



Changing Me



Year 1

This document will explain what your child will be learning about at Paddox in their “Changing Me” lessons in Year 1. 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 discussions points will be listed in more detail below.

Lesson 1: Life cycles of animals and humans

To begin to understand the life cycles of animals and humans. To understand that changes happen as we grow and that is OK.

Lesson 2: Changes in me

To teach children to talk about things about themselves that have changed and some things that have stayed the same. To know that changes are OK and that sometimes they will happen whether they want them to or not.

Lesson 3: Changes since being a baby

To know how their bodies have changed since they were a baby. To understand that growing up is natural and that everybody grows at different rates.

Lesson 4: Differences between female and male body (correct terminology)

To be able to identify parts of the body that makes boys different to girls and use correct names for these: penis, testicles, anus, vulva and vagina. To respect our body and understand which parts are private.

Lesson 5: Linking growing and learning

To understand that every time I learn something new we change a bit. To be able to enjoy learning new things.

Lesson 6: Coping with change

To talk about changes that have happened in our lives. To know of some ways to cope with changes.

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:

1. Always refer to parts of their bodies by the correct terms, for example, boys have a penis and girls have a vagina.
2. Ensure they are aware of the parts of their body no one should touch unless they want them to: the genital area (penis, vagina), bottom, chest and mouth.
3. Reassure them they can come to you or a trusted adult if ANYONE touches them or asks them to keep a secret (safe secrets are okay, e.g. surprise birthday party, unsafe secrets are not).

Answer questions simply using correct terminology where appropriate and in an age appropriate way.

Vocabulary for the topic:

Lesson 1: changes, life cycle, baby, adulthood

Lesson 2: change, lifecycle, baby, adult, grown up

Lesson 3: baby, growing up, adult, mature, change

Lesson 4: male, female, vagina, penis, testicles, vulva, anus

Lesson 5: learn, new, grow, change

Lesson 6: change, feelings, anxious, worried, excited, coping