

Robins PSHE

Summer 1



What makes a good relationship?

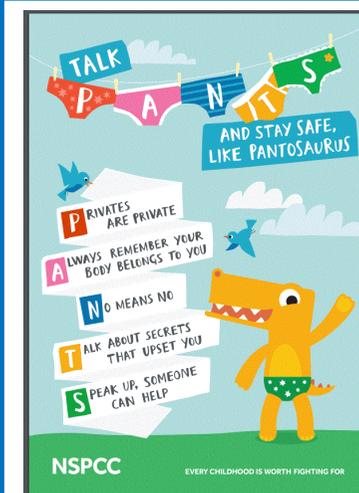
RSE

Consent

Consent is when someone gives you permission to do something. It is important to get consent to do things to other people. This could be to read with them, play with them or to touch them. For some things you may also need to get consent from their parents. E.g. If you want to go to your friends house, you will need to get your friends permission and the permission from the grown-up that your friend lives with.



Key Vocabulary	Definition
change	To alter something, to make it different. To replace something with something else.
different	Not the same as something else.
emotion	A strong feeling connected to a circumstance, mood or relationship.
feelings	An emotional state or reaction we have to something. Some examples are: happy, sad, worried, unhappy, cross, angry, excited, lonely.
loss	The fact or process of losing something or someone important.
share	To tell someone how you are feeling.
similar	Resembling the same in appearance or character as something else, without being exactly the same.
stereotype	A widely held simple belief of what a person will be like, act or behave like based on things such as gender.
body parts	Any part of the body, such as an organ or limb. Some examples are: head, legs, arms, thorax, penis, vagina.
boy	A child who has a penis, which is a male private part.
girl	A child who has a vulva, which is a female private part.



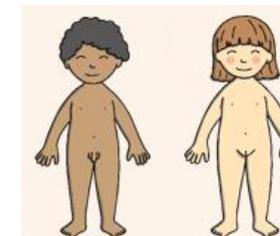
It is okay to feel **worried** or **sad** when things change.

We must remember there are lots of things you can do, and people who can help us cope with the emotions.

It is important to talk to someone you trust about how you are **feeling**.

How do we change as we grow?	Baby	Toddler	7 year old	Teenager
	 Needs an adult to feed, change, dress and look after them.	 Can walk, talk and feed themselves.	 Dress themselves, write, brush their teeth, read and do tasks independently.	 Independent in a lot of activities. Goes to high school.

Body Parts



A boy has a **penis**, and a girl has a **vulva**. These are your private parts and should be covered up. Only show them to a trusted adult or medical professional.

End of Unit: PSHE – How do we recognise our emotions and feelings?

1. How can our facial expressions help show how we are feeling?

2. What can you do if you are feeling worried or unhappy?

3. Name the main parts of your body.