

RSHE Growing and Changing Lesson Overview

Linthwaite Clough School

Year 1 and 2

Lesson Title

Context

Inside my wonderful body

Discussion about organs in our body and their placement and what they do.

Surprises and Secrets

Discussion about the difference between a secret and a surprise and how some secrets can be harmful.

Then and Now

What changes have happened to you since you were a baby? How do you look different to when you were a baby? What are the things you can do now that you couldn't do when you were younger? What are the things you are still learning to do? As well as our bodies changing, the things we can do also change.

Keeping Privates Private

Who helps you with the things that you are learning to do? What are the main differences between when you were a baby and now? [Draw out that they are able to use a toilet now, rather than nappies.] Who wiped them clean after the toilet then and who does it now? [Hopefully they should answer that they now do it.] What are the words that we give to the parts of our body that we need to wipe/pat? Is it the same for boys and girls? [The children may give you a range of words, here.] Discussion about why they think we use the words 'private parts'.

NB. The statutory requirement is for us to refer to external genitalia by their correct scientific names. Therefore, we will be using the following terms - penis and vulva. These are the names we would use if we had to talk to a Doctor or someone else we trust about our private parts, if we needed to, e.g. if they were sore. The children may refer to these parts with names used at home. These are perfectly fine and we will not be discouraging them to continue to use them.