

Dear Parents/Guardians,

From the week commencing 2<sup>nd</sup> June, we will be teaching the 'Growing and Changing' unit of SCARF.

As you may be aware, this unit will cover aspects of Relationships Education (RSE). As a result, your child may come home and have questions or talk about the topics that we will be discussing in class. Please find below an overview of the unit which will be taught throughout the last term of school.

| Year 3                 |  |
|------------------------|--|
| Lesson name:           | Lesson Overview:   |
| Relationship Tree      | Children will be able to: <ul style="list-style-type: none"><li>Identify different types of relationships;</li><li>Recognise who they have positive healthy relationships with.</li></ul>  |
| Body space             | Children will be able to: <ul style="list-style-type: none"><li>Understand what is meant by the term body space (or personal space);</li><li>Identify when it is appropriate or inappropriate to allow someone into their body space;</li><li>Rehearse strategies for when someone is inappropriately in their body space.</li></ul>   |
| None of your business! | Children will be able to: <ul style="list-style-type: none"><li>Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens;</li><li>Recognise and describe appropriate behaviour online as well as offline;</li><li>Identify what constitutes personal information and when it is not appropriate or safe to share this;</li><li>Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs.</li></ul> |
| Secret or surprise?    | Children will be able to: <ul style="list-style-type: none"><li>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li><li>Recognise how different surprises and secrets might make them feel;</li><li>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li></ul>   |
| My changing body       | Children will be able to: <ul style="list-style-type: none"><li>Recognise that babies come from the joining of an egg and sperm;</li><li>Explain what happens when an egg doesn't meet a sperm;</li><li>Understand that for girls, periods are a normal part of puberty.</li></ul>   |
| Basic first aid        | Children will be able to: <ul style="list-style-type: none"><li>Know how to make a clear and efficient call to emergency services if necessary.</li><li>Have concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li></ul>   |

If you would like any additional resources to use at home to support with talking to your children about sex and relationships, and related topics there is a suggested book list attached to this letter.

Should you have any questions, please speak to your child's class teacher or Miss Goodship.

Thank you for your continued co-operation.

**Miss C Goodship**  
**P.S.H.E. Lead**