



### What should I already know?

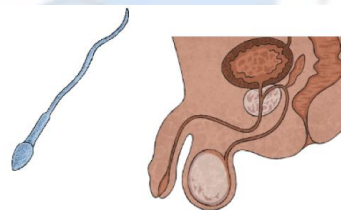
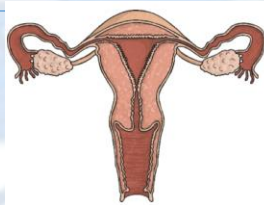
- Pupils know the anatomical names of body parts.
- Pupils know how to take care of their bodies through consent and autonomy.
- That a healthy balanced diet is important.
- How daily exercise helps both physical and mental health.
- Sleep is important and this can impact both your physical and mental health.
- Risks and benefits of harmful drugs.
- That gender identity may not correspond with their biological sex.
- The process of reproduction – how babies are conceived and born.

### Key knowledge

- Identify the external genitalia and internal reproductive organs in males and females.
- Humans have genitalia – For example penis, vagina and vulva are terms we use.
- The process of puberty – this relates to human reproduction.
- The changes that happen in puberty and what young people will experience. Boys and girls will have different changes but they also share some similarities.
- Hygiene routines are important and how to keep their own personal hygiene.
- Feelings change over time and everyday things can affect your feelings.
- The importance of expressing feelings for our own mental health.
- Strategies to respond to feelings appropriately.
- Puberty provides an emotional change as well as physical.
- Ethnicity, family, gender, faith, culture, hobbies, likes and dislikes contribute to who we are.
- Stereotypes can have negative effects on our behaviours and attitudes and the effect social media has on us.
- There are different types of relationships – friendships, family relationships, online and romantic relationships.
- Cisgender is someone who is comfortable with their gender from birth.
- People can be attracted romantically, emotionally and sexually to someone.
- Marriage, civil partnership is a legal declaration of commitment between two adults.
- Hygiene can prevent viruses and bacteria spreading sexually.
- Reproduction is part of the human life cycle.
- The legal age for sexual intercourse is 16 in the UK
- Babies are conceived and born.

### Values

Challenge	How do we overcome the challenge of talking about sexual reproduction?
Commit	How do we commit to keeping ourselves safe both physically and mentally?
Conquer	How do we conquer our emotions and how to express them?
Celebrate	How do we celebrate people's differences no matter their sexuality?



### Technical vocabulary mat

puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
hygiene	Preventing diseases through cleanliness.
body image	How you see yourself when you look in the mirror.
retouched	Improve or repair something.
gay	A person who is homosexual
lesbian	A homosexual woman.
reproduction	The creation of offspring by a sexual or asexual process.
foetus	An unborn or unhatched offspring an unborn human more than 8 week after conception.
conception	The forming of a child where the sperm meets the egg.
sexual intercourse	Contact between individuals that involves penetration through a man's erect penis into a woman's vagina.
contraception	The use of methods to prevent pregnancy.
bisexual	Sexually attracted to both men and women (no particular gender)
heterosexual	A person sexually attracted to the opposite sex.

