for different reasons.
- Sometimes touch feels bad, but is necessary.
- You should never be asked to keep secrets about touch.

A parent's friend comes into your room and gives you a hug and a kiss, and then they tell you it's a secret and you shouldn't tell anyone. E

# People you can trust

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- Who do you trust most in the world?
- Trusted people are different for everyone.
- Write down a list of the people you trust. **Who do you trust?**



## Remember the PANTS rules

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**P**RIVATES ARE PRIVATE

**A**LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N**O MEANS NO

**T**ALK ABOUT SECRETS  
THAT UPSET YOU

**S**PEAK UP, SOMEONE  
CAN HELP

'Private'  
  
'your body',

'No'

'Secrets'

'help'

## Can I explore stereotypes?

## Can I explain personal boundaries?

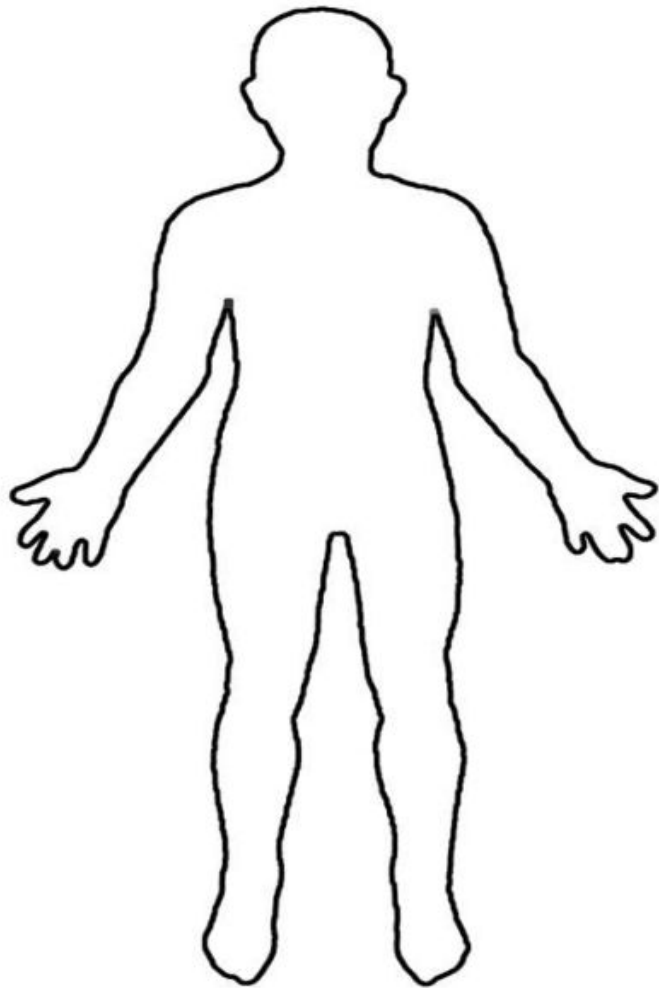
I can:

- Know that a personal boundary is about space.
- Identify that a stereotype is an unfair fixed belief about someone or a group of people.

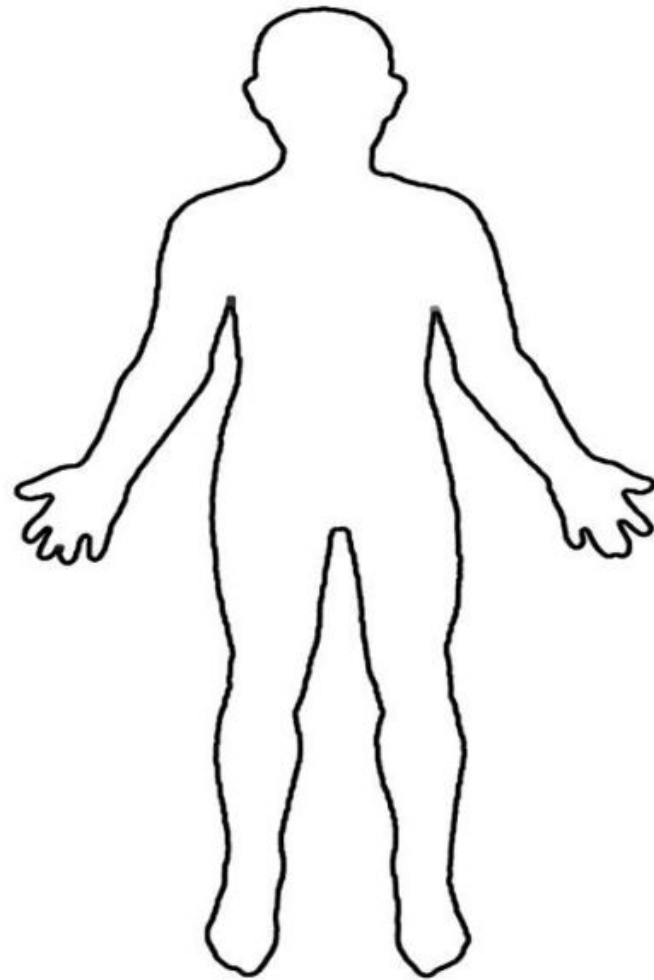


Relationships and Growing up

Boy



Girl



**What is your favourite toy are  
and why?**



# Are there toys that both girls and boys in our class like?

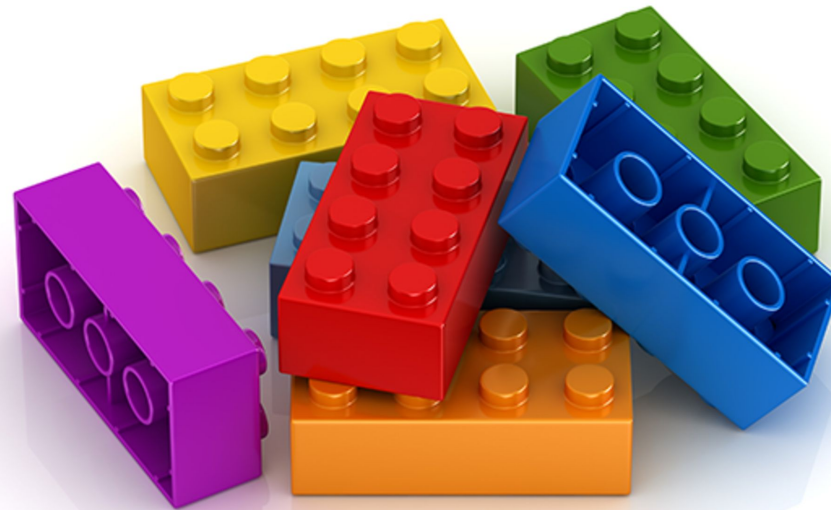
Toy type	tally	total
lego		
Board games		
dolls		



◦ Who is this toy for?



◦ Who is this toy for?



◦ Who is this toy for?



◦ Who is this toy for?





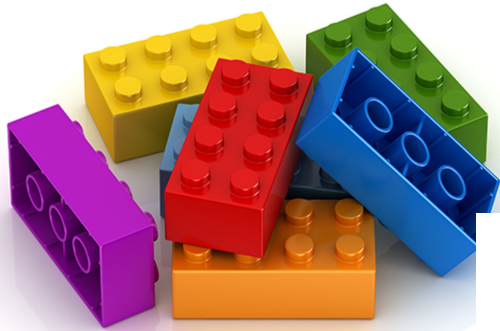
- Who is this toy for?

- Who is this toy for?











- Nursing is just for women.





- Only men can be builders.





- Boys are better than girls at Maths.

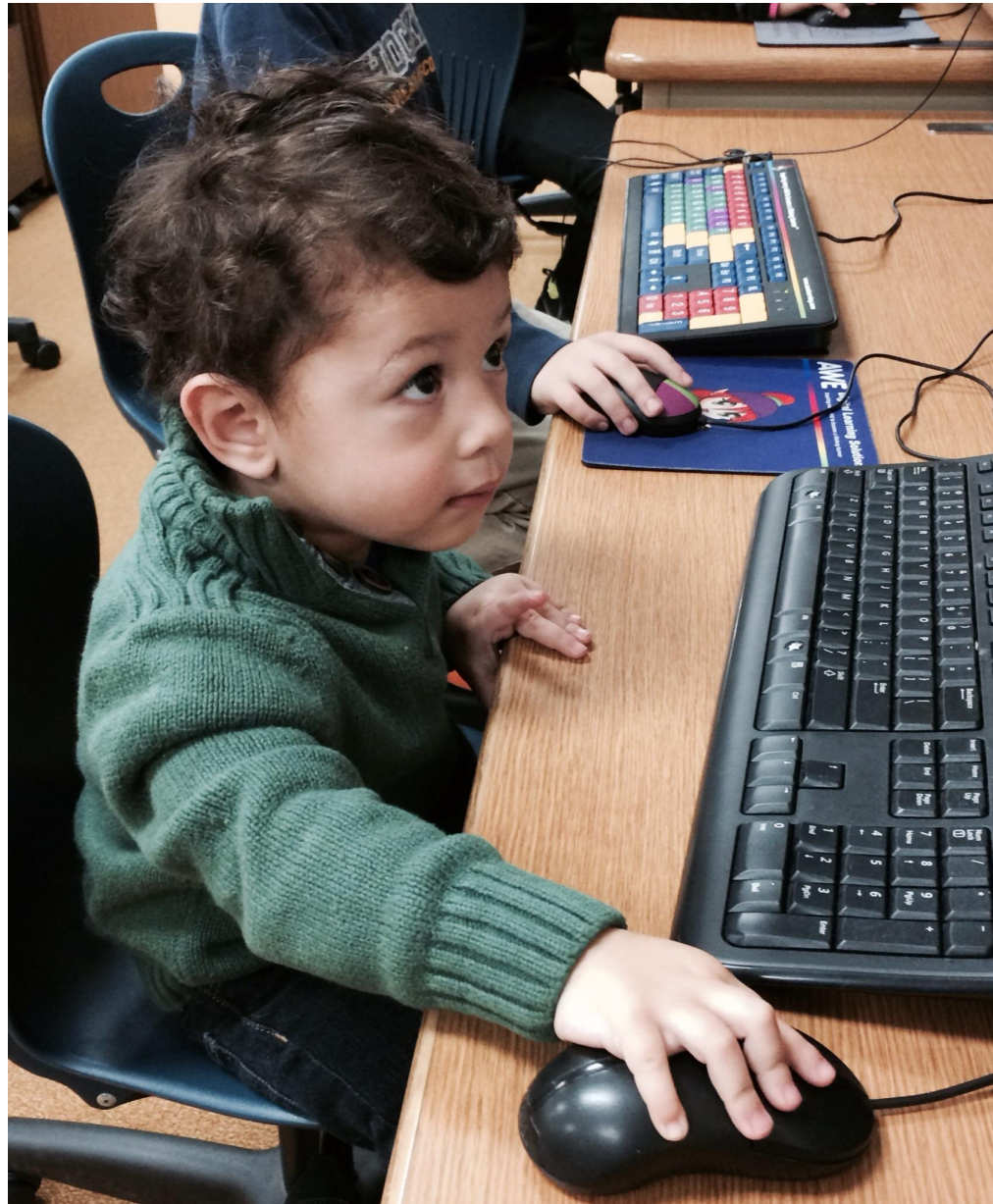




- Girls do better in school than boys.



Boys are better at computers than girls.





- Girls are better at sports than boys



There is no such thing as a boy or girl thing and it is important that we play with what we like and we do things that make us happy.





# Personal boundaries - rules we set for our bodies.

What rules do you set for your body?  
What are your personal boundaries?

Do you like hugs/doesn't like hugs  
Don't stand too close



Can I understand the stages in the human lifecycle?

Can I understand how boys and girls are different and to name boy and girl body parts?

I can:

- Name the body parts for a boy and a girl.
- Explain how we grow up through life.



Relationships and Growing up

# ◦ What do these words mean?

- Baby
- Toddler
- Child

What next?



How are they different?



Today we will be learning about the human lifecycle.

- **What other life cycles have you learned about?**





- **Human life cycle has 6 stages**



# Babies

- Babies can do nothing for themselves when they are first born



# 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.





# Teenagers

- As children grow they become teenagers.
- Children become teenagers when they turn 13 they finish when they turn 20
- Teenagers eat lots!!
- What ages are teenagers?



# Adults

- Adults are fully grown- they have stopped growing.
- Adults can do things for themselves.



# Elders

- As adults get older, they become elders
- Sometime elderly people need help doing things.





# Sequence and label the life cycle



**Baby**

**Toddler**

**Child**

**Teenager**

**Adult**

**Elder**



Justin's mum is going to have a baby.



# Everyone is guessing whether Justin's mum is going to have a boy or a girl

How would a doctor tell if Justin is a boy or girl?



Justin's dad is guessing.



Justin's nan is guessing.





In fact, everyone in the family is guessing!



# Justin asks his mum:

- Mum when you go to the hospital to have the baby, does the doctor guess if it is a boy or a girl? Is that how I know if I have a brother or sister?

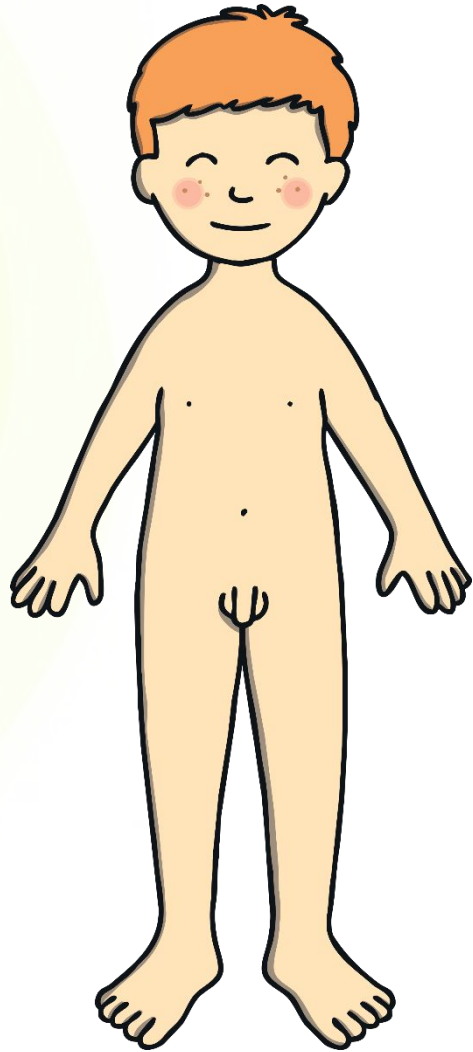


# Mum says:

- No Justin, the doctor has a very special way of knowing if I have a son or a daughter, if it is a boy or a girl.
- Do you know how the doctor knows if Justin's mum has a boy or a girl?



# Boys' Bodies



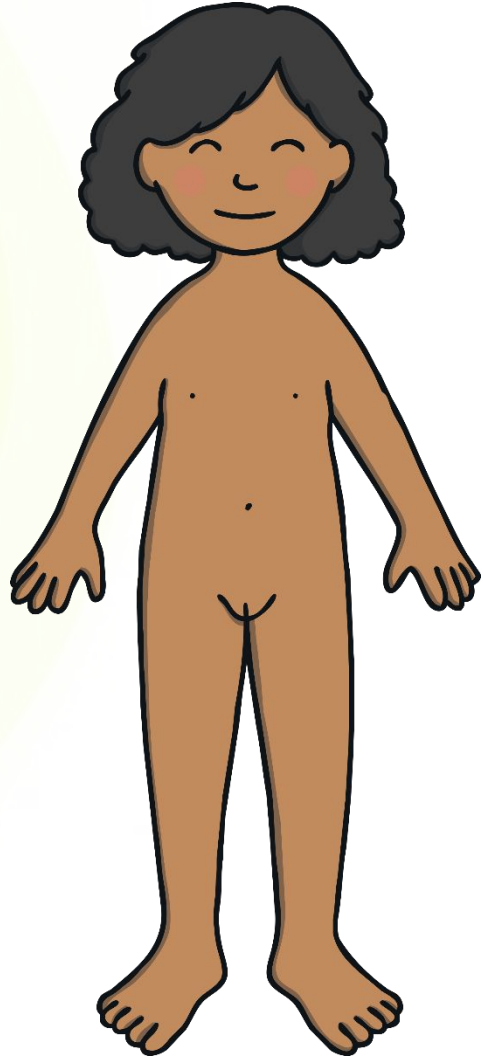
- Boys have a body part called a **penis**.
- People have other names they use for this part of the body, but the scientific word is penis.
- Boys, males and men have a **penis**

◦ This is covered by his pants

◦ nobody should be looking at, or touching or seeing these parts of our bodies



# Girls' Bodies



- Girls have a **vagina**,
- People have other names for these too, but vulva and vagina are the scientific words.
- Girls, female, women have a **vagina**

- This is covered by her pants

- nobody should be looking at, or touching or seeing these parts of our bodies

- sometimes our parents/carers/doctors or nurses may need to look at these parts for example **if we have been hurt/we are being washed or changed,** however we should still feel comfortable and safe and we **always have the right to say no.**



# Remember the PANTS rules

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THAT UPSET YOU

**S**PEAK UP, SOMEONE  
CAN HELP

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:

- Identify what makes a family.
- Identify people who support me.





# Our Families

We all belong to family groups.

These family groups will all be different. Some may be big, others may be small and they may have a different mix of people in them.

This is OK, we are all different and difference is something to be celebrated!



**Who is in your family? Tell a partner.**

# When We Need Our Families

The special people in our family help us to feel safe, loved and cared for. They are people we trust.

When might we need the special people in our family?

when we are worried about something

when we are hungry

when we are feeling sad

when we want to go somewhere

when we are feeling happy

when we are proud of something

when we want a cuddle

when we need some help

when we want to play a game

# Caring

It is important that families show each other that they care. It helps everyone to feel safe and happy.

Look at the picture cards in your groups.

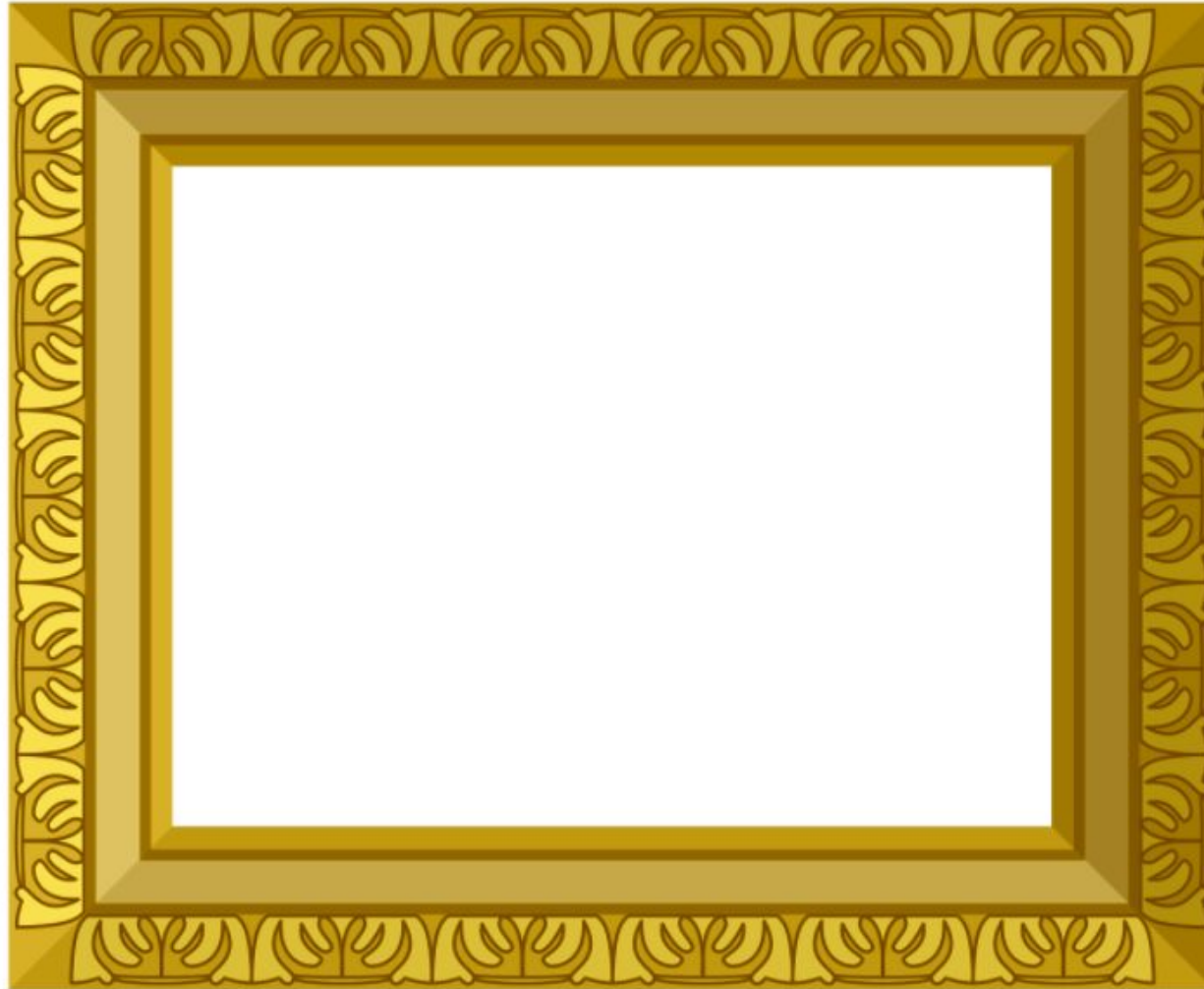
How are the families showing each other that they care?

Why is this important?



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

Draw a picture of the people in your family and write a sentence to explain why they are important to you.



These people are important to me because...



## **4) Our Policy**

**Using government guidance**

# Woodlands Academy policy

## [Our RGU policy](#)

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

RGU lessons will be taught this half term.

## **Parent workshop**

Tuesday 6th June 2023  
3:15- 3:45

A chance to come to look through the resources and ask any questions.

Lessons will be taught in Summer 2 term.