

# 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.