

# Welcome to the RSE talk- March 2025

Please read these points to consider while you wait

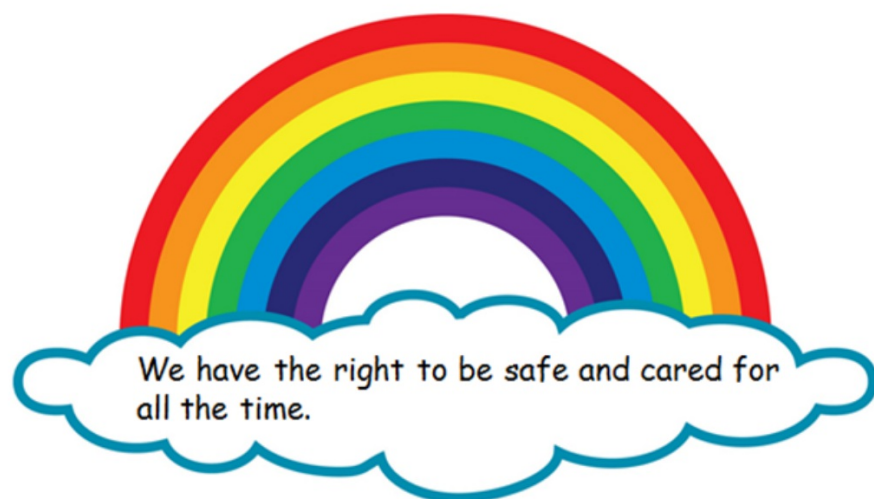
In the next 10 years our children may possibly....

- 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.

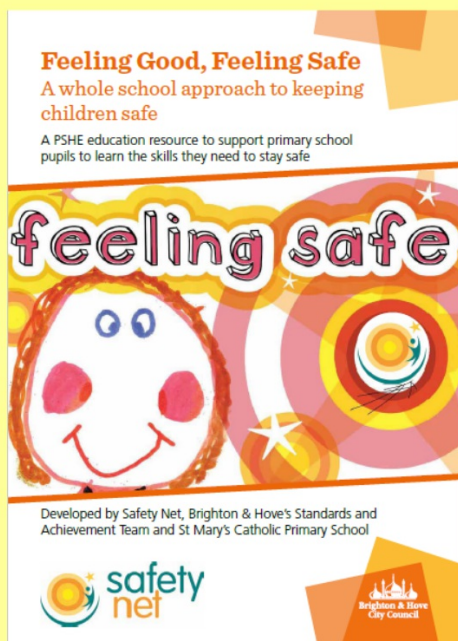


## GROUND RULES

- 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



Feeling unsafe and early warning signs

## Photo card Activity



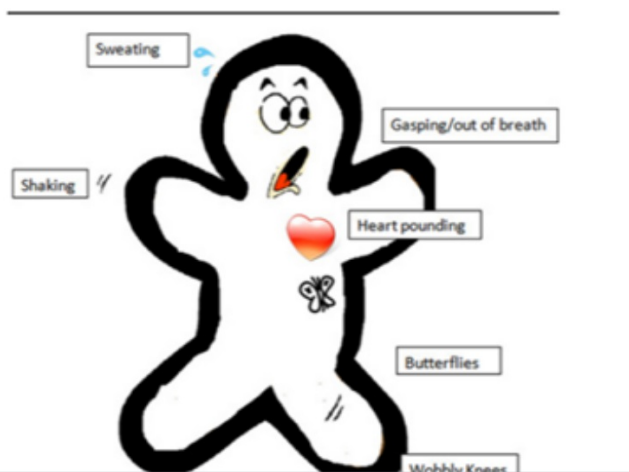
Yes

With help

No



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



Choice



Control

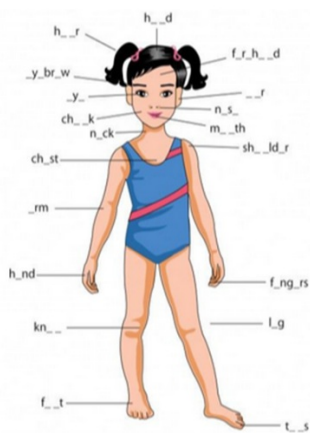


Time Limit



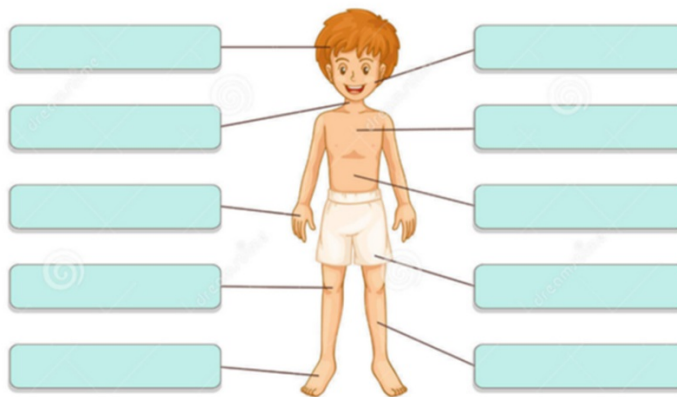
How can these three things help make something 'Fun to feel Scared' and not scary?

## 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?



bottom

penis

vulva

vagina



nipples

anus

testicles

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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Speak out.  
Stay safe.

0800 1111  
[childline.org.uk/buddy](https://childline.org.uk/buddy)

I 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.

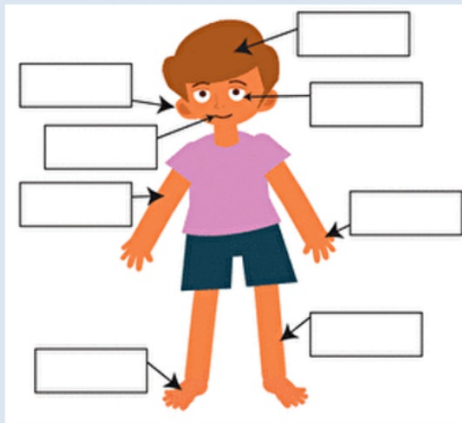
Year group						
R	What can we do to look after our bodies? Can you label all the parts of our bodies including personal and private parts*?		What do we need to grow up healthy? Why do we need friends?		How can we look after ourselves at school? <u>Who</u> can we talk to if we feel worried, upset or 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...**



*hug*



*laugh with*



*chat to*



*play with*



## **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**

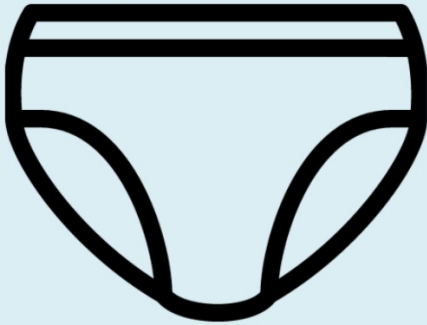


**Friendship**

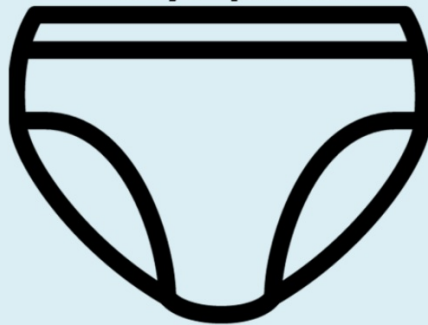


## Sort the body part labels...

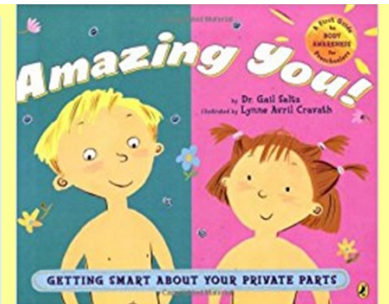
Which body parts  
usually stay in  
girls' pants?



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?

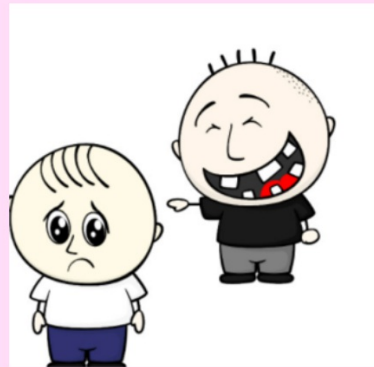
Why is it wrong to tease someone about how they look?

**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*

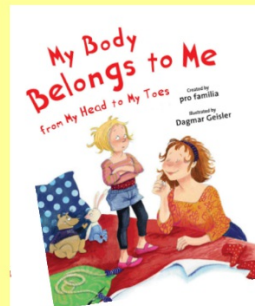
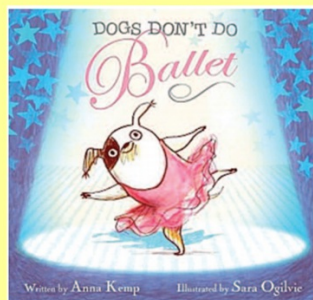


# Boy or Girl?



- 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



0-1 year



2-3 years



4-5 years



6-8 years



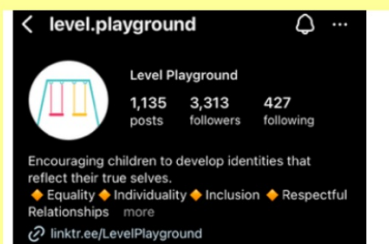
9-11 years



12+



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](mailto:head@thegattons.co.uk)      [handerson@thegattons.co.uk](mailto:handerson@thegattons.co.uk)