

Growing and Changing unit

Year Group	Lesson Title	Changes
6	Online Sexual Content	<ul style="list-style-type: none"> This lesson has been added to Year 6 as an optional lesson in response to the 2025 RSHE Guidance, which enables schools to cover this content if they have identified a need via their observations and in response to pupil voice.
6	Making Babies	<ul style="list-style-type: none"> Voice over changed to correct 'stomach' to abdomen' Wording updated to include explanation of the names for private parts for male and female bodies; reinforce language around consent Vocabulary updated to include scrotum, nipples, vulva
6	Is this normal	<ul style="list-style-type: none"> Wording updated to include explanation of the names for private parts for male and female bodies Vocabulary updated to include penis, testicles, scrotum, nipples, vagina, FGM/cuts to the vulva
6	Media Manipulation	<ul style="list-style-type: none"> Additional explanation regarding gender reassignment (protected characteristic) and being transgender added
5	Making Babies (Optional in Year 5)	<ul style="list-style-type: none"> This lesson has been added to Year 5 as an optional lesson in response to the 2025 RSHE Guidance, which recommends non-statutory sex education should be taught in years 5 and/or 6. Voice over changed to correct 'stomach' to abdomen' Wording updated to include explanation of the names for private parts for male and female bodies; reinforce language around consent Vocabulary updated to include scrotum, nipples, vulva

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5	Changing Bodies and Feelings	<ul style="list-style-type: none"> • Extra content added to regarding how covering self-touch/masturbation meets statutory requirements • Wording updated to include explanation of the names for private parts for male and female bodies • Vocabulary updated to include testicles, scrotum, nipples, vulva, vagina
5	Growing Up and Changing Bodies	<ul style="list-style-type: none"> • Wording updated to include explanation of the names for private parts for male and female bodies • Vocabulary updated to include penis, testicles, scrotum, nipples, vulva, vagina, clitoris, labia
4	Preparing for changes at puberty	<ul style="list-style-type: none"> • Wording updated to include explanation of the names for private parts for male and female bodies. • Vocabulary updated to include scrotum, vulva, anus, involuntary erections, spontaneous erections, and vaginal discharge
4	All change	<ul style="list-style-type: none"> • Wording updated to include more specific explanation of private parts • Vocabulary updated to include scrotum, nipples, anus
3	My Changing Body	<ul style="list-style-type: none"> • Wording updated to include explanation of all private parts – more detailed explanation of scrotum, vagina and vulva • Vocabulary updated to include scrotum, vulva, nipples, anus, involuntary erections

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3	My Body Your Body	<ul style="list-style-type: none"> • Wording updated to include explanation of all private parts • Vocabulary updated to include vagina, scrotum, anus, breasts, breastfeeding
1 N/A		
Rec	Me and My Body – Girls and Boys	<ul style="list-style-type: none"> • Wording updated to include discussion about breastfeeding from mother’s breasts/ bottle feeding • Vocabulary updated to include nipples, anus, nipples, breasts, breastfeeding
Rec	Where do babies come from?	<ul style="list-style-type: none"> • Wording updated to include breastfeeding from mother’s breasts/ bottle feeding • Vocabulary updated to include breasts
Rec	Life Stages: Human Life Stage- Who will I be?	<ul style="list-style-type: none"> • Learning outcomes and lesson content updated to include explanation of marriage, civil partnerships, adoption and other family celebrations
Nursery	Girls, boys and families	<ul style="list-style-type: none"> • Wording updated to include explanation of what private parts are and when we may need to show them to someone, included wider vocabulary below • Vocabulary updated to include testicles, nipples
Nursery	When I was a baby	<ul style="list-style-type: none"> • Learning outcomes updated to include naming private parts of the body • Wording updated to include discussion of private parts, linking with nappy changing and bathing babies • Vocabulary updated to include penis, testicles, vulva, nipples