



Relationship Education Curriculum

Dear Parents and Carers,

During the Spring Term, **Year 1** will be learning about **Growing and Changing** as part of the statutory Relationship Education curriculum (See our Relationship Education policy on the school website). This lesson will be taught within PSHE in the context of other learning about similarities and differences. Within this lesson, children will name main parts of the body. It is important for younger pupils to know how to name their body parts correctly as this contributes to their own safeguarding – helping them to take care of their bodies and keep themselves safe. Pupils may have been using a variety of different words to name male and female genitalia, but this lesson directly teaches the correct terminology of vagina and penis. We will refer to these parts of the body as 'private parts' and within the lesson children will be shown the NSPCC underwear rule video 'The Pantosaurus Song' <https://www.youtube.com/watch?v=LnroTxz7USI>

We have been careful to choose language in the lesson plan that is inclusive, age appropriate and acknowledges that when babies are born the midwife or doctor will usually say they are either a boy (male) or girl (female) based on their genitalia (private parts). The following is a list of key words that will be used within the lesson: same, different, male, female, boy, girl, body, born, private parts, penis and vagina.

Our Relationships Education policy states that we aim to: "Nurture a partnership between caring adults - governors, teachers, non-teaching staff and parents - to ensure sensitive support for children as they grow and mature." **In subsequent years**, the key words introduced in Year 1, will continue to be used, as appropriate. It is important that children are aware of changes before they happen and to have access to factual information, rather than potentially getting misinformation from peers or social media. With that in mind, some girls start to menstruate (have their period) as early as the age of 8 or 9, some at 11 or 12 years of age, others start as late as 15, but that's all perfectly normal. Therefore, **in Year 4**, in the second part of the Spring Term, we will be teaching Year 4 pupils, in age appropriate terms, about periods. We will include a recap on scientific, anatomical terms; penis and vagina and show the NSPCC video, "The Pantosaurus Song" mentioned above to reinforce ways for children to keep themselves safe. This is in addition to new key words, including, though not exclusive to: moods, periods, sanitary protection, period poverty and period shaming.

International charity, ActionAid, commissioned a, "YouGov poll, (which) explored women's feelings about their menstruation and the stigma... The research also exposes the adverse emotions women still experience from an early age. Nearly half (46%) of UK women said they felt embarrassed the first time they got their period, 35% said they felt scared and 24% felt confused". <https://www.actionaid.org.uk/latest-news/more-one-three-uk-women-face-period-stigma>. We will also talk about the importance of personal hygiene. By talking to all Year 4 children, we aim to reduce embarrassment, fear and confusion which surrounds these naturally occurring changes.

By informing you, as parents and carers, of the forthcoming lessons it is hoped that families may be prepared for potential discussions and questions.

Thank you for your continued support.

Mrs Di-Folco
PSHE Lead

&

Mrs Watts
Safeguarding Lead