**Year 2 PSHE and Relationships Programme**

Dear parents and carers,

As part of your child’s educational experience at Worth Valley Primary School, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education. We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. Our PSHE curriculum looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

Relationships and Health Education has been compulsory in all primary schools since Summer 2021. We pride ourselves on our PSHE curriculum and this updated curriculum has been planned to equip children with the knowledge and skills to safeguard themselves.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child will cover how to treat each other with kindness, consideration and respect. Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Through discussion and simple activities, your Year 2 child will be learning:

• To identify situations in which they would feel safe or unsafe.

• To use a range of words to describe feelings.

• To identify special people in the community that can help to keep them safe.

• To define what is meant by ‘bullying’ and ‘teasing’ showing an understanding of the difference between the two.

• To understand and describe strategies for dealing with bullying.

• To identify situations in which they would need to say ‘Yes’, ‘No’ ‘I’ll ask’ or ‘I’ll tell’ to keep me safe.

• To know that some choices can be healthy and some choices can be unhealthy.

• To explain the importance of good hygiene and how germs can be spread.

• To understand that medicines can sometimes make people feel better when they are ill.

• To identify people that are special to them.

• To recognise that friendship is a special type of relationship.

• To recognise that some touches are not fun and can hurt or be upsetting.

• To explain what privacy means.

• To recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation.

• To identify which parts of the human body are private, using their correct names.

• To identify how inappropriate touch can make someone feel.

We recognise that parents play a vital part in their child’s Relationships and Health education, and we would encourage you to explore these themes with your child at home as well. If further advice or support is required please do not hesitate to speak to your child’s class teacher or the Head teacher.

If you have any questions about the curriculum and resources or would like to view the resources, please do not hesitate to contact Mrs Batey, our PSHE leader.

Yours Sincerely



Miss Lodge

Headteacher