

Vocabulary used within Growing and Changing Lessons

EYFS		KS1		KS2			
Pre-School	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
change grow temperature hear see smell different remember seasons weather warmer grow change bigger taller	seasons spring summer autumn winter cycle growing life cycles seed egg grow change old young baby child teenager adult old age marriage civil partnership wedding ceremony adoption celebration family love care tummy womb pregnancy sperm egg adoption surrogacy two mums two dads	energy water food air oxygen exercise sleep healthy screen usage change growing size height needs help caring love attention private parts private penis scrotum vulva nipples vagina testicles scrotum nipples breasts breastfeeding anus unkind unkindness tease teasing bullying witness	help support supportive change loss feelings emotions frightened nervous growing food rest sleep care learning change forward looking making choices asking permission unique special penis scrotum vulva nipples private parts my body is mine sperm eggs ovaries womb pregnancy bottom testicles vagina anus breasts	positive relationships healthy trust caring online relationships misinterpretation personal space body space invade uncomfortable respect stop touch penis testicles scrotum vulva vagina nipples anus internet safety public private personal information digital tattoo secret surprise feelings uncomfortable angry upset jealous worried excited scared talk	learning line practice compromise hormones puberty feelings independence conflict puberty pubic hair eggs sperm penis testicles breasts ovaries womb vagina vulva clitoris labia semen legal age of consent marriage underarm hair sweat growth spurt acne breast growth facial hair body odour ejaculation spontaneous erections wet dreams pleasure	wellbeing resilience trust resilience unwanted attention unwanted touch in confidence break a confidence confidential puberty genitalia menstruation semen period pad tampon managing feelings oral health penis testicles scrotum vulva vagina clitoris labia nipples vaginal discharge pubic hair clitoris vaginal opening urinary opening lips (labia) penis period protection sweat washing body confidence	body image self esteem manipulation deepfake digital media self-worth media manipulation stereotype gender stereotype gender reassignment (protected characteristic) assertive peer pressure right to privacy sharing online online safety change support conversation discuss puberty physical changes emotional changes rights FGM/cuts to the vulva periods mood swings spots voice deepening period products identity manage emotions hormones feeling funny sexually start to have questions about sex

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<p>one-parent families breastfeeding breasts families of different beliefs private parts penis vulva testicles vagina privacy my body is mine nipples anus</p>	<p>experience getting help online bullying aggressive safe unsafe surprise secret hygiene sore help change doctor</p>	<p>breastfeeding genitals private privacy consent permission secret unsafe uncomfortable tell someone you trust</p>	<p>egg sperm puberty fallopian tube ovary uterus (womb) lining period/menstruation pad period tampon menstruation cup wet dreams mammals fertilise birth hips spots sweat pubic hair cervix fertilised egg pregnant erection involuntary erections first aid risk accident danger hazard kettle safe burn scald emergency</p>	<p>masturbation deeper voice spots reproduction testosterone mood swings sexual feelings/horny romantic/sexual interest privacy hair removal wider hips endometrium (uterus lining) headache stomach ache cramps foetus nipples scrotum anus puberty menstrual cycle eggs periods menstruation pad menstruation cup tampon wet dreams testicles sperm semen genitals pubic hair voice deepens fallopian tube cervix lining of the uterus fertilised egg pregnant</p>	<p>emotions spots hair removal body autonomy vaginal discharge involuntary erections wet dreams body odour hormones hydration exercise sleep breast development height gain hips widen periods FGM/cuts to the vulva genitalia deodrant shower gel tissues washing powder spot cream facial wash circumcised good hygiene chemicals oil glands clean underwear acne pimples/zits acne cream medication doctor hair growth under arm chest hair healthy food compromise respect mood swings conflict</p>	<p>sexual reaction friends more independence vulva vagina nipples penis testicles scrotum increased weight egg ovaries sperm testicles puberty orgasm embryo womb sexual intercourse consensual condom surrogacy adoption IVF age of consent miscarriage conception consensual relationship hug cuddle kiss erection vaginal wetness excited pleasurable feeling implant pregnancy birth caesarean cut labour muscles cervix</p>
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					<p>ejaculate nocturnal emission whitish fluid wet lubricated ovulation slippery sexual nature sheets laundry guilty embarrassed normal natural scrotum vulva anus involuntary erections spontaneous erections vaginal discharge secret surprise uncomfortable feelings marriage live together civil partnership forced marriage wedding relationships safe unsafe ceremony</p>	<p>puberty emotional changes negotiate neglect separation fostered</p>	<p>hips widen wet dreams loving relationship cells semen ejaculate hormones menstrual cycle ripen lining of womb mature egg ovulation fallopian tube fertilisation uterine lining period How a baby is born: vaginal childbirth pelvis efface dilate contractions mucous plug water break doctor midwife cervical opening birth canal delivery active labour contracts crowning fetal head episiotomy skull bones umbilical cord placenta breastfeeding All the different ways couples can create babies: queer couple LGBTQ+ stepchildren foster parents</p>
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							artificial insemination co maternity donate sperm blended family sperm bank derogatory homophobic scrotum nipples vulva HIV infection immune system virus transmission sharing needles sexual contact condom prejudice Human immunodeficiency virus illness sexual activity vaginal fluids semen medication lifelong condition life threatening sharing of needles blood transfusions Human papilloma virus cancer cervix womb antibodies vaccination agina penis orgasm sexual intercourse consensual respectful condom
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							conception consensual relationship hug cuddle kiss erection vaginal wetness excited pleasurable feeling loving relationship online sexual content
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