



**Smithdown Personal , Social and Emotional  
Development  
(including Relationships and Health Education)**

## Reception

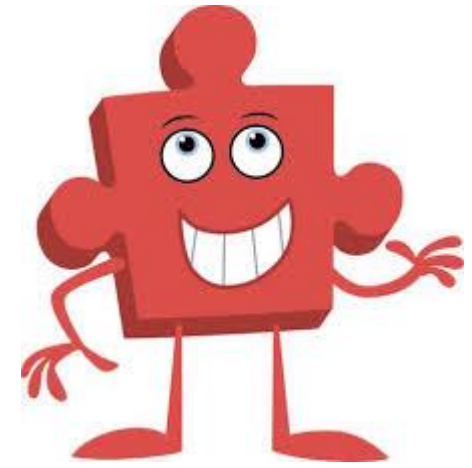
- Bodies
- Respecting my body
- Growing up
- Growth and Change
- Fun and fears
- Celebrations

## Year 1

- Life cycles
- Changes in me
- Changes since being a baby
- Differences between female and male
- Coping with change
- Transition

## Changing Me

- naming body parts
- Understanding adults grow from babies
- Healthy eating
- Preparing for Year 1



- Animals and their young (including humans)
- Changes since they were a baby
- Male and Female differences
- What have we learned since being a baby
- Understanding feeling anxious or excited about change and how to deal with it

## Year 2

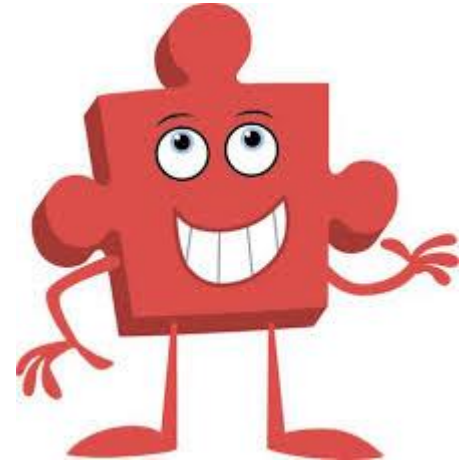
- Life cycles in nature
- Growing from old to young
- Differences in male and female bodies
- Assertiveness
- Transition

## Year 3

- How babies grow
- Understanding a babies needs
- Family Stereotypes
- Challenging my ideas

## Changing Me

- Life cycles of animals and plants
- Changes when getting older – things can do as a toddler, child, teen or adult
- Learning that some parts of the body are private and using correct words
- Being confident to say what they don't like and ask for help



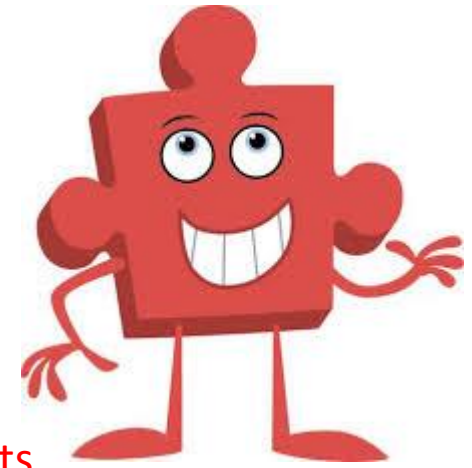
- Animals (including humans) have young and learn to do things as they grow
- Babies grow inside Mums womb and need a lot of looking after when born
- Changes in body as we grow – hair on face, feet get bigger, skin gets less smooth, grow taller

## Year 4

- Being Unique
- Confidence in Change
- Accepting Change
- Preparing for Transition
- Environmental Change

## Changing Me

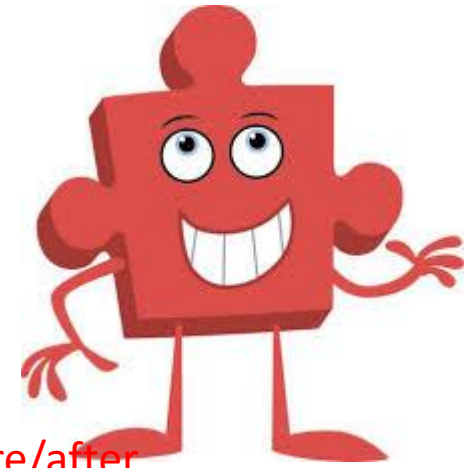
- Understanding we may take after our parents e.g. hair colour, eye colour
- Changes when getting older – things can do as a toddler, child, teen or adult
- Growing up is positive and managing any feelings of anxiety
- Changes outside of our control e.g. moving house, having a baby brother and how to manage feelings positively



Year 5

- Self and body image
- Influence of online and social media on body image
- Puberty for boys
- Puberty for girls
- Coping with change
- Transition

## Changing Me



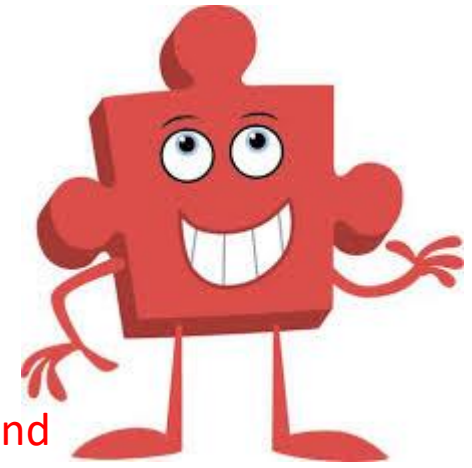
- Looking at online images and showing before/after airbrushing
- Encouraging children to think/say something positive about themselves
- How social media 'likes' are not same as having friends who like and respect you for who you are
- Puberty for girls – changes in body, periods, feelings and worries (Girls only groups)
- Puberty for boys – changes in body, managing feelings (boy only groups)
- Worries and positive thoughts about becoming a teenager

## Changing Me

Year 6

- Self image
- Body Image
- Puberty and feelings
- Reflections about change
- Boyfriends/Girlfriends
- Sexting
- transition

- Developing self-esteem and the impact of peer pressure and social media
- Importance of looking after physical and emotional health and strategies
- Review changes in puberty and the feelings that go alongside (separate sex groups)
- Understanding and respecting each other and strategies to not be pressured into anything they feel uncomfortable with e.g. boyfriend/girlfriend; photo sharing; sexting; sexual harassment
- Preparing emotionally for secondary school and sharing feelings



## Anything else?



- Physical contact preferences - Understanding not touching friends inappropriately and what to do if they feel uncomfortable.
- Assumptions about gender and stereotypes - Dispelling ideas that girls and boys can't be equal or must like certain toys and games
- Gender diversity - It's okay to not conform to stereotypes – girls and boys can play together and like the same toys, colours etc.
- Different types of family – Everybody's family is different and important to them.
- Girlfriends and boyfriends – Adults do have special relationships and may get married and must show respect to one another
- Cultural differences and how they cause conflict – Importance of learning about and respecting other peoples culture.