

Week	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1 -	I will know the importance of being clean and hygienic. hygienic brushing surprise scrub rinse mouthwash	I will know the main parts of the body. nurse penis vulva private urine underwear	I will know how I will change as I get older. stages learns adult toddler teenager	I will know how to build my self-esteem. self-esteem believing recognise strength reaction positive	I will know about menstruation. menstruation puberty periods cramps vagina discharge tense	I will know how my body changes as I go through puberty. scrotum hygienic testicles pubic hair erections wet dreams	I will know how humans reproduce. epididymis conceive sexual organs uterus ovaries foreskin
2 -	I will know that some things need to be kept private. private underpants surprise uncomfortable trusted adult underwear	I will know the needs of babies and young children. needs pram frustrated jealous regret	I will know when physical contact is unacceptable. contact physical acceptable unacceptable fist bump Childline	I will know how to respond to unwanted physical contact. unwanted physical unsafe ignore barricaded unsafe	I will know how my body changes and develops. birthmarks freckles manage broader hormones hygiene	I will know how the process of puberty relates to human reproduction. foetus ovaries sperm testicles penis	I will know what is appropriate in friendships and wider relationships. gay influencer banter sexual harassment conduct
3 -	I will know what to do if someone's touch makes me feel unsafe. touch unsafe bother poked anxious private parts	I will know how to make sure that my worries are heard. worries tense fears uncomfortable honest confident	I will know the difference between a surprise and a secret. surprise secret information harmful uncertain Childline	I will know how to reduce the risks of hazards outside of the home. reduce hazard harm boundary allergic inappropriate	I will know hygiene strategies to manage the changes during puberty. hygiene tampon puberty growth spurts periods sanitary towel	I will know why discrimination is harmful. discrimination nationality exclude adopted unfairness embracing	I will know how the media can affect my self-esteem. self-esteem body image media boundary advertising proportions