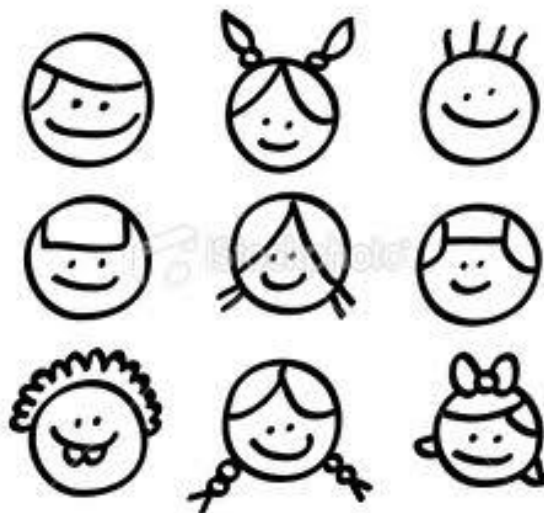


**Personal, Social, Health and Economic
Education (PSHCE Ed)**



**A Parent's guide to
Relationship, Sex & Health
Education (RHSE)**



Class: 3 (Years 3 & 4)

What will my child cover in RSHE lessons?

Key Stage 2 (Lower)

During the RSHE lessons you can expect your child to learn about the following:

- **Main body parts and their functions**
 - internal organs- heart / liver etc.
 - external body parts- arm, leg, nipple, penis, vagina
- **Human life cycle**
 - baby – toddler – child – teenager – adult – elderly - death
 - recognising their own life journey and achievements so far
 - looking forwards to where the life journey might take them in the future e.g. learning to drive, getting a job etc.
- **Puberty changes**
 - Physical:** grow taller, get a deeper voice, develop breasts, get spots, grow hair on face / legs / under arms.
 - Menstruation may be covered at this age if it is appropriate to pupils in the class.*
 - Emotional:** mood swings, feeling happy / upset
- **Families, friends and roles**
 - What is a family?
 - How can families differ?
 - What is special about my family?
 - Who are my friends?
 - What makes a good friend?
 - Family trees
- **The development of a baby**
 - What do babies need to grow healthily (both pre and post birth).
 - What can babies do?
 - My own baby milestones e.g. first tooth, crawling / walking etc.
- **Keeping safe**
 - How to keep safe e.g. water safety / road safety / stranger danger / e-safety
 - The importance of washing hands and keeping clean
 - What are germs and how do they spread?
 - NSPCC 'PANTS' rule:
our body belongs to us we can tell a safe adult if we feel upset or worried

Activity Samples

This page contains a sample of the worksheets that may be used in your child's class to support their learning in RSHE.

Who are your friends?

Friends are friends for all sorts of reasons and belong to a group of people to often very important. There are lots of things to share and do with your friends.

Sometimes, though, you may not want to do something that your friends like to do. That is when it is important to make your own decision about what you want.

1. Think about two of your friendship groups to complete the charts.

Group: School	Group: _____
Friends: _____	Friends: _____
Things we do: _____	Things we do: _____
Who makes the decisions?	Who makes the decisions?
How we solve differences:	How we solve differences:

2. (a) Do you ever feel pressured to do something because everyone else in your group wants to?
(b) How does this make you feel?

Peer pressure can be very positive. Friends may encourage you to try new things if you are nervous, or help you out if you are unsure.

3. Make a list of the ways your friends have positive effect on you.

When a man and a woman love each other very much, they might decide to make a baby. To make a baby the man and woman need to make love. The man has to put his penis into the woman's vagina. Sperm cells come out of the man's penis into the woman. If one of the sperm cells inside its mother's uterus for one month, and it is big enough to be born.

1. The pictures show the baby growing in its mother's uterus. Match each picture to its description.

After 1 day	After 12 weeks	After 24 weeks	After 28 weeks
The baby is beginning to look like a human being, although it is only 6cm long.	The egg has just been fertilised. It is half the size of a full egg.	The baby is 47-52cm long and ready to be born.	The baby is 28-32cm long. Its muscles are beginning to grow.

When a woman is expecting a baby it is called being pregnant. It is important that the mother takes good care of herself - to keep herself and her baby healthy.

2. Read the sentences. Colour true or false.

(a) Pregnant women get tired and need plenty of rest. true false

(b) It is OK for pregnant women to smoke. true false

(c) Pregnant women need to have lots of medical check-ups. true false

(d) Pregnant women get thinner as their baby grows. true false

(e) A baby is usually born after nine months of pregnancy. true false

A new born baby needs a lot of special care. This is a full-time job during the night as well as the day. Babies need to be kept warm, be fed, have their nappies changed, get lots of sleep and receive love and attention.

3. Draw three things a baby needs during the first weeks of its life.

Sort the changes

Which changes can we control? Sort them into two columns.

voice getting deeper
buying clothes
taking up hobbies
developing breasts
growing pubic hair
growing facial hair
making friends
choosing what to eat
deciding when to work
deciding when to go to bed

changes we can control | changes we cannot control

Match each picture to the right description.

The fetus is fully formed. It has all its organs, muscles, limbs and bones. It still has to grow and mature. The sex organs are well developed. The baby is moving about.

The fetus is growing plumper. Its skin, which was quite wrinkled, is now smooth. It is probably lying head-downwards ready for the birth.

The hair is beginning to grow including eyebrows and eyelashes. The baby moves and responds to touch and sound, often by kicking. Sometimes it may get hiccups. It wakes and sleeps. Its heartbeat can be heard through a stethoscope.

Cut out the descriptions and stick them down in the right order.

All humans have the same lifecycle. All humans are born as babies, grow into children and then into adults. Gradually, adults get older and older until eventually they die.

Read the sentences below carefully. Draw a picture to match each sentence. The completed diagram shows you the stages of the human lifecycle.

(a) I have just been born.	(b) I am 9 months old and learning to crawl.	(c) I am 2 years old and can walk and talk.
(d) I am eight years old and go to school.	(e) I am 16 years old and nearly an adult.	(f) I am 30 years old and have a baby of my own.
(g) I am 50 years old and my hair is getting grey.	(h) I am 65 years old and have 3 grandchildren.	(i) I am 80 years old and cannot walk very well.

The human body is like a marvellous machine. It has lots of different parts to enable it to do many different things.

1. Label the names of as many different body parts as you can think of onto this person.

2. How many body parts did you label?

3. Different parts of the body perform different tasks. Write the name of a body part that can do the following.

(a) hear _____
(b) kick _____
(c) shout _____
(d) write _____
(e) walk _____
(f) blink _____

Mostly, boys and girls have the same body parts. There are some differences, though. It is important to use the correct names for these body parts. Your teacher will probably need to help you with some of the words.

4. Look at the table. Tick to show whether the body parts belong to boys, girls or both boys and girls.

Body parts	Boy	Girl	Boy and girl
penis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
elbow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
vagina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR