

Year 2

What will my child be learning in this unit?

In this unit, children will identify their hopes and worries for the year and learn strategies for managing worries and asking for help when needed. They will explore their rights and responsibilities within the classroom, learn how to listen to others, and understand how to contribute positively to a fair and safe learning environment. Children will also develop understanding of choices, consequences, cooperation, and how their behaviour helps others feel included and respected.

How to Support at Home

- Discuss hopes and worries: Talk with your child about what they are looking forward to and anything they feel unsure about, and discuss trusted adults they can turn to for help.
- Talk about responsibility and belonging: Encourage your child to take on small responsibilities at home and think about how their actions help others feel included and valued.
- Discuss choices and consequences: Explore everyday decisions and help your child understand how their actions lead to different outcomes.
- Encourage cooperation: Practise working together to solve problems or complete tasks fairly with siblings or family members.

Simple Activity: "My Year Ahead"

1. Ask your child to draw two columns labelled "Hopes" and "Worries."
2. Support them to write or draw their ideas in each column.
3. Talk together about strategies for managing worries and identify trusted people they can ask for help.



Being Me In My World

Parent Support Guide

This guide helps parents support their children in exploring their own identity, understanding their feelings, recognising their strengths and goals, and learning how they belong in different groups, such as school, family, and the wider community. It also encourages children to develop responsibility, confidence, and a sense of fairness.



Celebrating Difference

Parent Support Guide

This guide helps parents support their children in learning about celebrating difference, inclusion and respectful relationships. Children explore how everyone is unique, develop empathy and kindness towards others, challenge stereotypes and bullying, and learn how respect, acceptance and understanding help create safe, welcoming and inclusive communities.



Year 2

What will my child be learning in this unit?

In this unit, children explore how everyone is unique and why it is important not to make assumptions or stereotypes about others. They learn that boys and girls can enjoy the same interests and activities, and that people should be treated fairly and with respect regardless of their differences. Children develop a deeper understanding of bullying, including why it sometimes happens and how it can affect people's feelings. They learn safe ways to stand up for themselves and others, know when to ask trusted adults for help, and discover how kindness, inclusion and respect help build strong friendships. The unit finishes by celebrating the differences that make everyone special and exploring positive ways to repair friendships.

How to Support at Home

- Challenge stereotypes: Encourage your child to explore a wide range of interests and remind them that activities, colours and toys are for everyone to enjoy.
- Talk about fairness and respect: Discuss how everyone deserves to be treated kindly, even if they look, think or live differently.
- Discuss bullying: Help your child understand that bullying is repeated, deliberate and unfair, and encourage them to tell a trusted adult if they are worried.
- Practise problem-solving: Talk through friendship disagreements and encourage your child to use calm words, apologise when needed and listen to others.
- Celebrate differences: Notice and celebrate the unique strengths, interests and qualities of family members, friends and people in your community.

Simple Activity: "Celebrate Our Differences"

1. Ask each family member to share one thing that makes them unique and one thing they enjoy.
2. Talk about how everyone has different strengths, interests and ideas. Discuss how these differences make friendships interesting and special.



Dreams and Goals

Parent Support Guide

This guide helps parents support their children in learning about goals, aspirations and perseverance. Children explore how effort, resilience and teamwork help them overcome challenges, celebrate success and develop confidence in themselves and others.

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What will my child be learning in this unit?

In this unit, children learn to choose realistic goals, plan how to achieve them and celebrate their achievements. They explore how healthy choices, such as eating well, exercising, resting and relaxing, can help them learn, reach their goals and feel their best.

Children develop teamwork and problem-solving skills, recognising how working with others supports learning and success. They also learn to recognise feelings of relaxation and stress, understand how these affect wellbeing, and celebrate their own and others' achievements with kindness and respect.

How to Support at Home

- Talk about goals: Help your child choose small, realistic goals and discuss the steps needed to achieve them.
- Celebrate achievements: Ask your child to talk about something they have achieved and how it made them feel.
- Encourage healthy choices: Discuss how sleep, healthy food, exercise and relaxation help them feel ready to learn.
- Name feelings: Help your child recognise when they feel relaxed or stressed and talk about what helps them calm down.
- Share success: Celebrate shared achievements and encourage your child to feel proud of contributing to a group.

Simple Activity: "Team Success and Calm Time"

3. Work with your child on a small shared task (e.g. baking, building something, or tidying a space together).
4. Talk about how you worked together and what each person did to help.
5. Ask your child how it felt to succeed as a team and help them name that proud feeling.
6. After the activity, practise a calm moment together (deep breathing, quiet reading or stretching).





Healthy Me

Parent Support Guide

This guide helps parents support their children in the *Healthy Me* unit of PSHE. Across the unit, children explore how to keep their bodies and minds healthy, make positive choices about food, exercise, rest, and personal hygiene, and understand how to stay safe in different situations. They develop awareness of how their actions affect their wellbeing, learn to manage feelings and peer pressure, and build confidence, resilience, and responsibility as they make healthy choices for themselves and others.



Year 2

What will my child be learning in this unit?

Children learn about the five food groups, healthy snacks and making balanced food choices to help keep their bodies healthy. They explore how to stay safe at home and outdoors, including around roads, railways and water, learning to recognise hazards and know when to ask a trusted adult for help. Children also learn how medicines help our bodies when used safely, and how making healthy and safe choices can help them feel happy, confident and secure.

How to Support at Home

- **Food and nutrition:** Encourage your child to help prepare healthy snacks and talk about the different food groups and why a balanced diet is important.
- **Safety routines:** Practise road safety together and discuss how to stay safe at home, near water and around railways.
- **Medicine safety:** Explain that medicines should only be taken with a trusted adult, never shared, and always stored safely.
- **Talk about feelings:** Encourage your child to tell a trusted adult if something makes them feel worried, unsafe or uncomfortable.
- **Celebrate independence:** Praise your child for making healthy and safe choices every day.

Simple Activity: "Healthy Snack Challenge"

1. Choose foods from different food groups to make a healthy snack together.
2. Talk about how each food helps keep your body healthy and gives you energy.
3. Wash your hands before preparing the snack, then enjoy eating it together and discuss why healthy choices are important.



Relationships

Parent Support Guide

This guide helps parents support their children in the Relationships unit of PSHE. Across the unit, children explore how to build positive and safe relationships with family, friends, and others. They learn to recognise and manage emotions, develop empathy, communicate effectively, and resolve conflicts. Children also reflect on personal boundaries, appreciate the importance of trust and support networks, understand the impact of online interactions, and practise showing kindness, gratitude, and respect. The unit helps them build confidence, resilience, and social responsibility as they develop healthy, caring, and respectful relationships.

Year 2

What will my child be learning in this unit?

In this unit, children develop a deeper understanding of family relationships, including sharing, cooperation and respecting that all families are different. They explore personal boundaries, learning that different types of physical contact can feel comfortable or uncomfortable and that it is important to speak up if something doesn't feel right. Children learn how to manage friendship challenges, resolve conflicts positively and understand the difference between good secrets and worry secrets. They learn who they can trust, when to ask a trusted adult for help, and that they should keep telling until someone listens if they are worried. The unit also introduces basic online safety, helping children understand that people online may not always be who they say they are. Children finish by learning how to show appreciation for important people in their lives and accept compliments from others.

How to Support at Home

- **Discuss personal boundaries:** Encourage your child to talk about what physical contact they are comfortable with.
- **Support problem-solving:** Talk through friendship disagreements and explore positive ways to resolve them.
- **Identify trusted adults:** Help your child identify people they can talk to and remind them to keep telling until someone listens if they are worried.
- **Talk about online safety:** Reinforce that they should never share personal information or keep secrets online.
- **Encourage appreciation:** Help your child practise giving and accepting compliments.

Simple Activity: "Trusted People Circle"

1. Draw a circle and ask your child to add people they trust (family, school, community).
2. Talk about how each person helps them.
3. Discuss when they might go to each person for support.



Changing Me

Parent Support Guide

This guide helps parents support their children in the *Changing Me* unit of Jigsaw PSHE. Across the unit, children explore how their bodies grow and change over time, including understanding the life cycles of humans and, in an age-appropriate way, the changes that happen during puberty. They learn to recognise and manage the feelings that can come with these changes, develop a positive understanding of themselves, and build confidence in talking about their bodies and emotions. The unit also supports children in understanding relationships, personal boundaries, and the importance of respect and privacy, helping them to feel prepared, reassured, and empowered as they grow and change.

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What will my child be learning in this unit?

In this unit, children learn about life cycles and how all living things grow and change over time. They explore how people change from young to old and understand that ageing is a natural process that cannot be controlled. Children reflect on how they have changed since being babies and what they can now do independently. They learn correct scientific vocabulary for body parts, including penis, vulva, vagina, testicles, and anus. *This is taught to help children use accurate language, understand their bodies, and support safeguarding by ensuring they can clearly name parts of their body if needed.* Children also learn about respect, privacy, and personal boundaries. This includes understanding that some types of touch feel safe and kind (such as a hug from a trusted person), and some touches are not appropriate or may make us feel uncomfortable. They learn that their body belongs to them, how to say "no" or "stop" if needed, and that they should always tell a trusted adult if something worries them. The unit supports children in building confidence to speak up, ask for help, and manage feelings about change, including moving to a new class.

How to Support at Home

- **Talk about growing up:** Discuss how your child has changed and how everyone grows at different rates.
- **Use correct body vocabulary:** Reinforce accurate, age-appropriate names for body parts and explain that this helps children communicate clearly and stay safe.
- **Support confidence and boundaries:** Encourage your child to share feelings, practise saying "no" or "stop" if they are uncomfortable, and remind them they can always speak to a trusted adult.

Simple Activity: "My Growing Up Chat"

1. Talk about what your child could do as a baby and what they can do now.
2. Share one thing they are proud of learning.
3. Ask: What are you looking forward to in your new class?