

Year 1 - Growing and Changing

Key questions

Getting Help

What is a trusted adult?

Which adults at home can you ask for help?

Which adults at school can you ask for help?

Becoming Independent

What can you do now, that you couldn't do as a baby?

What can you do now, that you couldn't do as a toddler?

What can you do now, that you couldn't do last year in Reception?

What are you still learning to do?

Body Parts

Which body parts are on the inside?

Which body parts are on the outside?

How do different body parts work?

Are girls' and boys' bodies the same?

Which parts are different?

Key vocabulary

adult	heart
brain	stomach
trusted	growing
lungs	vulva
penis	learning

I can ...

I can identify an adult I can talk to at both home and school. If I need help.

I can tell you some things I can do now that I couldn't do when I was a toddler.

I can tell you what some of my body parts do.

Year 2 - Growing and Changing

Key questions

Life Cycles

What helps us to grow?

Who helps us to grow?

What can you do by yourself now?

What are you looking forward to
when you are 10 years old?

What are you looking forward to
when you are 21 years old?

Dealing With Loss

How does it feel to lose
something?

How does it feel to say goodbye
to someone or something for a
long time?

Can we stay in touch with
someone? How?

Being Supportive

What positive things can we say to
someone about something they
have done?

Why is it good to help someone?

What is a good way to help
someone if they are finding
something difficult?

Key vocabulary

supportive loss change
nipples food feelings
help forward growig
penis care goodbye
learning safe upset
vulva

I can ...

I can tell you who helps us grow
(people who look after us) and
what things I can now do myself
that I couldn't when I was
younger.

I can give examples of how it feels
when you have to say goodbye to
someone or something (e.g. move
house).

I can give examples of how to give
feedback to someone.

Year 3 - Growing and Changing

Key questions

Relationships

Can a relationship be positive?
How?

How can a relationship be
negative?

What can someone do to make a
friendship healthy?

Menstruation

What is menstruation?

What happens when the human
egg is not fertilised?

Which parts of a woman's body
are involved in menstruation?

Keeping Safe

What is someone's 'body space'?
When is it ok to go into someone's
body space?

If someone wants another person
to leave their body space, how can
they ask them to leave?

If someone feels uncomfortable,
who can they talk to?

Key vocabulary

angry penis relationships
body space touch assertive
vagina jealous womb
period/menstruation pad trust
lining respect breasts
uncomfortable caring genitals
upset egg healthy
puberty testicles

I can ...

I can name a few things that make a
positive relationship and some things
that make a negative relationship.

I can tell you what happens to the
woman's body when the egg isn't
fertilised, recognising that it is the
lining of the womb that comes away.

I can identify when someone hasn't
been invited into my body space and
show how I can be assertive in
asking them to leave it if I feel
uncomfortable.

Year 4 - Growing and Changing

Key questions

Body Changes During Puberty

What parts of the body are the same for girls and boys?

What parts of the body are different for girls and boys?

How do some parts of the body change during puberty?

Managing Difficult Feelings

What feelings might someone have during puberty?

Why might someone have difficult feelings during puberty?

What are good ways to compromise?

Relationships, Including Marriage

Why do some people choose to get married?

Who can get married and how old do they need to be?

Why do some people choose to have a civil ceremony?

Why do some people choose to live together?

Key vocabulary

breasts testicles womb choice

civil partnership sperm enjoy

penis hormones pubic hair

periods marriage love puberty

live together civil partnership

uncomfortable feelings

menstruation vagina vulva

compromise share ovaries

wet dreams

I can ...

I can label some parts of the body that only boys have and only girls have.

I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).

I can tell you why people get married.

Year 5 - Growing and Changing

Key questions

Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help?

How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions?

Getting Help

Does the body feel differently when someone may need help?

When might someone need help?

What advice would you give to someone who needs to get help?

What makes someone a trusted adult?

Key vocabulary

respect wellbeing trust
hormones mood swings
confidential confidence
resilience puberty crush
embarrassed menstruation
unwanted attention separation
unwanted touch period products

I can ...

I can explain what resilience is and how it can be developed.

I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).

I am able to identify when I need help and can identify trusted adults in my life who can help me.

Year 6 - Growing and Changing

Key questions

Keeping Safe

What secrets can be kept private?

Why?

Are there secrets that should be shared? Why?

Who should some secrets be shared with?

Body Image

What physical changes happen during puberty?

How might someone feel when their body changes?

Do emotional changes happen during puberty? Why?

How can a person feel better about their body changing?

Self-Esteem

What can affect the way someone feels about themselves?

What can someone do or say to feel good about themselves?

Do words affect someone as much as actions? How?

Key vocabulary

media manipulation puberty

sexual intercourse discuss

confidential online safety

self esteem

right to privacy age of consent

stereotype peer pressure

uncomfortable physical changes

body image emotional changes

in confidence sharing online

I can ...

I can give an example of a secret that should be shared with a trusted adult.

I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.

I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).