

PSHE: Changing Me

Term: Summer 2

Year: Unit 2 - Year 1 & 2

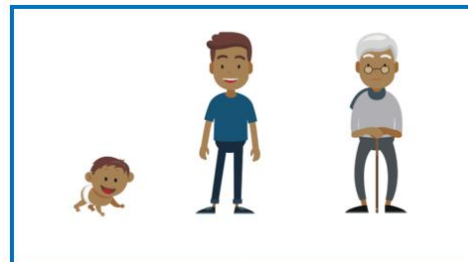
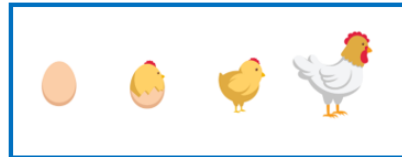
Duration: 6 Weeks

Changes in humans

Different life cycles

Types of touch

## Timeline



What type of touch do you like?

**Jigsaw**

### What About You?

I laugh when I am tickled  
Do you?

I smile when I am hugged  
Do you?




I chuckle when I feel a squeeze  
And cry if I am pushed.  
What about you?

I giggle when I am spun around  
Do you?


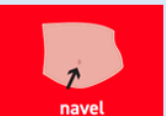
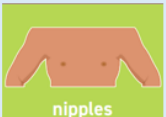
I feel safe when I am cuddled  
Do you?

I am soothed when my face is stroked and upset if I am pinched.  
What about you?

## Key Vocabulary

vulva		The <b>vulva</b> is the opening and outside parts of a female's (girls and women) private parts.
vagina		The <b>vagina</b> is the opening and inside parts of a female's private parts
penis		The private body part of males (men and boys).
testicles		

Private parts are those parts that our swimsuits or underwear cover. These are the parts that are special and important to us and we don't usually show them or talk about them, so we might feel a bit embarrassed or shy. Your parts belong to you and no-one has the right to touch them without your permission.

anus		The <b>anus</b> is the opening where a body gets rid of waste (poo).
navel		The <b>navel</b> is a small circular scar in the middle of a person's belly.
nipples		<b>Nipples</b> are the raised pieces of skin found on our chests.

## Family talk time

- \* What is a life cycle?
- How will you change as you grow up?
- Which parts of your body are private?
- Who is allowed to see your private body parts?
- What should you do if you don't like the way someone is touching you?
- Who can you talk to if you ever feel worried or frightened at home or at school?

## Looking forward...



One thing I am looking forward to about next year is...



\* Stay safe by learning how to protect private parts with this catchy NSPCC song.

[Let's talk PANTS with Pantosaurus! | NSPCC](#)

