

Year Three

2. Me & My Relationships: Families

- Children will be given the opportunity to think about personal relationships and who is important in their lives.
- Children will explore a variety of different types of families and understand that not all families are the same.

Remember all families are unique and special. It doesn't necessarily matter who lives in our houses with us, but that our home is somewhere we feel safe, cared for and loved. Families may have their own rules or ways of doing things but they all have things in common too.

4. Me, My Thoughts, Feelings & Behaviours: Dealing with BIG feelings

- Children will have the opportunity to think about different emotions and explore how people may look and act when they have these feelings.
- Children will learn that feelings are neither good or bad, right or wrong. It is how we behave when we have these feelings that make them either safe or unsafe.
- Children will consider how their friend's behaviours might be influenced by their feelings and try to understand the reasons for this.
- Children will understand the importance of telling a trusted grown up if they have a worry to help them to feel better and get help.
- Supports key messages from the Protective Behaviours Taking Care Programme.

There are no such things as bad feelings but sometimes the behaviours that follow the feeling is unsafe. We all can all feel angry or sad or worried from time to time. It is perfectly natural to feel this way but it is never OK to hurt others or yourself. There are other ways, safer ways of dealing with them. We can choose how we behave and if we have difficult to manage feelings we can ask for help.

Remember your body belongs to you and no one should touch you in a way you don't like. But equally, just because something may feel nice to you, doesn't mean that everyone else will like it too. We need to listen if someone else tells us no or to stop and be aware that we don't all feel the same.

1. All About Me: How I see me

- To encourage the children to explore different aspects of their personality.
- To reflect on how they see themselves and how they perceive other see them.
- To encourage the children to have a positive self-image.
- By the end of the lesson children will understand that we are all unique and special in our own way.

So today we have looked at what kind of person we think we are and how we think other people might see us. Some people might not think about themselves in such a positive way but it is important that we are not too tough on ourselves and that we realise that we are all special in our own way.

3. Me and My Body: Where did I come from?

- To remove the stigma of children asking questions about reproduction, pregnancy and birth.
- Children will be given the opportunity to think about their own families, and how they themselves were born.
- Children will receive age appropriate information about pregnancy, how babies grow, their development, and birth including caesarian and IVF.
- Children will be given the opportunity to ask questions in a safe environment.

So now you know how a baby is made, however, this is only the beginning, a baby has a long way to go if it is going to grow into children as big as you! Remember it is OK to be curious and to ask questions of trusted adults.

5. Me, My Choices and Personal Boundaries: My personal boundaries

- Children will revise their knowledge of Early Warning Signs and the personal clues their bodies give them if they feel unsafe.
- Children will recognise their own boundaries of personal space and understand that if this is invaded it can cause them to feel unsafe.
- Children will consider different types of touch and how these may cause them to feel unsafe.
- Children will recognise that they do not all share the same personal boundaries.
- Children will practice how to say no and how to seek help.
- Supports key messages from the Protective Behaviours Taking Care Programme.