

# RSHE Growing and Changing Lesson Overview

## Linthwaite Clough School

### Year 3 and 4

#### Lesson Title

#### Context

Let's celebrate our differences	Recognising factors that make people similar to and different to each other. Understanding that repeated name calling is a form of bullying. Learn strategies for dealing with name calling including talking to a trusted adult.
Basic First Aid	Teaches the basic concepts of first-aid including dealing with common injuries and how to make a call to the emergency services.
Relationship Tree	Teaches children the different types of relationships and how to recognise a positive healthy relationship.
Body Space	Teaches children to understand personal space, to identify when it's appropriate or inappropriate to allow someone into their body space and to be assertive when they feel uncomfortable.
Secret or surprise	Defines the terms 'secret' and 'surprise' and to know the difference between a safe and unsafe secret. To have the tools to ask for help if a secret makes them feel uncomfortable or safe.
My body, your body	<p>Identify which parts of the human body are private; Briefly explain that a person's genitals help them to make babies when they are grown up; Understand that humans mostly have the same body parts but that they can look different from person to person.</p> <p>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, testicles 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.</p>