

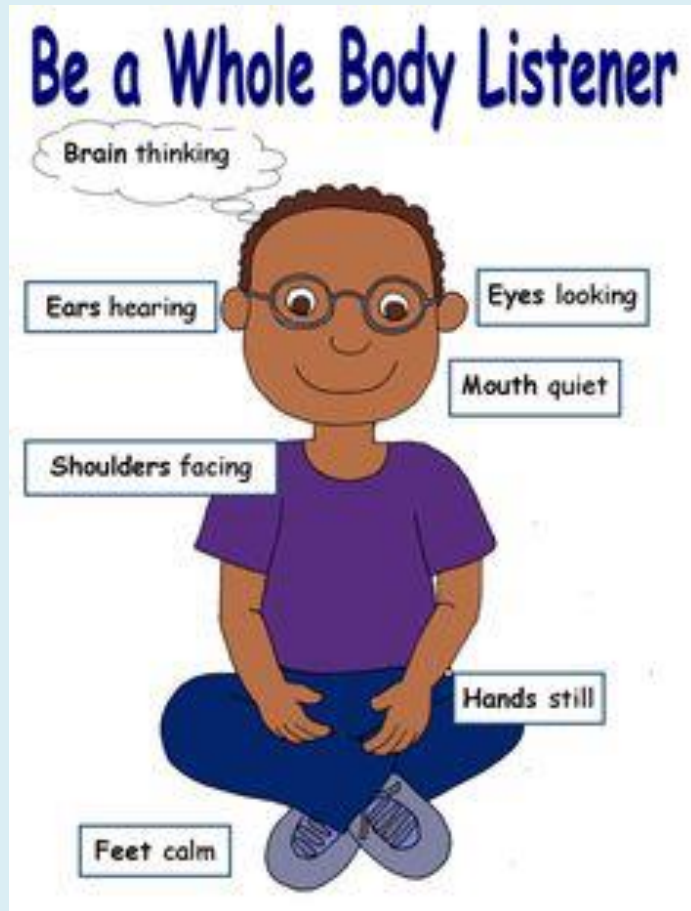
Lesson 1

- PSHE
- Relationships and Sex Education
- 3 Lessons

• **Year 1**



GROUND RULES



- How can we make sure we feel safe and valued in these lessons?

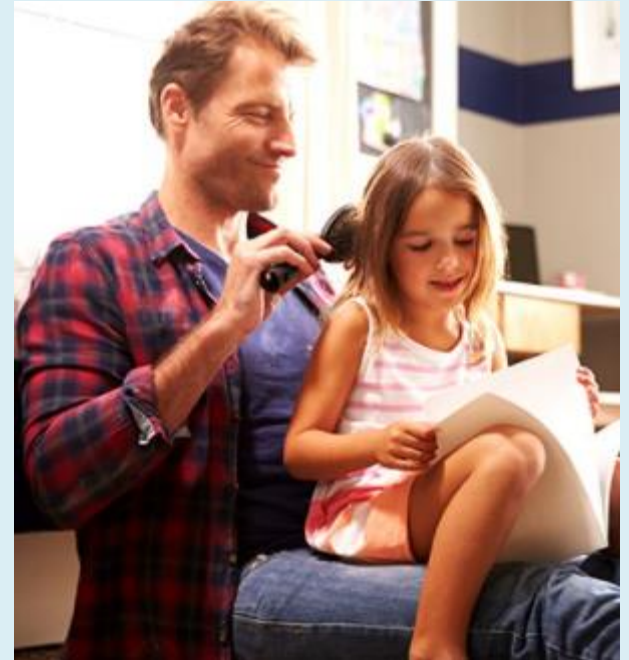


- **Who is in a family?**
- **What is a family?**



There are all kinds of family!

Can you describe these families?



How many family names can we think of?

Uncle

Step-dad

Nana

Sister

Foster mum

Nephew



Niece

Girlfriend

Twin

Grandad

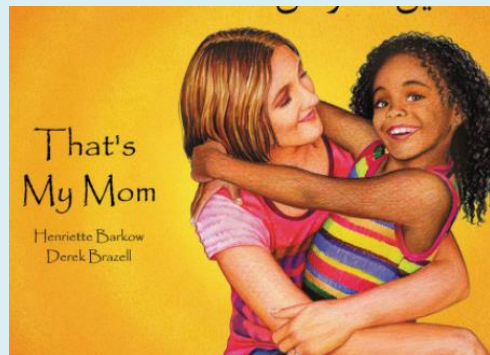
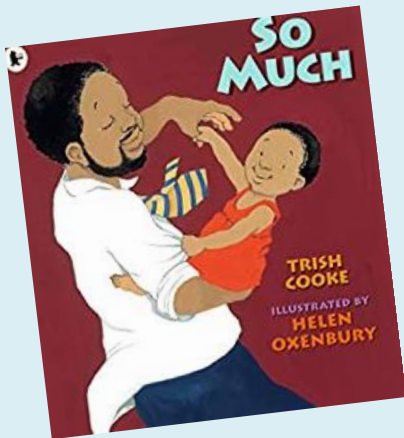
Partner

Step-
brother

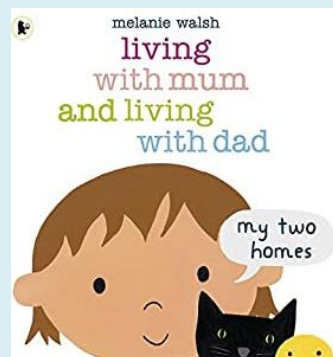
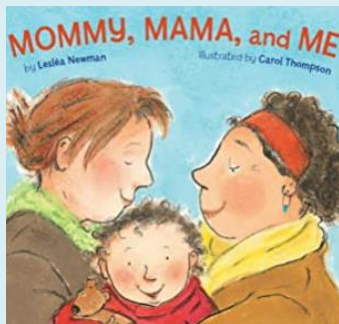
baby

All Equal, All Different

Some families look the same as each other, some look different.



Some families all live in the same home and some live in different homes.



All Equal, All Different

In some families the grown ups may be married and in some families they may not be.



Let's read "Picnic in the Park"
**Listen carefully to see if any of
the families are like your family.**





Who is in your family?

Daddy

Brother

2

Mummies

Me

Step
Mum

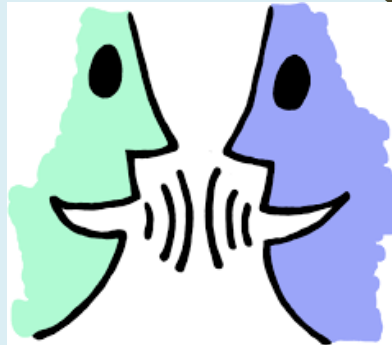
Foster
Dad

2

Daddies

Sister

Granny



Can you use playdough or plasticine to make your family?



**Can you find a partner who
has a different family?**



**Describe your partner's
family to the class.**

Changes

Often families change over time.

What different changes might happen to a family?



Two families join together

A family member leaves home



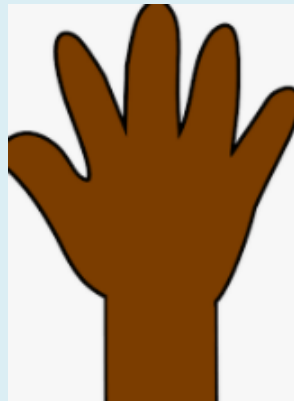
A family member dies



A new baby

Sometimes these changes are exciting and sometimes these changes are difficult, but it usually gets better as people get used to the changes.

If you have a question or are worried about anything after this lesson, speak to a grown up.



Who is on your helping hand?



“We can talk with someone about anything, even if it feels awful or small”

Watch the Totems Family song.

(up 1min 50s)

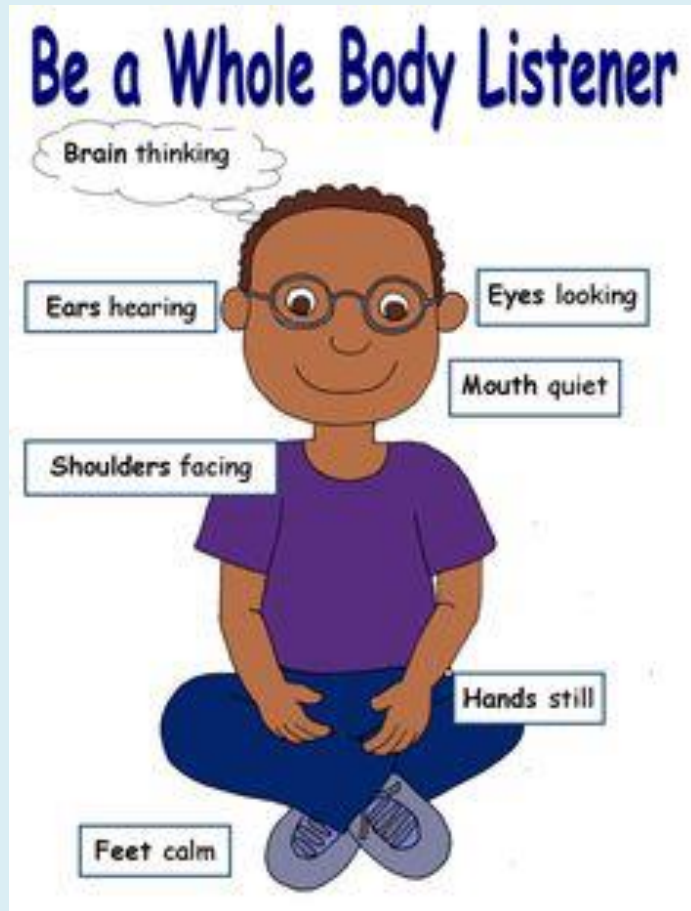


Lesson 2

How do babies grow and change into children?



GROUND RULES



- How can we make sure we feel safe and valued in these lessons?



What could you do when you were a baby?
What could you do when you were a toddler?
What can you do now?
How has your body changed?



Watch Charlie and Lola

“I want to be much more bigger like you”



<https://www.youtube.com/watch?v=d015CWr02Pc>

What does Lola need to help her body to grow?

Our bodies need:

Healthy food



Water



Rest



Exercise



What does Lola need to help her mind to grow?

We need:

Love



Care



Learning



Play



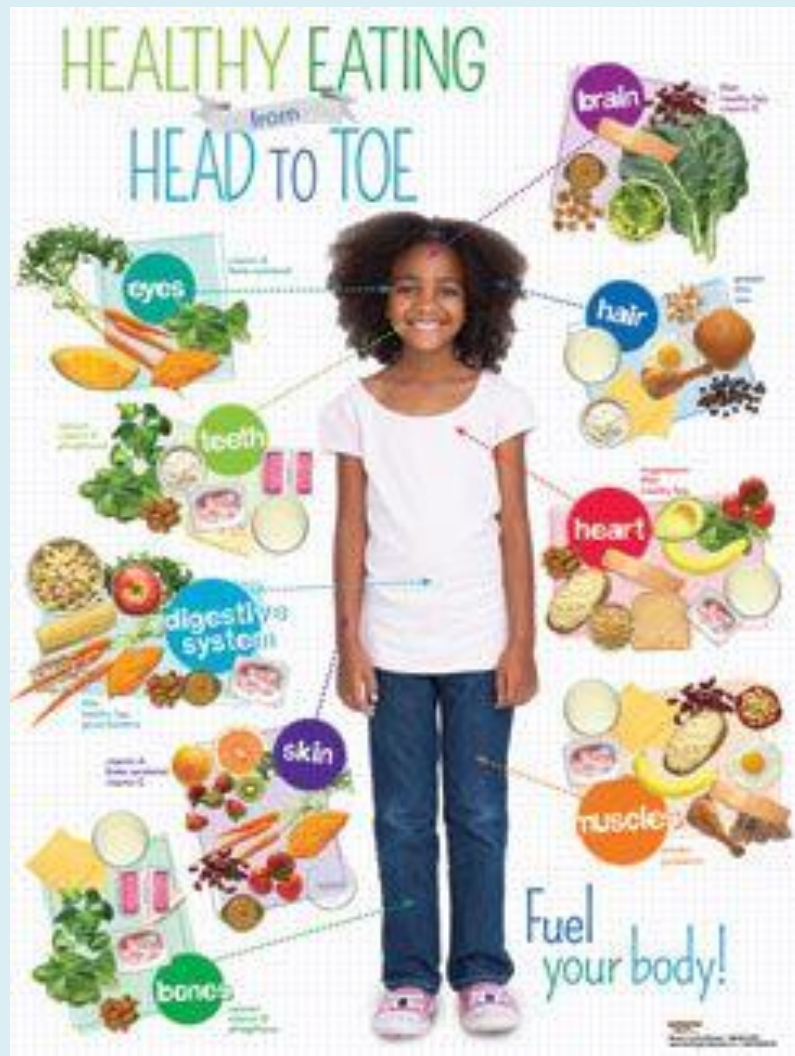
Family



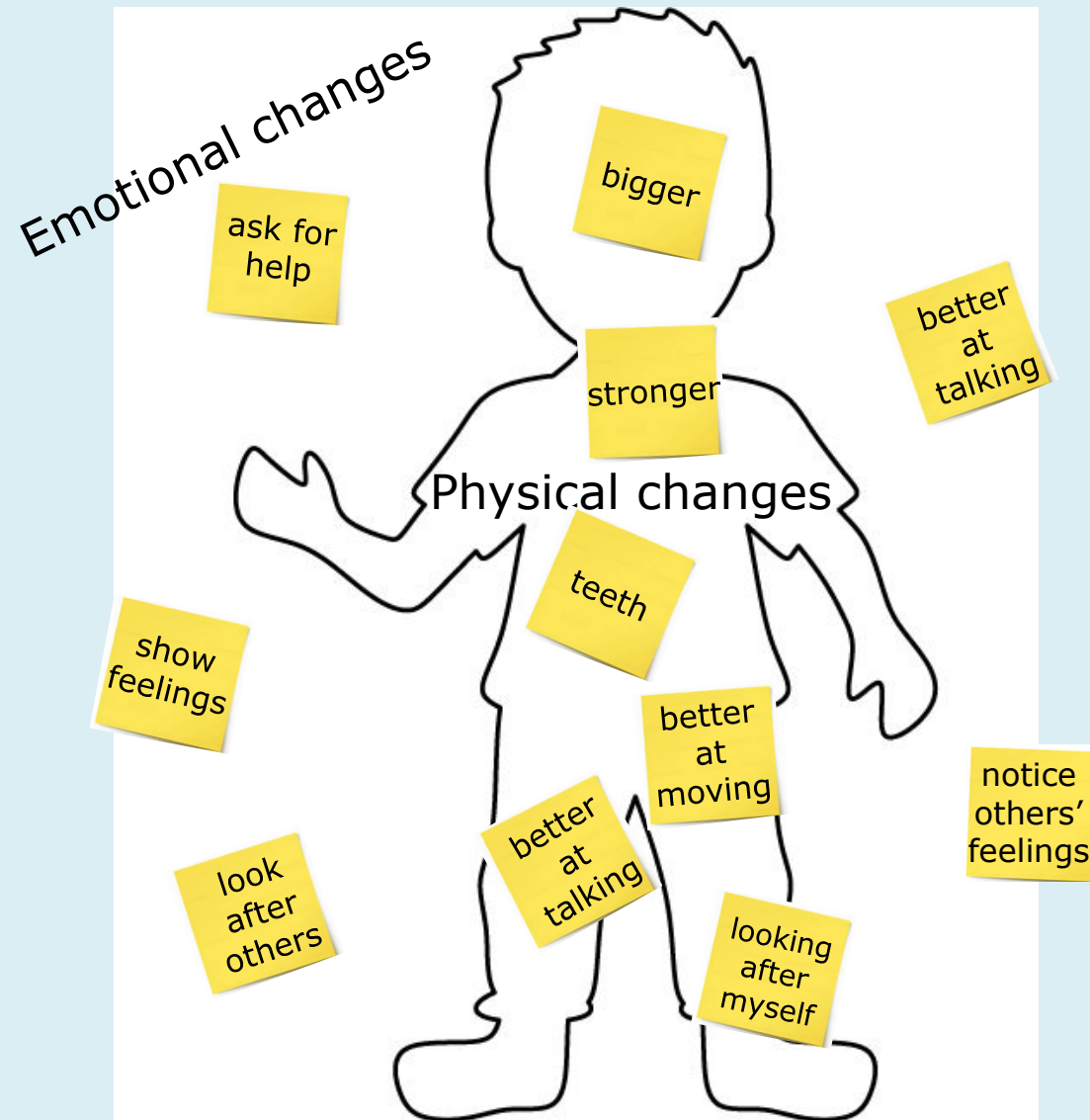
Friendship



It is important to keep our body and our minds healthy!



What's changed now we are older?





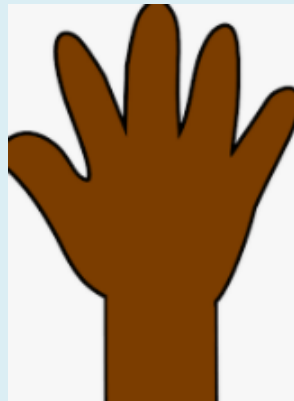
**How do you think you will
have grown and changed in
1 year? By Y6?**



Let's see the changes from baby to child...



If you have a question or are worried about anything after this lesson, speak to a grown up.



Who is on your helping hand?



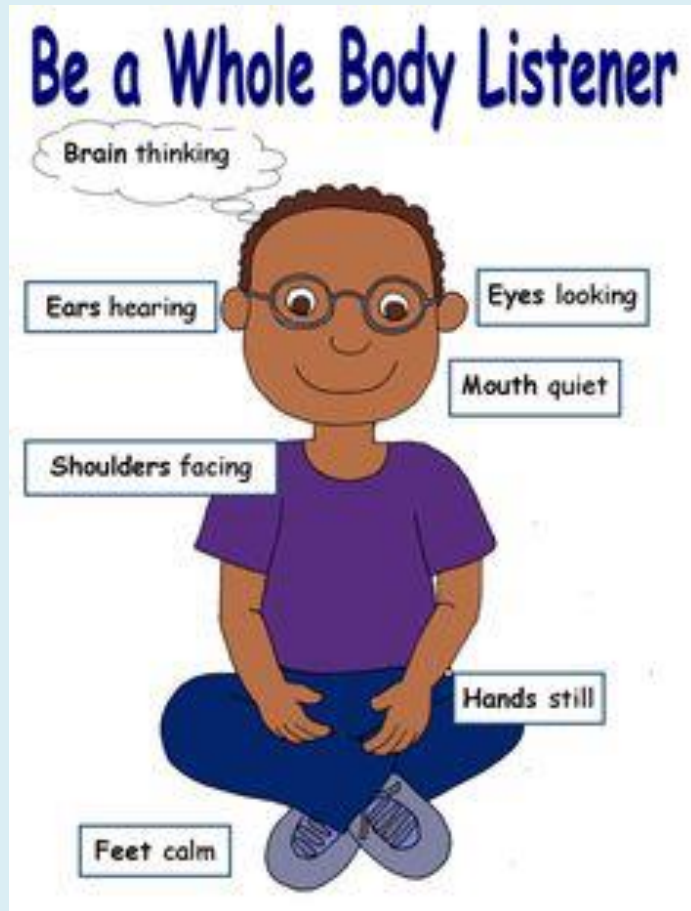
“We can talk with someone about anything, even if it feels awful or small”

Lesson 3

Can you name and label all body parts including the private and personal parts of the body?



GROUND RULES



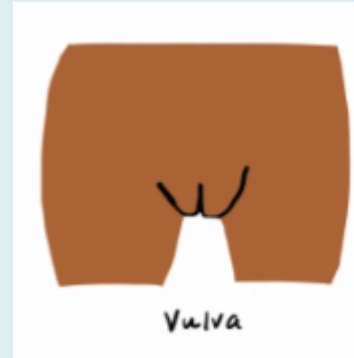
- How can we make sure we feel safe and valued in these lessons?

**Watch the NSPCC film clip
of children talking about
their fun family names for
personal and private body parts...**

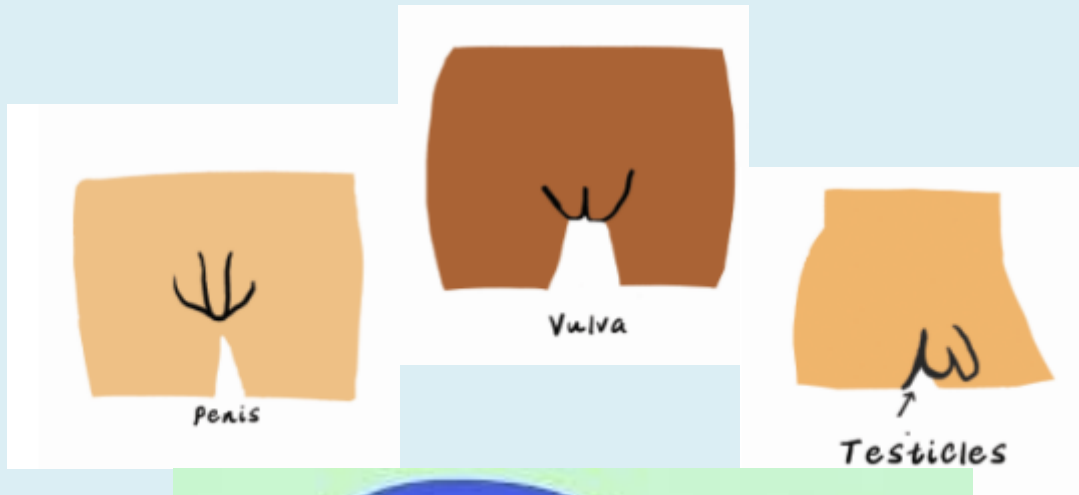


<https://www.youtube.com/watch?v=itj5Z0BhNS4>

We may all have *different* family names for personal private parts, so it is important we all know the **scientific** words for these parts of the body too!

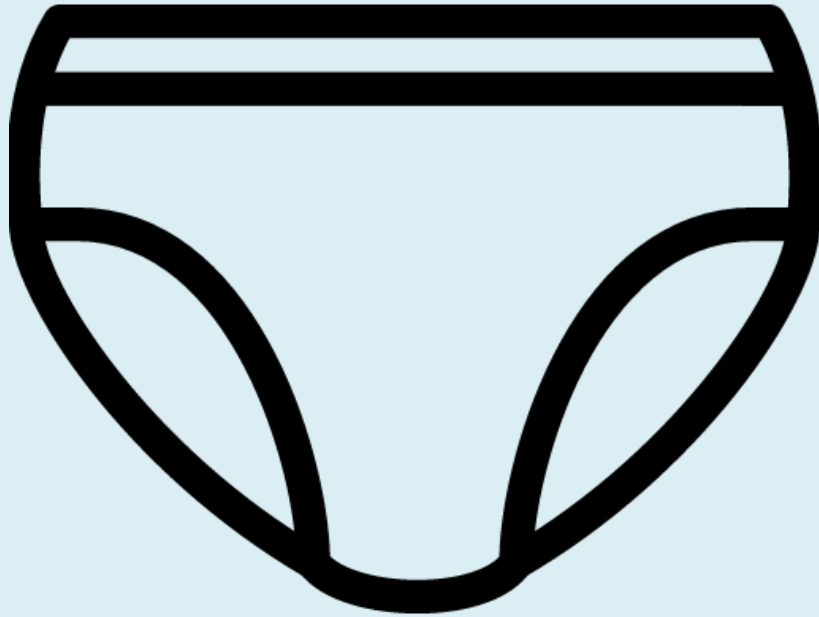


If you are hurt or worried people will listen if you use the **scientific** words for your personal private parts.

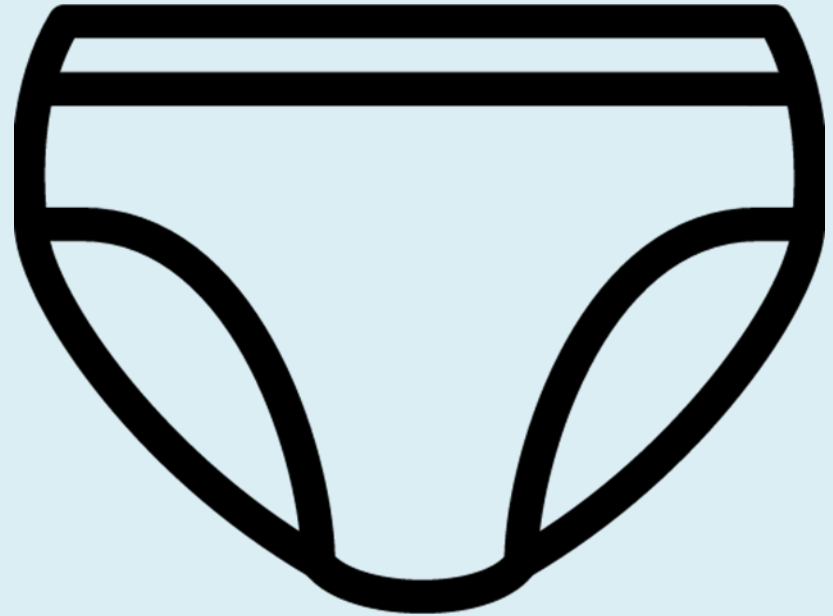


Sort the body part labels...

**Which body parts
usually stay in
most girls' pants?**

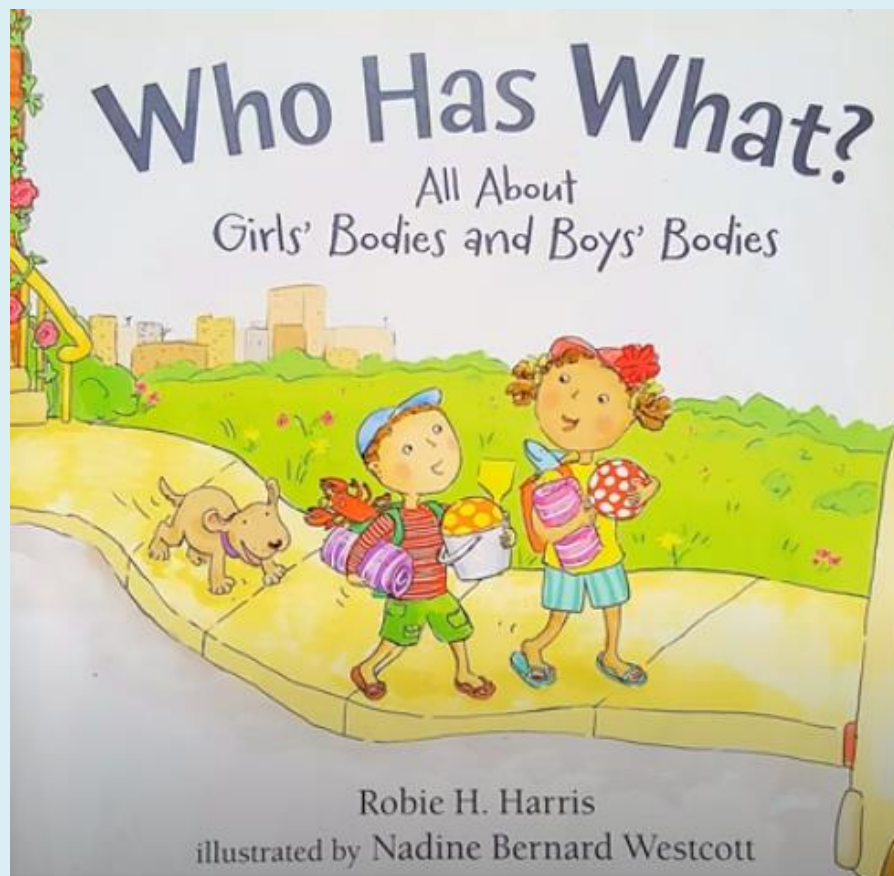


**Which body parts
usually stay in
most boys' pants?**



Which body parts are not personal and private?

Read this story about the differences between most girls and most boys bodies.



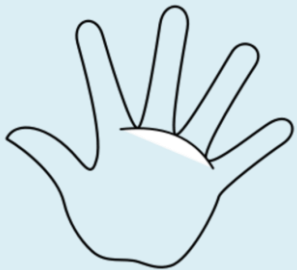
Our bodies belong to us and no one should touch us on our bodies if we don't want them too!



**Singalong with the NSPCC
'Pantosaurus' dinosaurs!**

**Remember...
it is not ok for
anyone to touch us
anywhere on our
bodies without
permission.**

**If you are worried about
anything after this
lesson, speak to a grown
up.**



**Who is on your helping
hand?**



**“We can talk with
someone about
anything, even if it
feels awful or small”**