

Below you will find information about what your child's year group will cover in RSE. If you would like to discuss any of the information further, please speak with your child's class teacher.



#### Relationship and Sex Education coverage:

##### Year 3 – Growing and changing

In this unit your child will think more about their bodies' capabilities and uniqueness as we endeavour to develop the children's positive body image. They will learn:

- Identify different types of relationships and recognise who they have positive healthy relationships with
- They will understand what is meant by the term body space (or personal space)
- Identify when it is appropriate or inappropriate to allow someone into their body space and rehearse strategies for when someone is inappropriately in their body space
- How to ask for help if a secret made them feel uncomfortable or unsafe
- That babies come from the joining of an egg and sperm and that for girls, periods are a normal part of puberty
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries and making an emergency call to 999

#### Vocabulary

Relationships positive healthy trust caring personal space body space invade respect

Touch secret surprise feelings uncomfortable angry upset jealous worried

Excited scared talk egg sperm puberty period ovary fallopian tube uterus (womb)

Lining vagina sanitary pad tampon menstruation cup