

Welcome to the RSE talk- March 2025

Please read these points to consider while you wait

In the next 10 years our children may possibly....

Go to their first sleepover

Cross the road alone

Be offered a vape/ cigarette

Walk to school alone

Take a sip of an alcoholic drink

Go into town on their own

Have their own money

Make new friends

Start a new school

Be bullied or be a bystander to bullying

Be asked to do something they feel uncomfortable about

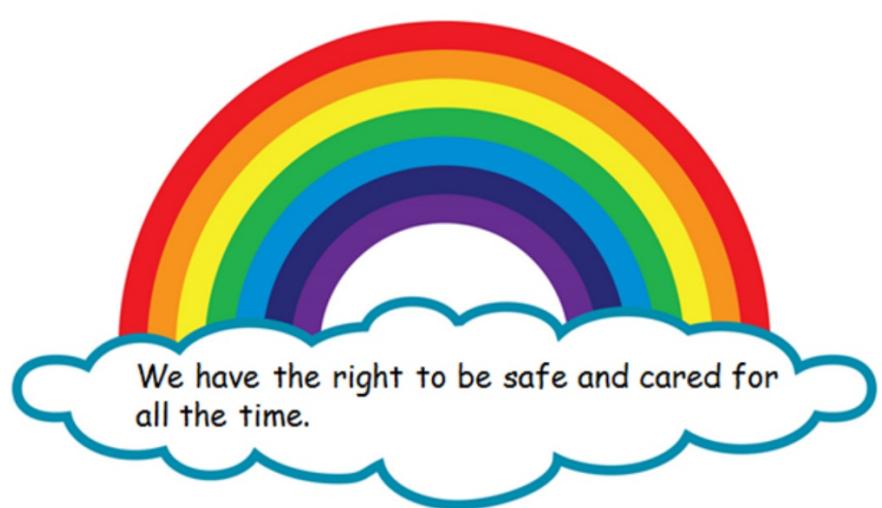
Experience puberty

Watch or read an advert which portrays gender specific ideas



In the first half of the summer term, we will be teaching a Personal Safety Programme called, 'Feeling Good, Feeling Safe'.

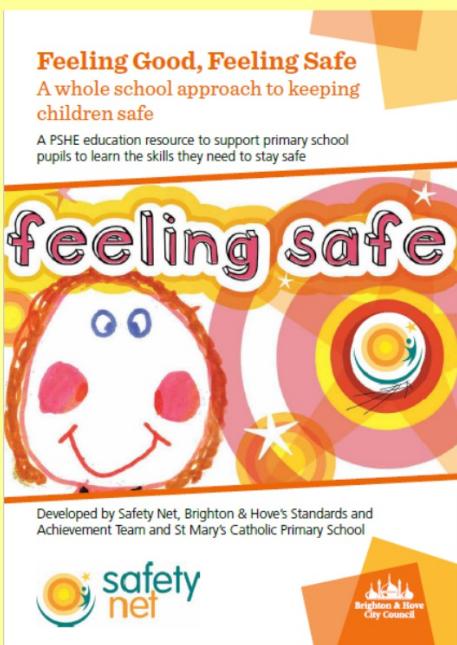
The programme is a practical approach to personal safety which teaches children how to recognise when they are not feeling safe and provides skills and tools to help them to take action and get help when they need it.



GROUND RULES

- Take turns to speak
- Listen respectfully
- No put downs- don't laugh at others
- Think about what you share
- Use scientific vocabulary for body parts
- Everyone has the right to pass





Whole school approach

- Feelings and feeling safe
- Feeling unsafe and early warning signs
- Body awareness and secrets
- Trusted adults

Feelings and feeling safe



Who is feeling safe?
How can we tell?

Feeling unsafe and early warning signs

Photo card Activity



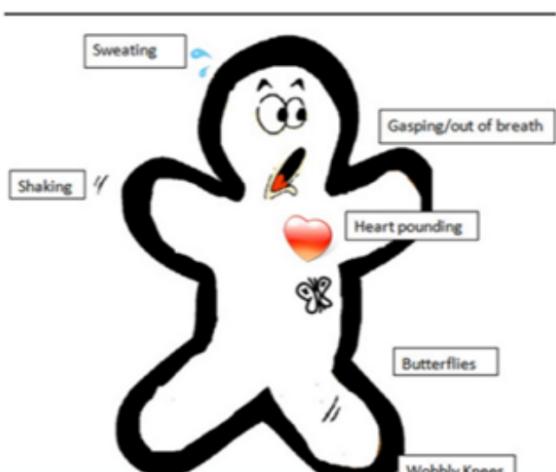
Yes

With help

No



What do we call the feelings in our body
that we get when we feel scared?



Choice



Control



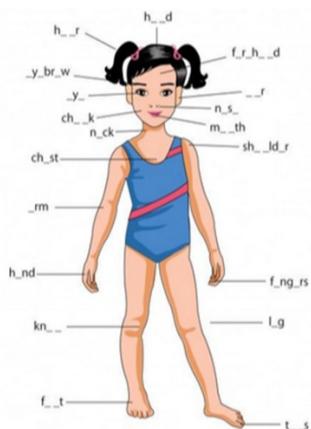
Time Limit



How can these three things help make something 'Fun to feel Scared' and not scary?

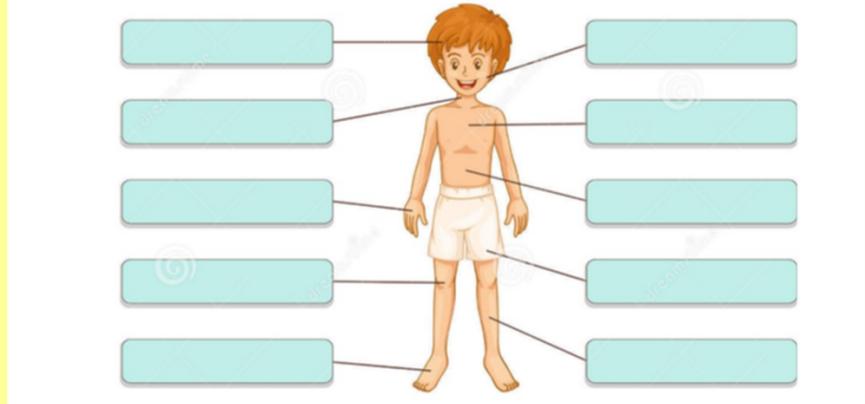


Body awareness



What other body parts
can we think of?

What about the parts
under the swimsuits?



Can we label the bodies?

What are the differences?



We teach the children scientific names because it gives them ownership of the bodies.



* Reception will be using the words penis, vulva, vagina and bottom to identify private body parts.

In addition to these words, Year 1 and 2 will be using the words anus, testicles and nipples.

Scenarios Y2 discuss

Is it OK to hug people?

If a child had an accident and had hurt their penis or vulva, would it be OK for their family grown up to take them to the doctor to have a look?

Is it OK to touch other people's hair?

Is it ok for a child to show their personal & private parts to others in the playground at school?

If a child can go to the toilet by themselves, would it be OK for a grown up to say they need to come and help them?

Plenary:

Our bodies belong to us!



What could someone do if they were at school and were being touched in a way that they didn't like?



***New for 2025*- children will take part in the NSPCC 'speak out stay safe' assembly and carpet sessions on this topic**



Speak out Stay safe is a safeguarding programme for children aged 5- to 11-years-old. It is available to all primary schools in the UK and Channel Islands. It helps children understand:

- abuse in all its forms and how to recognise the signs of abuse
- that abuse is never a child's fault and they have the right to be safe
- where to get help and the sources of help available to them, including our [Childline service](#).

NSPCC



Speak out. Stay safe.

Lets watch a part of the assembly video



2.34-6.54

My name: _____

My safe adults are...

Draw or write
your safe adults
from in school and
outside school



I know a child has the right to be kept safe
I know who to talk to if I need help

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Know the Childline number and recognise the Childline website

NSPCC

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EVERY CHILDHOOD IS WORTH FIGHTING FOR

The children will make a group poster and identify their safe adults...

In the second half of the summer term, all year groups will be having lessons on Relationships **and Sex Education**. (By law, every school has to teach relationship and sex education.)

As we are in Infant School, our lessons do not teach specifically about sex and puberty. This will be taught in Key Stage 2 when the children move to Junior School.

The lessons we teach are based on relationship education with the themes of:

- friendship skills
- self-care
- naming parts of the body including private parts
- growing body confidence
- what makes a family

Relationship and Sex Education: key themes



Reception and Key Stage 1

- Self care
- Skills to grow and change safely
- Friendship skills
- Naming the personal and private parts of the body
- Growing body confidence
- What makes a family?
- Family diversity



Key Stage 2

- Family diversity
- Skills to grow and change safely
- Coping with embarrassment
- Growing body confidence
- Puberty
- Managing feelings about growing up
- Hygiene
- How do human babies start



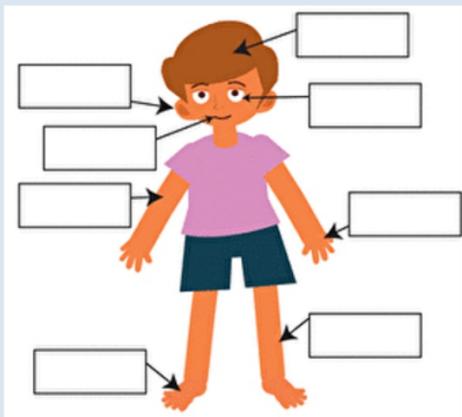
The key learning questions and topics for each year group are shown in the grid below.

| Year group | | | | | | |
|------------|--|--|--|-----------------------|--|----------------------------------|
| R | What can we do to look after our bodies? Can you label all the parts of our bodies including personal and private parts*? | | What do we need to grow up healthy? Why do we need friends? | | How can we look after ourselves at school? <u>Who</u> can we talk to if we feel worried, upset or scared? | |
| 1 | Families | How do babies grow and change into children? | Body parts including private parts* | My body belongs to me | Friendships | Resolving conflicts with friends |
| 2 | Friendships | Feelings and Changes | Uncomfortable feelings | What makes us unique? | Body parts including private parts* | Treating others with respect |

* Reception will be using the words *penis*, *vulva*, *vagina* and *bottom* to identify private body parts.

In addition to these words, Year 1 and 2 will be using the words *anus*, *testicles* and *nipples*.

R - Lesson 1 - Can you name all the parts of your body, including the personal and private parts of your body?



We also need special people in our lives to help us grow a happy, healthy mind.

We need people to...



R – Lesson 3

Growing and changing

**What are we learning to do all
by ourselves at school?**



Yr 1 – Lesson 1 What makes a family?



Our bodies need:

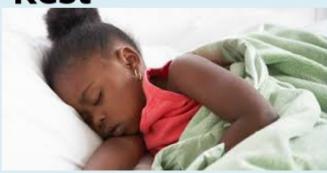
Healthy food



Water



Rest



Exercise



Lesson 2 -
**What do our bodies
and minds need to grow?**

Our minds need:

Love



Care



Learning



Play



Family

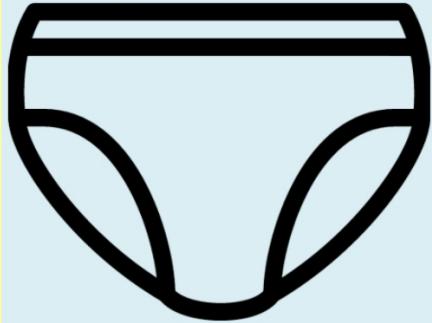


Friendship

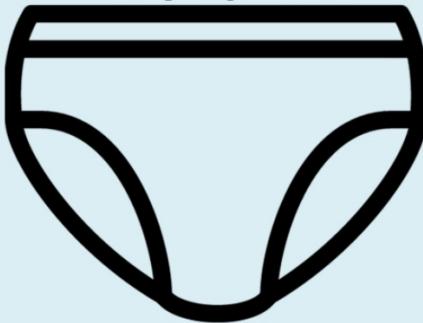


Sort the body part labels...

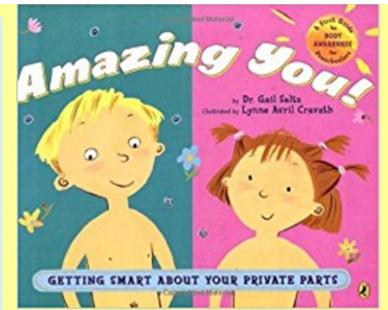
Which body parts
usually stay in
girls' pants?



Which body parts
usually stay in
boys' pants?



Which body parts are not personal and private?



Who can we talk to at home and at school if we don't feel safe and cared for?

**Who is on
your helping
hand?**



Don't forget Buddy!

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



Trusted adults

Y2

Do bodies come in all shapes and sizes?

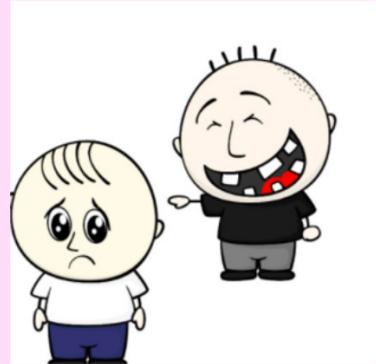
Why is it wrong to tease someone about how they look?

All bodies are different! All bodies are brilliant!



**What can our brilliant bodies do?
Let's make a list.**

Sometimes people say mean things about how other people look.



How might this make someone feel?



What could we say to make them feel better?



If this mean behaviour keeps happening , this is bullying behaviour and you need to tell a grown up.

Year 2

What is a healthy relationship?
When does friendship feel good?

**How do you know when someone
is a good friend?**

**How do you know when someone
is not being a good friend?**



Friendships have ups and downs.



We have days where we get on and days when we fall out. This is normal.

**What can you do if you feel
that you
are not in a healthy friendship?
Who can you ask for help?**

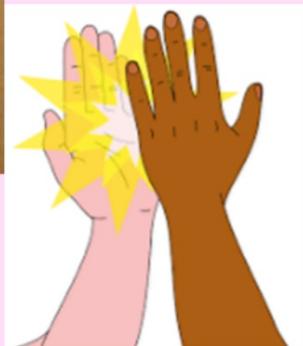


Y2: Lesson 3

I can tell you why my friends are important to me.
I know how to challenge gender stereotypes.

What five words or phrases would you use to describe friendship?

- *Fun*
- *Caring*
- *Sticks by you-
loyal*
- *Kind*
- *Interesting*
- *Like the same
things*
- *Asks you to play*



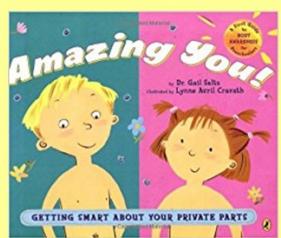
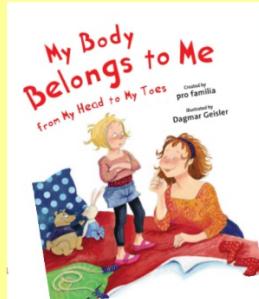
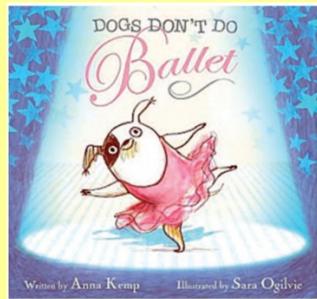
Boy or Girl?

Friendship
High
Fives



- On your friendship Hi Five , did you write ' boy ' or ' girl '?
- Does it matter?





Bookfinder

Looking for your child's next favourite read? You've come to the right place.

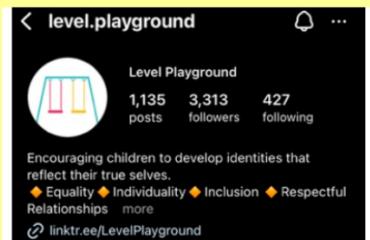
Our Bookfinder will help you discover the very best kids' books: magical mysteries, astonishing adventures and fantastic facts. Simply choose an age range, pick as many themes as you want to search through thousands of book reviews, and get reading. Enjoy!

Find children's books for every age...

Step 1: Choose an age/stage



Find on instagram for great parenting tips of how to talk to young children about body safety.



Great book lists

and finally.... we all sing this catchy song!!





Statutory guidance states: The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

Any questions? Or feel free to email myself and Sarah at
head@thegattons.co.uk handerson@thegattons.co.uk