

Information for parents in Year 1



Why we teach Relationships and Health Education

- to keep pupils safe
- to give pupils information and skills to make healthy choices
- to promote tolerance and respect for others
- to support pupils to develop the skills needed to form and maintain healthy friendships and relationships
- to give pupils information on who can help them if they are not feeling safe

Ensuring safe and effective RHE

- Each teacher will set ground rules with their class to ensure that everyone feels safe to participate and understands boundaries around behaviour and questions.
- Teachers will deliver lessons in a balanced, non-judgemental way without giving personal views.
- Time will be allocated for pupils to ask questions during lessons.
- Pupils' questions will be answered in a factual, age-appropriate way.
- All teaching will be inclusive of all pupils and families.

Sequence of topics Year 1

TOPIC	OVERVIEW OF CONTENT
Healthy and happy friendships	Forming friendships and how kind or unkind behaviours impact other people.
Similarities and differences	Similarities and differences between people and how to respect and celebrate these.
Caring and responsibility	Identifying who our special people are and how they keep us safe.
Families and committed relationships	What a family is (including difference and diversity between families), and why families are important and special.
Healthy bodies, healthy minds	Our bodies and the amazing things they can do. Learning the correct names for different body parts.
Coping with change	Growing from young to old and how we have changed since we were born.



Healthy and happy friendships

Topic: Making friends and getting along

Video: A new school

Lesson 1 – Friends

Lesson 2 – Kindness

Lesson 3 – Getting along, sharing and turn taking

Vocabulary: friend, friendly, kind, unkind, welcoming, happy, sad, share



[A new school](#)

These three lessons explore how to form friendships and how kind or unkind behaviours impact other people. They help children understand that even though we may not be friends with everyone, we can still work together and be kind to one another.



Similarities and differences

Topic: Recognising strengths and celebrating differences

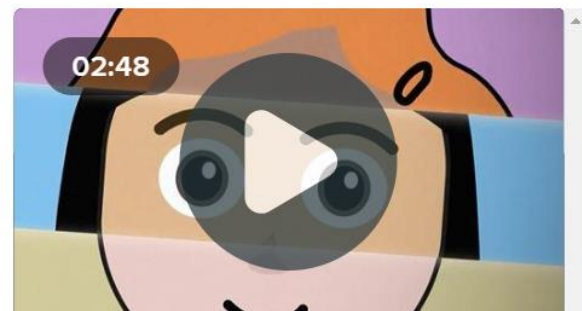
Video: What makes us special

Lesson 1 – My I am special

Lesson 2 – Who I am makes me unique

Lesson 3 – We don't all feel the same way

Vocabulary: similarity, difference, special, unique, strengths, abilities



[What makes us special](#)

These three lessons explore what makes each of us special, looking at the similarities and differences between people and how to respect and celebrate these differences, including the different ways people feel and respond to things.



Caring and responsibility

Topic: Our special people

Video: A special person trophy

Lesson 1 – My special people

Lesson 2 – How our special people care for us

Lesson 3 – Keeping safe

Vocabulary: special, people, important, care, safe, worried, nervous, scared, help, helper, rules, safe, unsafe



[A special person trophy](#)

These three lessons explore the special people in our lives and how they care for us. Children will learn about how our special people set rules that keep us safe and how they can help us if we are feeling worried, scared or nervous.



Families and committed relationships

Topic: The importance of family

Video: My Family

Lesson 1 – My family

Lesson 2 – Our families

Lesson 3 – Superhero families

Vocabulary: family, important, differences, similarities, happy, special, superhero



[My family](#)

In these three lessons, children will explore the importance of family and the stability and love that a family brings. They will look at similarities and differences between different family units and think about all the things that their families do to love, support and help them.



Healthy bodies, healthy minds

Topic: Amazing bodies

Video: Our bodies

Lesson 1 – My amazing body

Lesson 2 – Private body parts (introducing scientific words)

Lesson 3 – Looking after our bodies

Vocabulary: body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices



[Our bodies](#)

In these three lessons, children will celebrate their bodies and all the amazing things they can do. They will learn how to keep their bodies healthy, how all bodies are different and how there are some body parts that are private. They will learn the correct names for these parts and know that we use these names in school.



Coping with change

Topic: How I have changed

Video: How I have changed

Lesson 1 – Animal babies

Lesson 2 – How have we changed?

Lesson 3 – A future me

Vocabulary: growing, adults, babies, change, older, growing up, jobs, future



[How I have changed](#)

In these three lessons, children will explore the needs that babies have and they will consider how they have changed since they were born. They will explore and celebrate their abilities, and they will share ideas of what they hope to be like in the future.