



May 2021

Early Years Sex and Relationships Education

Dear Parent/Carer,

During the coming weeks we will be working on **'Growing and Changing'**. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our **'Growing and Changing'** topic covers some elements of Science and some Personal Social and Emotional Development (PSED)

Your children will be engaging with the following questions as part of this work:

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?
- How can I be a good friend?
- Can I recognise and show my emotions?

One aspect that we will cover during our discussion about our bodies will be **names used for body parts**. This aspect of the unit will obviously be handled sensitively as the children will have a range of words with which they are familiar. The following language may be used as appropriate for the class:

Key areas of learning	Feelings/relationships	Body parts and processes		Other
External body parts	Range of feelings words e.g. happy, pleased, calm, sad baby child girl boy	size shape Range of simple external body parts e.g. hands, head, teeth	penis testicles vulva vagina bottom	Range of action words e.g. run, jump growing up germs

Do contact your child's class teacher if you have any questions.

