

**Changing me**  
**(Sex Education)**

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Year 1	<b>Life Cycles</b> I am starting to understand the life cycles of animals and humans  I understand that changes happen as we grow and that this is ok	<b>Changing Me</b> I can tell you some things about me that have changed and some things about me that have stayed the same  I know that changes are OK and that sometimes they will happen whether I want them to or not	<b>My Body Changing</b> I can tell you how my body has changed since I was a baby  I understand that growing up is natural and that everybody grows at different rates	<b>Boys' and Girls' Bodies</b> I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina  I respect my body and understand which parts are private	<b>Learning and Growing</b> I understand the every time I learn something new I change a little bit  I enjoy learning new things	<b>Coping with Changes</b> I can tell you about changes that have happened in my life  I know some ways to cope with changes	
	<b>Life Cycles in Nature</b> I can recognise cycles of life in nature  I understand there are some changes that are outside of my control and can recognise how I feel about this	<b>Growing from Young to Old</b> I can tell you about the natural process of growing from young to old and understand that this is not in my control  I can identify people I respect who are older than me	<b>The Changing Me</b> I can recognise how my body has changed since I was a baby and when I am on the continuum from young to old  I feel proud about becoming more independent	<b>Boys' and Girls' Bodies</b> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles and vagina) and appreciate that some parts of my body  I can tell you what I like/don't like about being a boy/girl	<b>Assertiveness</b> I understand there are different types of touch and can tell you which ones I like and don't like  I am confident to say what I like and don't like and can ask for help	<b>Looking Ahead</b> I can identify what I am looking forward to when I am in year 3  I can start to think about changes I will make when I am in year 3 and know how to go about this	
Year 3	<b>How Babies Grow</b> I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby  I can express how I feel when I see babies or baby animals	<b>Babies</b> I understand how babies grow and develop in the mother's uterus  I understand what a baby needs to live and grow  I can express how I might feel if I had a new baby in my family	<b>Outside Body Changes</b> I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies  I can identify how boys' and girls' bodies change on the outside during this growing up process  I recognise how I feel about these changes happening to me and know how to cope with those feelings	<b>Family Stereotypes</b> I can start to recognise stereotypical ideas I might have about parenting and family roles  I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes	<b>Looking Ahead</b> I can identify what I am looking forward to when I am in Year 4  I can start to think about changes I will make when I am in Year 4 and know how to go about this.		
	<b>Unique Me</b> I understand that some of my personal characteristics have come from my birth parents  I appreciate that I am a truly unique human being	<b>Inside Body Changes</b> I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up  I recognise how I feel about these changes happening to me and know how to cope with these feelings	<b>Girls and Puberty</b> I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this  I have strategies to help me cope with the physical and emotional changes I will experience during puberty	<b>Circles of Change</b> I know how the circle of change works and can apply it to changes I want to make in my life  I am confident enough to try to make changes when I think they will benefit me	<b>Accepting Change</b> I can identify changes that have been and may continue to be outside of my control that I learnt to accept  I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively	<b>Looking Ahead</b> I can identify what I am looking forward to when I am in Year 5  I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this	
Year 5	<b>Self and Body Image</b> I am aware of my own self-image and how my body image fits into that  I know how to develop my own self esteem	<b>Puberty for Girls</b> I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally  I understand that puberty is a natural process that happens to everybody and that it will be OK for me	<b>Puberty for Boys</b> I can describe how boys' and girls' bodies change during puberty  I can express how I feel about the changes that will happen to me during puberty	<b>Looking Ahead</b> I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)  I am confident that I can cope with the changes that growing up will bring	<b>Looking Ahead to Year 6</b> I can identify what I am looking forward to when I am in Year 6  I can start to think about changes I will make when I am in Year 6 and know how to go about it		

	Self and Body Image	Puberty	Girl Talk/Boy Talk	Attraction	Having a Baby	Conception	Transition to Secondary School
Year 6	<p>I am aware of my own self-image and how my body image fits into that</p> <p>I know how to develop my own self esteem</p>	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can express how I feel about the changes that will happen to me during puberty</p>	<p>I can ask the questions I need answered about changes during puberty</p> <p>I can reflect on how I feel about asking the questions and about the answers I receive</p>	<p>I understand how being physically attracted to someone changes the nature of the relationship</p> <p>I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this</p>	<p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p> <p>I appreciate how amazing it is that human bodies can reproduce in these ways</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school</p> <p>I know how to prepare myself emotionally for starting secondary school</p>