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| **Year Group** | **What is taught** |
| 1 | Appropriate contact – *children will learn the difference between acceptable and unacceptable touch (hitting, biting, smacking, etc).*  NSPCC lesson 1: identifying safe adults, recognising some parts of the body are private and naming the private parts |
| 2. | Appropriate contact: My private parts: *Children will understand the concept of privacy and the correct vocabulary for body parts.*  NSPCC lesson 2: different types of touch, who to talk to with upsetting secrets, the PANTS rule |
| 3 | NSPCC lesson 3: *Children will identify examples of appropriate and inappropriate touch, understand that no means no, understand how to seek support if they are worried* |
| 4 | Introducing puberty: *Children will learn how our bodies and emotions will change during puberty* |
| 5 | Puberty: *Children learn the names for the sexual external parts of the body and label the internal reproductive organs*  Menstruation: *Children will know about the process of the menstrual cycle*  Emotional changes in puberty: *Children will learn about how their feelings will change during puberty*  NSPCC lesson 4: *Children will learn about the importance of treating others respectfully, and how the PANTS rule can help.* |
| 6 | Physical and Emotional changes during puberty: *Children will be recapping the names of the external and internal reproductive organs* *and the changes in puberty*  \*\*Conception: *Children will recap the menstrual cycle and learn about how a baby is conceived*  \*\*Pregnancy and Birth: *Children will learn how a baby develops in the womb during pregnancy* |