



	Skills	Vocabulary
EYFS	<p>I can describe different seasons.</p> <p>I can tell you how boys and girls are different or the same.</p> <p>I can describe the life cycle of an animal.</p> <p>I can talk about how babies and animals grow.</p> <p>I can describe how a baby grows to an adult and what they might need.</p> <p>I can tell you some things how babies are made.</p> <p>I can tell you the scientific names for my body parts.</p> <p>I can tell you the PANTS rule.</p>	<p>Seasons, spring, summer, autumn, winter, cycle, growing, life cycles, baby, child, teenage, adult, old age, family, baby, love, care, teenage, adult, grow, private parts, penis, vulva.</p>
Year 1	<p>I can tell you some things that babies need.</p> <p>I can tell you what I can do now that I couldn't do as a toddler and some things I am still learning.</p> <p>I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried.</p> <p>I can name the body parts girls and boys have that are the same and which body parts are different.</p> <p>I can name the adults I can talk to at home and school if I need help.</p>	<p>Organ, heart, lungs, intestines, brain, stomach, oxygen, digested, caring, love, attention, change, growing, unkind, tease, teasing, bully, bullying, witness, experience, getting help, surprise, secret, uncomfortable, privates, private, penis, vulva, hygiene.</p>
Year 2	<p>I can give support to a friend.</p> <p>I can describe feelings of loss and suggest what someone can do if a friend moves away.</p> <p>I can describe the stages of growth I have been through and what I look forward to in my future.</p> <p>I can name the human private parts that are used to make a baby.</p> <p>I can talk about keeping private parts private.</p>	<p>Help, support, supportive, change, loss, feelings, emotions, frightened, nervous, growing, food, rest, sleep, care, learning, unique, special, penis, testicles, vulva, nipples, genitals, private, privacy, consent, permission, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald, accident, emergency.</p>
Year 3	<p>I can explain what body space is and how it feels when someone is too close to me.</p> <p>I can tell you some of the different relationships I have.</p>	<p>Relationships, positive, healthy, trust, caring, personal space, body space, invade, uncomfortable, stop, respect, touch, secret, surprise, feelings, uncomfortable, angry, upset,</p>



	<p>I can tell you what qualities a healthy positive relationship has.</p> <p>I can describe how girls' and boys' body will change when it reaches puberty.</p> <p>I can tell you what happens to a woman's body when the sperm does not meet the egg.</p>	<p>jealous, worried, excited, scared, talk, egg, sperm, puberty, period, ovary, fallopian tube, uterus (womb), lining, vagina, sanitary pad, tampon, menstruation cup.</p>
Year 4	<p>I can describe how change can make a person feel (both negative and positive).</p> <p>I can explain why young people can have mixed up feelings when they go through puberty.</p> <p>I can explain why puberty happens.</p> <p>I can talk about how people feel during puberty and the menstruation cycle and ways to help cope with the changes.</p> <p>I can explain why some people choose to get marries, have a civil ceremony or live together.</p>	<p>Learning line, practice, compromise, hormones, puberty, pubic hair, eggs, sperm, penis, testicles, breasts, ovaries, womb, vagina, vulva, clitoris, labia, puberty, menstrual cycle, eggs, periods, sanitary pads, tampons, menstruation cup, secret, surprise, uncomfortable feelings, marriage, live together, civil partnership, forced marriage.</p>
Year 5	<p>I can begin to manage challenging emotions by building my resilience.</p> <p>I can describe the emotions and feelings people have during puberty and some respectful strategies to deal with conflict.</p> <p>I can identify how someone could deal with an unsafe situation by name trusted adults and strategies to stay safe.</p> <p>I can explain, using the correct vocabulary, the menstruation cycle and puberty changes and the products people need.</p> <p>I can give examples of feelings and emotions people have at times of change.</p>	<p>Wellbeing, resilience, trust, unwanted attention/touch, separation, fostered, pubic hair, clitoris, vulva, vagina, lips (labia), penis, scrotum, testicles, foreskin, anus, wet dream, erection, puberty, genitalia, menstruation, period, sanitary towel, tampon, menstruation cup, sanitary protection, embarrassed, reactions, consequences, confidences, confidential, hormones, compromise, respect, mood swings, prejudice, biologic sex, sexual orientation, gender identity, gender expression, verbal abuse, physical abuse.</p>
Year 6	<p>I can name some of the feelings and emotions people have during change.</p> <p>I can give examples of how someone could cope with or get support during puberty.</p>	<p>Change, support, conversation, discuss, body image, self-esteem, manipulation, media manipulation, stereotype, gender stereotype, peer pressure, right to privacy, sharing online, online safety, puberty, physical changes, emotional changes, rights, FGM, confidence,</p>



I can identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image.
I can explain how to stay safe when sharing images and information online.
I can offer advice and name people to help keep someone safe. I can identify if a secret is unsafe.

confidential, egg, ovaries, sperm, testicles, puberty, vagina, penis, orgasm, embryo, womb, sexual intercourse, consensual, condom, surrogacy, adoption, IVF, age of consent, HIV, infection, immune system, virus, transmission, sharing needles, sexual contact, condom, prejudice. .

