Lesson 1

- PSHE
- Relationships and Sex Education
- 3 Lessons

Year 1
• I know that there are all sorts of families.
How can we make sure we feel safe and valued in these lessons?
Who is in your family?

- Daddy
- Brother
- 2 Mummies
- Foster Dad
- Foster Mum
- Granny
- Me
- 2 Daddies
- Sister
- 2 Daddies
Read “Picnic in the Park”
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.
All Equal, All Different
In some families the grown ups may be married and in some families they may not be.
Changes

Often families change over time. What different changes might happen to a family?

- A family member leaves home
- Two families join together
- A new baby
- A family member dies

Sometimes these changes are difficult but it usually gets better as people get used to them.
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 to 2 minutes 23 seconds)

https://www.youtube.com/watch?v=FtoA4Q2uOXw
Lesson 2

• I can tell you how babies grow and change into children.
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
What’s changed now we are older?

Physical changes
- bigger
- stronger
- teeth
- better at moving
- notice others’ feelings
- looking after myself
- better at talking
- look after others

Emotional changes
- ask for help
- show feelings
- better at talking
Watch and sing along with the Growing Up song...

https://www.youtube.com/watch?v=F5DVGXBosIA
Lesson 3

• I can name and label all of my body parts including the private and personal parts of my body.
• 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
If you would like to, tell your partner about the words you use in your family to name the personal and private parts of your body.
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 “Amazing You!”

Amazing You!

GETTING SMART ABOUT YOUR PRIVATE PARTS

by Dr. Gail Saltz
illustrated by Lynne Cravath

A First Guide to Body Awareness for Preschoolers
Watch the NSPCC ‘Pantasaurus’ film...

https://www.youtube.com/watch?v=-IL07JOGU5o

Remember... it is not ok for anyone to touch us anywhere on our bodies without permission.
Who is on your helping hand?

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