In year 1, children will think about different ways to keep their bodies clean and healthy. They will look at pictures of babies, toddlers, children, teenagers and adults and discuss what growing up means. They will talk about people in their family and how families can look different. Finally, they will discuss the adults around them and who they could ask for help if they need it.

In Year 2, they will discuss how boys and girls can have both similarities and differences. Gender stereotypes will be tackled EG only boys like to play with cars. They will order pictures to show the lifecycle of a human from baby to elder. Children will also look at baby animals and think about them growing up due to having a mum and dad - the same as humans.

In year 3, children will be taught the correct scientific vocabulary for body parts. They will discuss personal space and what to do if someone makes them feel uncomfortable. They will talk about people in their family and how families can look different they will then discuss who they could talk to if they are concerned about anything they see or hear.

In year 4, children will look at basic differences which occur when you get older and what you are able to accomplish at different stages of your life. They will learn the scientific names for changes which occur during puberty. The puberty lesson will take place in single sex classes so the children do not feel uncomfortable.

In year 5, physical and emotional changes during puberty will be discussed and correct scientific vocabulary explained. Children will be taught in single sex classes to make them feel more comfortable and will focus more on the changes which will occur for their gender. They will also think about hygiene and the importance of keeping clean as they get older.

In year 6, Children will recap all the changes which happen during puberty using scientific vocabulary. They will begin to think more about why these changes are necessary as you get older. They will discuss looking after themselves and knowing their rights and what to do if they have any problems or concerns. They will be taught the basics about conception and pregnancy in a scientific way. All lessons will be taught to single sex classes so the children feel more comfortable.