

# 'changing Me': Sex Education at Fairfield's Primary School

**Puberty** -Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)

**Girl/boy talk** - A chance to ask questions and reflect (single sex) (animations used – the Female and Male Reproductive Systems)

**Conception to birth**-The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

**Puberty for girls** -Physical changes (**menstruation**) and feelings about them – importance of looking after yourself (**animations used – the Female Reproductive System**)

**Puberty for boys** - Developing understanding of changes for both sexes – reassurance and exploring feelings (**animations used – the Male Reproductive System**)

**Conception** - Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used – the Female and Male Reproductive Systems)

**Having a baby** -The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Female Reproductive System)

**The changing me** -Where am I on the journey from young to old, and what changes can I be proud of.

**Boys and girls bodies** -Differences between boys and girls – how do we feel about them? Which parts of me are private? **Correct vocabulary.**

**Growing up**- how we have changed since we were babies

**Inside body changes**- How our bodies need to change so they can make babies when we grow up. Inside changes and how we feel about them. **Outside body changes** re visited.

**Outside body changes** How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them.

**My Changing Body** – Understanding that growing and changing is normal and that it happens to everyone at different rates.

**Boys and girls bodies**- Appreciating the parts of our body that make us different and using the correct names for them.

