



Changing Me



Year 2

Welcome to the Year 2 Changing Me – Jigsaw Overview.

This document will explain what your child will be learning about at Paddox in their “Changing Me” lessons. Changing Me is part of the Jigsaw PSHE programme which aims to educate your child about changes they may experience as they grow up. These discussion points will be listed in more detail below.

Lesson 1 – Life Cycles in Nature

Your child will understand that there are some changes that are outside of their control. They will learn to recognise and discuss how they feel about these changes.

Lesson 2 – Growing from Young to Old

Your child will learn about the natural process of growing from young to old and understand that this is a natural part of life and that all humans, animals and plants experience the ageing process.

Lesson 3 – The Changing Me

Your child will recognise how their body has changed since they were a baby. They will also learn about where they are in their personal timeline e.g. baby, toddler, child, adolescence (teen), adult, elderly.

Lesson 4 – Boys’ and Girls’ bodies

Your child will learn to recognise the physical differences between boys and girls and use the correct, scientific names for parts of the body (penis, testicles, vagina, vulva, anus). They will learn to appreciate that some of their body parts are private.

Lesson 5 – Assertiveness

Your child will understand that there are different types of touch. Your child will be able to understand that not all people like the same types of touch e.g. a hug or a tickle.

Lesson 6 – Looking Ahead

Your child will be able to identify what they are looking forward to when they move to their next class. They will understand that this is also a normal change and part of their personal timeline.

Additional information to support at home.

We at Paddox understand that talking to your child about growing up may be a difficult or awkward conversation. Here are our top tips to support you at home:

- Don't dismiss your child's concerns or curiosity.
- Answer questions simply using correct terminology where appropriate and in an age appropriate way.
- Agree on the language you are going to use first - using scientific vocabulary is best.

For more information, please follow these links:

<https://www.theschoolrun.com/how-talk-your-child-about-sex>

<https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources>

Key Vocabulary:

Lesson 1:

Change, grow, life cycle, control, baby, adult, fully grown.

Lesson 2:

Growing up, old, young, change, respect, appearance, physical.

Lesson 3:

Baby, toddler, child, teenager, adult, independent, timeline, freedom, responsibilities.

Lesson 4:

Male, female, vagina, vulva, penis, testicles, anus, public, private.

Lesson 5:

Tough, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable.

Lesson 6:

Change, looking forward, excited, nervous, anxious, happy.