

Dear Parents and Carers,

This half term, as part of the school's Personal, Social, Health and Economic education, Year 1 and 2 pupils will be studying a unit called Changing Me. In this unit of work, pupils learn:

- about life cycles, including of humans
- the changes that have happened to them since they were babies
- that it is OK that our bodies change as we grow other
- that girls and boys bodies are different and some of the ways that they are different.
- to understand that there are different types of touch and how to say what you do and don't like.
- that changes are normal and what to do if they feel worried about a change.

This unit ensures that Birklands Primary School follows the new statutory "Relationship and Sex Education" where children are taught at an age-appropriate level.

In years 1 and 2 children learn the proper names for some body parts. They learn that we all have some body parts the same, such as feet, eyes, and bottoms. They also learn the vocabulary for some gender-specific body parts. These are:

Boys – penis

Girls – vagina

When discussing these body parts we acknowledge that we might feel embarrassed and explain that this is because these are our private parts. We explain that although it is important to know the names of these body parts, these are not words to be used in everyday conversations. We will talk about when it is appropriate to use these terms, and why our private parts are kept private. We discuss that they may have "family names" for these body parts which are used at home, but that it is important to know the proper names and that at school we will use the proper names.

Following on from this lesson your child may wish to discuss this with you which is completely normal and to be encouraged.

The body parts lessons in Key Stage 1 will be on the following days:

Jay class: Friday 3rd February

Magpie class: Thursday 9th February

Dove class: Wednesday 8th February

Please be assured that this lesson will be handled with sensitivity. If you have any questions please ask to see your child's class teacher and we will be happy to discuss it with you.

Kind regards,

Miss Marsh, Mrs Norman and Mrs Lewis