

Please find below a summary of key areas for each year group. (All areas are taught with sensitivity and through age-appropriate activities).

Year	Content	Vocabulary (Related to Changing Adolescent body and keeping safe – safeguarding)
Reception	Seasons and change, Life stages in plants, animals and humans, <b>Where do babies come from?</b> Getting bigger, <b>Me and my body</b> , Looking after my special people, Looking after my friends	Private places, Egg, Seed, Penis, Vulva
Year 1	<b>Extends from Reception plus...</b> Our special people, Caring behaviour, Respecting others, Safe touch, Unsafe secrets, Friendship, Communication, Bullying, Boundaries, Privacy including naming the genitals, Feelings	Private places, Penis, Vulva
Year 2	<b>Extends from Year 1 plus...</b> How my behaviour (positive or negative) affects others, Becoming more independent, Keeping themselves and others safe, Growing from young to old and how people's needs change	Private places, Penis, Vulva, Testicles, Nipples, Breasts
Year 3	<b>Extends from Year 2 plus...</b> Change including bereavement, Images in the media, Protecting personal information online, Different types of relationships, Healthy and unhealthy relationships (friendships), Discrimination and its consequences, Understanding risk, Making informed choices, Resisting pressure, Menstruation	Ovary, Vagina, Fallopian tube, Cervix, Uterus, Womb
Year 4	<b>Extends from Year 3 plus...</b> Body changes in puberty, Conflicting emotions, Good and not so good feelings, Marriage and other relationships, Consequences of our actions -Recognise and challenge stereotypes, Pressure to behave in an unacceptable, unhealthy or risky way.	Private places, Penis, Vulva, Testicles, Nipples, Breasts, Puberty, Hormones
Year 5	<b>Extends from Year 4 plus...</b> Body changes and feeling during puberty, Changing feelings and the effect on those we live with, Unhealthy relationships, Risky behaviour -Using social media safely, Types of bullying including homophobic bullying, Keeping personal information private online	Puberty, Penis, Vulva, Testicles, Nipples, Breasts, Pubic hair, Puberty, Hormones, Changes, Menstruation/ Sanitary products, Ovary, Vagina, Fallopian tube, Cervix, Uterus, Womb
Year 6	<b>Extends from Year 5 plus...</b>	Puberty, Penis, Vulva, Testicles, Nipples, Breasts, Pubic hair,

	Body image, Sharing images online, Forced marriage, Conception, reproduction & birth, HIV	Puberty, Hormones, Changes, Menstruation/ Sanitary products, Ovary, Vagina, Fallopian tube, Cervix, Uterus, Womb, Sexual reproduction, conception, ejaculation, sperm, egg, wet dream, relationship
--	---	---

Further information about what your children will be learning can be found in the PSHE section of our school website.

Please follow the following link to find information about books and websites you can use at home;

[Helping your children understand changes at puberty \(coramlifeeducation.org.uk\)](http://coramlifeeducation.org.uk)