| EYFS | **Seasons**   * Seasons * Spring * Summer * Autumn * Winter * cycle | **Life Stages**   * Growing * Life cycles * Egg * Seed * Baby * Grow * Change * Old * young | **Where Do Babies Come From?**   * family * baby * love * care * tummy * womb * pregnancy * egg * sperm * adoption * surrogacy * donated sperm/eggs * same-sex parents * one-parent families |
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| **Getting Bigger**   * baby * child * teenager * adult * grow * messages (DNA/Genes) * families of different beliefs * adoption * surrogacy * IVF | **Me and My body - Girls and Boys**   * private parts * penis * vulva * testicles * vagina * eggs * sperm * privacy * my body is mine (body autonomy) * dolls and cars are for everyone (gender stereotyping) * privacy | |
| Year 1 | **Healthy Me**   * energy * food * water * air * oxygen * exercise * sleep * healthy | **Then and Now**   * Change * Growing * Size * Height * Needs * help | **Taking Care of a Baby**   * Caring * Love * Attention * Needs * help |
| **Who Can Help?**   * Unkind * Unkindness * Tease * Teasing * Bully * Bullying * Witness * Experience * Getting help | **Surprises and Secrets**   * Surprise * Secret * uncomfortable | **Keeping Privates Private**   * privates * private * penis * vulva * hygiene * help * change * sore * doctor * private activity * private places * my body is mine (body autonomy) |
| Year 2 | **Haven’t you grown!**   * growing * food * rest * sleep * care * learning * change * forward looking * making choices * asking permission | **My body, Your Body**   * unique * special * penis * testicles * vulva * nipples * private parts * my body is mine (body autonomy) * sperm * eggs * ovaries * womb * pregnancy | **Respecting Privacy**   * genitals * penis * vulva * private * privacy * consent * permission |
| **Sam Moves Away**   * Change * Loss * Feelings * Emotions * Frightening * nervous | **A Helping Hand**   * Help * Support * supportive | **Some Secrets Should Never Be Kept**   * genitals * penis * vulva * private * private parts * consent * permission * secret * uncomfortable * unsafe * tell * someone you trust |
| Year 3 | **Relationship Tree**   * Relationships * Positive * Healthy * Trust * caring | **Body Space**   * Personal space * Body space * Invade * Uncomfortable * Stop * Respect * touch | **None of Your Business**!   * Internet safety * Private * Public * Profile * Personal information |
| **Secret or Surprise?**   * secret * surprise * feelings * uncomfortable * angry * upset * jealous * worried * excited * scared * talk | **My Changing Body**   * egg * sperm * puberty * period * ovary * fallopian tube * uterus (womb) * lining * vagina * period/menstruation pad * tampon * menstruation cup * breasts * genitals * testicles * womb * wet dream * penis * mammals * fertilise * birth * hips * periods * spots * sweat * pubic hair * cervix * menstrual cycle * fertilise * menstruation | **Basic First Aid**   * first aid * risk * accident * danger * hazard * kettle * safe * burn * scald * accident * emergency |
| Year 4 | **Moving House**   * Learning line * practise | **My Feelings Are All Over The Place!**   * Compromise * Hormones * Puberty * Feelings * Independence * conflict | **All Change!**   * Puberty * pituitary gland * estrogen * testosterone * pubic hair * eggs * sperm * penis * testicles * breasts * ovaries * womb * vagina * vulva * clitoris * labia * semen * legal age of consent * Marriage * physical changes * facial hair * underarm hair * sweat * body odour * wet dreams * ejaculation * erections * growth spurt * deeper voice * breast growth * reproduction * testosterone * mood swings * sexual feelings * Privacy * Mood swings * hair removal * growth spurt * wider hips * Sexual feelings * bras * acne/pimples * sebum * headache * stomach ache * Vaginal discharge * fallopian tube * Vagina * Endometrium (uterus lining) * Cramps * Pre menstural stress * Sanitary pad |
| **Secret or Surprise?**   * Secret * Surprise * Uncomfortable feelings | **Preparing For Puberty:**   * puberty * menstrual cycle * eggs * periods * menstruation * period/menstruation pad * tampons * menstruation cup * wet dreams * testicles * sperm * semen * hips * periods * spots * sweat * genitals * pubic hair * voice deepens * testicles * ovaries * penis * breasts * vagina * fallopian tube * cervix * lining of the uterus * pads * tampons * menstrual cup * fertilised egg * pregnant * ejaculate * nocturnal emission * whitish fluid * wet * lubricated * vulva * slippery * sexual nature * felt good * pee * sheets * laundry * guilty * embarrassed * normal * natural |
| **Together**   * Marriage * Live together * Civil partnership * Forced marriage |
| **Know your body - supplementary lesson**   * Female genital mutliation * Vulva * Rights * illegal |
| Year 5 | **How are they feeling?**   * Wellbeing * resilience | **Taking Notice of Our Feelings**   * Trust * Resilience * Unwanted attention * Unwanted touch | **Growing and Changing Bodies**   * Puberty * Genitalia * Semen * Menstruation * Period * period/menstruation pads * Tampon * Managing feelings |
| **Changing Bodies and Feelings**   * pubic hair * clitoris * vulva * vaginal opening * urinary opening * lips (labia) * penis * menstruation cup * period protection * sweat * washing * body confidence * emotions * spots * hair removal * body autonomy * vaginal discharge * involuntary erections * wet dreams * body odour * hormones * hydration * exercise * sleep * breast development * hips widen * height gain * periods * pubic hair * menstruation * genitalia * deodrant * shower gel * washing powder * spot cream * facial wash * period products * masturbation | **Dear Ash**   * In confidence * Break a confidence * Confidential |
| **Help I’m A Teenager- Get Me Out Of Here!**   * Hormones * Compromise * Respect * Mood swings * Conflict * Puberty * Emotional changes | **Dear Hetty**   * Separation * fostered |
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| Year 6 | **I Look Great!**   * Body image * Self esteem * manipulation | **Is This Normal?**   * puberty * physical changes * emotional changes * rights * FGM * periods * mood swings * spots * voice deepening * period products * vulva * Puberty and finding out who you are * identity * manage emotions * hormones * physical changes * feeling funny sexually * start to have questions about sex * sexual reaction * friends * more independence | **Pressure Online**   * Peer pressure * Right to privacy * Sharing online * Online safety |
| **Media Manipulation**   * Media manipulation * Stereotype * Gender stereotype | **Making Babies**   * egg * ovaries * sperm * testicles * puberty * vagina * penis * orgasm * embryo * womb * sexual intercourse * consensual * condom * surrogacy * adoption * IVF * age of consent * miscarriage * conception * condom * consensual relationship * hug * cuddle * kiss * erection * Vaginal wetness * excited * pleasurable feeling * implant * pregnancy * birth * caesarean * cut * labour * muscles * cervix * hips widen * wet dreams * erections * loving relationship * cells * semen * ejaculate * hormones * menstrual cycle * ripen * lining of womb * mature egg * ovulation * fallopian tube * fertilisation * uterine lining * period   How a baby is born   * vaginal childbirth * pelvis * efface * dilate * contractions * mucous plug * water break * doctor * midwife * cervical opening * birth canal * delivery * active labour * contracts * crowning fetal head * episiotomy * skull bones * umbilical cord * placenta * breastfeeding   All the different ways couples can create babies   * queer couple * LGBTQ+ * adoption * stepchildren * foster parents * artificial insemination * IVF * co maternity * surrogacy * blended family * donate sperm * sperm bank * derogatory * homophobic |
| **Know your body - supplementary lesson**   * Vulva * Labia * Penis * Urethra * Testicles * Female genital mutilation * Rights * illegal | **Helpful or Unhelpful?**   * Change * Support * Conversation * Discuss |
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