



Changing Me



Year 4

This document will explain what your child will be learning about at Paddox in their “Changing Me” lessons.

Lesson 1 – Unique Me

Your child will be taught to understand that some of their personal characteristics have come from their birth parents. They will also learn to appreciate that they are a truly unique human being.

Lesson 2 – Babies

Your child will be taught about how babies grow and develop in the mother’s uterus and understand what a baby needs to live and grow. They will be given the opportunity to express how they might feel if they had a new baby in their family.

Lesson 3 – Circles of Change

Your child will find out about how the circle of change works and can apply it to changes they want to make in their life. We will discuss how the children can find the confidence to try to make changes when they think they will benefit them.

Lesson 4 – Outside Body Changes

Your child will learn how and why bodies change as we grow. We will discuss how boys’ and girls’ bodies physically change, and how these changes need to happen so that when they grow up their bodies can make babies. In this lesson, they will be introduced to the term ‘puberty’, and it will be explained how this is a natural part of growing up for everyone. They will be given the opportunity to think about how they feel about these changes, and learn how to cope with those feelings.

Lesson 5 – Accepting Change

In this lesson, your child will identify changes that may be outside of their control, and express a range of emotions attached to these, such as fears and concerns. Through discussion, we will learn strategies to accept these changes, and manage their feelings towards them positively.

Lesson 6 – Looking Ahead

Your child will use all they have learnt about change and how to deal with change to look towards next year. They will reflect on any personal changes they would like to make, as well as things that they are looking forward to when moving to a new class. We feel that this lesson is very important in preparing them to deal with the new class changes for next year, and your child will practice strategies for the range of emotions which may occur.

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: Personal, Unique, Characteristics, Parents

Lesson 2: Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care

Lesson 3: Circle, Seasons, Change, Control

Lesson 4: Change, Puberty, Control

Lesson 5: Scared, Empty, Peaceful, Happy, Sad, Nervous, Proud, Excited, Anxious, Shy, Grumpy, Accepting, Apprehensive, Worried, Acceptance, Frustrated, Angry, Disappointed, Hurt, Jealous, Frightened, Unsure, Uncertain, Confused, Miserable, Control, Change

Lesson 6: Change, Looking forward, Excited, Nervous, Anxious, Happy