

Sex Education Progression

Year 1	<ul style="list-style-type: none">● Life cycles of humans and animals.● How boys and girls look different.● The concept of privacy and appropriate contact.
Year 2	<ul style="list-style-type: none">● How they have changed since they were a baby.● Private male and female body parts and the correct vocabulary for these (penis and vulva).● The natural process of growing from young to old.
Year 3	<ul style="list-style-type: none">● Growing up – understanding that changes happen between birth and growing up.● Recognising stereotypical ideas about parenting and family roles.● Change – how I have changed throughout the year.
Year 4	<ul style="list-style-type: none">● Change – How to cope with change and manage my feelings in a positive way.● Reflection about changes I would like to make and how I will go about these. Learning how to accept changes that I am unable to control.
Year 5	<ul style="list-style-type: none">● Puberty – Learning about the physical changes that happen to the body during puberty for boys and girls.● Separate sessions for boys and girls on how the female body prepares to make a baby – menstruation.
Year 6	<ul style="list-style-type: none">● The physical and emotional changes of puberty. Learning strategies to cope with this.● Conception and birth – How a baby is made and how a baby is born.