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Dear Parent/Carer

Following the government Department for Education consultation in 2018 about "Relationships Education, Relationships and Sex Education, and Health Education in England" we will now be incorporating the new All About Me programme into our curriculum from July 2019.

This new programme links directly to our Protective Behaviours programme which is fully focused on keeping all children safe. All About Me takes place for one week in the school year and consists of five lessons covering the below topics, which are the same from Reception to Year 2.

1. All About Me
2. My Relationships
3. My Thoughts, Feelings and Behaviours
4. Me and My Body
5. My Choices and Personal Boundaries

The content is tailored to each year group and attached is a more detailed overview of what will be covered in the current year group of your child.

There is a parent website available where you can find information about the programme, including samples of resources and lessons, a section of frequently asked questions, plus a list of helpful books that are recommended. You will find the link to the website here:
<https://www.warwickshire.gov.uk/allaboutme>

Before we deliver the new materials, we have arranged a time to allow parents and carers the opportunity to talk through the programme further. A meeting will take place on Wednesday the 26th June from 9.00am - 10.00am in the school hall. Jonny Hunt from All About Me will be available to discuss the programme further and to answer any questions that you may have.



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Under the new guidance, Relationships Education and Health Education will be statutory from September 2019, meaning that parents will not be able to opt their child out of these lessons. Parents will retain the right to opt their child out of sex education lessons, as under the new guidance these are recommended but not statutory. Further questions about this can be asked at the parents meeting.

We are very excited about the new programme and resources and look forward to sharing it with you. If you have any questions in the meantime, please talk to your class teacher.

Kind Regards

L Shearsby
PSHE Coordinator



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Year one

2. Me, My Thoughts, Feelings & Behaviours: Empathy

- Children will have the opportunity to think about different feelings and how they can affect our demeanours and behaviours.
- Children will learn about empathy and the importance of considering the feelings of those around them.
- Children will review their own *Early Warning Signs*
- Supports key messages from the Protective Behaviours Taking Care Programme.

Today we learned about looking out for clues as to how people around us might be feeling. When you can put yourself in someone else's shoes and imagine how they feel we call that empathy. We also remembered what our own Early Warning signs are and who we can talk to for help.

4. Me & My Relationships: Mummy's bump

- To remove the stigma of children asking questions about pregnancy and birth.
- Children will be given the opportunity to think about their own families, younger siblings and how the arrival of new members of the family are celebrated
- Children will receive age appropriate information about pregnancy, how babies grow, their development, and birth including caesarian.
- Children will be given the opportunity to ask questions in a safe environment.

So now you know where a baby lives before it is born, how it grows and how it is born. Remember it is ok to be curious and to ask questions of trusted adults.

Remember your body belongs to you and no one should touch you in a way you don't like. There are lots of different ways we may touch or be touched. Sometimes, we touch people to take care of them, or when playing, but sometimes people might not like to be touched in the way we do. If anyone touches us in a way we don't like we need to ask them to stop and tell a trusted grown up.

1. All About Me: Who is important to me?

- Children will be given the opportunity to think about personal relationships and who is important in their lives, at home, school and in their wider networks.
- Children will understand the importance of relationships to help support us and help us to feel safe.
- Children will explore similarities and differences between friends and learn that we are all unique and special in our own ways.

Today we have learned that we all have things in common and things that make us different. We are all unique in our own way and yet we all need people around us to support us and help us grow like a tree, we all have important people in our lives.

3. Me and My Body: Being naked

- Children will be given the opportunity to refresh their knowledge around naming the parts of the body, with an emphasis on personal body parts and using the correct names for the genitals.
- Children will know that their body belongs to them and review their knowledge around safe and appropriate touching.
- Children will explore when it is ok to be naked and the rules surrounding private parts in line with the NSPCC PANTS rules.
- Supports key messages from the Protective Behaviours Taking Care Programme.

It is important we are comfortable talking about all parts of our bodies, even the private parts. We have talked about when it is OK to be naked and what the rules are. Remember no one should touch our bodies in a way we don't like, especially our privates and it should never be a secret, our bodies are fantastic and belong to....? YOU!

5. Me, My Choices and Personal Boundaries:

- Children will explore different types of touch, including; comforting touches, taking care, playful touches, accidental and hurtful touches and consider how they themselves like to be touched.
- Children will learn that just because they like to be touched in a particular way, doesn't mean that everyone does.
- No one has the right to touch you in a way that you find uncomfortable.
- Children will learn strategies as to what to do if they experience unwanted touching and how to seek help
- Supports key messages from the Protective Behaviours Taking Care Programme.