



# Changing Me



## Year 3

Welcome to the Year 3 Changing me overview.

This document explains what your child will be learning during their “Changing Me” lessons in Year 3 at Paddox.

Changing Me is part of the Jigsaw PSHE programme which aims to educate your child about changes they may experience as they grow up.

The following topics are what will be covered within each of the lessons.

### Lesson 1 – How Babies Grow

Your child will learn that lots of changes happen to both animals and humans from their conception and as they grow up. They will learn that it is usually the female that has the baby. They will also be able to express how they feel when they see babies or baby animals.

### Lesson 2 – Babies

You child will learn how babies grow and develop, understanding what a baby needs to live and grow. They will be able to express how they would feel if they had a new baby in the family.

### Lesson 3 – Stereotypes

Your child will start to recognise stereotypical ideas which they might have about parenting and family roles. They will be able to express how they feel when their ideas are challenged and will sometimes be willing to change their mind.

### Lesson 4 – Looking Ahead

Your child will learn to think about the changes they will make next year and how to go about them, and be able to identify what they are looking forward to when they move to their Year 4 class.

### **Additional information for supporting your child at home.**

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

- If you can, make time to prepare for a conversation – this can help you feel confident about raising and addressing challenging topics.
- Don't dismiss your child's concerns or their curiosity. It's completely natural.
- Answer questions simply using the 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.
- If your child asks “Where do babies come from?”, keep it simple and say something like “from inside the mummy's tummy.”

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: changes, birth, animals, mother, growing up.

Lesson 2: baby, grow, uterus, womb, nutrients, survive, love, affection, care.

Lesson 3: stereotypes, task, roles, challenge.

Lesson 4: change, looking forward, excited, nervous, anxious, happy