



2<sup>nd</sup> June 2025



**PSHE & RSE**  
**Year 3 'Growing and Changing' unit**

Dear Parent/Carer,

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

This half term, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to Year 3 children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Year 3 child will be exploring 'Body Space'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific names that are used across all years, so that children are able to express themselves clearly when talking about these body parts.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. Please see the attached leaflet for further information on the 'Growing and changing' unit. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher.

Yours Sincerely

Kind Regards

Miss B Aitchison  
PSHE Lead

Mrs F Jamal  
PSHE Lead



**Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)**

**Year 3**

**What your child will be learning about:**

This half term's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will learn how to keep themselves safe and how to ask for help when they need it.

Year 3 topics build on and reinforce all the themes of the previous years. New content will cover:

**Healthy and unhealthy relationships**

Children will consider people who they think of as their 'special people'. Children may not wish to name a person but could label them: friend, parent (mum/dad/carer), grandparent, aunt, neighbour, teacher etc.

The focus will be on positive, healthy relationships, and children will consider what makes a relationship unhealthy or negative, such as breaking promises. Teachers will highlight that our 'special' people are those who make us feel safe and comfortable, and that should children ever feel uncomfortable or unsure about something, even with a person they know well, they should tell a different adult – someone they trust.

**Body space**

The children will understand what is meant by the term body/personal space, including when it's appropriate or not appropriate to allow someone into their body space. For example, someone might be in our body space if you invite them to hug you or when playing tag with friends.

Someone might be in our body space without meaning to be e.g. on a crowded bus, or when we don't want them to be, such as during an argument. To reinforce the learning, the children will practise being assertive and rehearse strategies for how to manage someone in their body space without consent.

**Secret or surprise**

Children will be taught the difference between the terms 'secret' and 'surprise' and to know the difference between a safe and an unsafe secret, including how these different things might make them feel. The children will discuss what to do or who they might tell if they have been told an unsafe secret or a secret that makes them feel uneasy.



**Vocabulary your child will learn:**

personal space, invade, respect, uncomfortable, jealous

**Questions your child may ask at this age:**

- What can I do, without hurting someone's feelings, if someone invades my personal space?
- Have you ever had to tell someone to stop doing something that made you feel uncomfortable?
- Can you help me practise being assertive?
- Who are your 'special people' that you trust? Why them?
- Can I talk to you about who my 'special people' are that I can go to if I want to talk or if I need help?



**Resources for parents: [SCARF Growing and Changing Parents Page](#)**



[Age 6-10 | Outspoken Sex Ed](#)  
[Outspoken Sex Ed](#)



[Resource for Parents](#)



[Friendship Struggles](#)



[Helping Your Child Make Friends  
at Primary School](#)



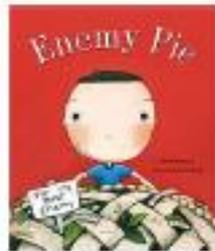
[Help your child navigate friendship problems](#)



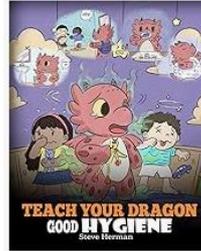
**Books to support learning:**



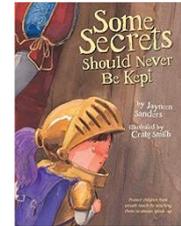
[Friendship Soup](#)



[Enemy Pie](#)



[Teach your dragon  
good hygiene](#)



[Some secrets  
should never be  
kept](#)