

Changing Me – Health/Well Being and Sex Education

Year	Lesson Overview	Vocab
1 Boys' and Girls' Bodies Health and Wellbeing	Learn the correct anatomical names for external private parts.	male, female, penis, testicles, vulva, anus
2 Boys' and Girls' Bodies Health and Wellbeing	Learn the correct anatomical names for private parts and understand which parts of the body are private and why.	male, female, penis, testicles, vulva, vagina, anus, public, private
3 a Outside Body Changes Health and Wellbeing	Introduces puberty. Explore which changes they can and cannot control. Which physical changes apply to girls, boys, or both. Discuss their feelings about growing up.	change, puberty, control, breasts, pubic hair, penis, testicles
3 b Inside Body Changes Health and Wellbeing	Explores internal reproductive changes during puberty, explaining how boys' and girls' bodies prepare for making babies when grown up.	Puberty, male, female, testicles, scrotum, sperm, penis, ovaries, egg, ovum/ova, womb/uterus, vagina
4 Puberty and Menstruation Health and Wellbeing	Learn how the female body changes internally during puberty to enable reproduction, understanding that menstruation is a natural monthly process. Introduces different period products, explaining their purpose and use. Talking to a trusted adult about puberty related worries is important.	Puberty, menstruation, menstruation cycle, periods, menstrual cup, sanitary towel, period pants, fallopian tube, period product, tampons, vagina, vulva, ovaries, hormone, womb
5 a Puberty for Girls Health and Wellbeing	Learn in detail about the menstrual cycle, understanding how the female body prepares monthly for potential pregnancy and how this results in menstruation when an egg is not fertilised. Explore the female reproductive system and how hormones control the cycle. Learn strategies for managing emotions during puberty and explain school procedures for accessing period products.	Puberty, menstruation, periods, menstrual towels, menstrual pads, menstrual cups, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus, hormones
5b Puberty for Boys Health and Wellbeing	Physical and emotional changes through puberty. Learn about the male reproductive system and understand how testosterone triggers puberty changes. Explains that erections and wet dreams are natural parts of male puberty. Hormonal changes affect emotions and mood swings for both boys and girls, reinforcing the importance of talking to trusted people about feelings and concerns.	Puberty, semen, sperm, testicles/testes, scrotum, erection, wet dream, larynx, facial hair, growth spurt, hormones, testosterone
5c Conception Sex Education	How babies are conceived through sexual intercourse, acknowledging alternative routes to parenthood. Explains conception as the fertilisation of an egg by sperm during sexual intercourse between consenting adults in a loving relationship, with the age of consent being 16 in England. Contraception exists as a way to prevent pregnancy and there are fertility treatments for those who need medical assistance to conceive.	Relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, contraception, fertility treatment

6a Puberty Health and Wellbeing	Consolidates understanding of physical and emotional changes during puberty. Reviews both male and female reproductive systems. Clarify misconceptions about puberty and reminded that trusted adults are there for ongoing support.	Breasts grow, penis gets larger, sweaty armpits, hair grows on body, muscles get bigger, more body odour, get spots and blackheads, hips widen, Adam's apple gets bigger, periods start, growth spurt, voice deepens, wet dreams
6b Conception to birth Sex Education	Teaches children about conception to birth. Discover facts about foetal capabilities including hearing, responding to light etc as part of a nine month pregnancy journey. Learn about labour, contractions and birth through the vagina and caesarean sections. Learn about mixed emotions from joy and pride to exhaustion and anxiety.	Pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife