

What will my children actually be taught about puberty and human reproduction?

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, in the second half of the summer term. Each year group will be taught appropriate to their age and development stage, building on the previous years' learning. Please note that at no point will a child be taught something that is inappropriate. Furthermore, if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask their families at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The changing Me Puzzle is all about coping positively with changes and includes:

- Reception – Growing up; how we have changed since we were babies
- Year 1 – Boys' and girls' bodies; correct names for body parts.
- Year 2 – Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Year 3 – How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
- Year 4 – Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- Year 5 – Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
- Year 6 – Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

- Year 1 - Male, Female, Vagina, Penis, Testicles, Vulva, Anus
- Year 2 – Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private
- Year 3 – Puberty, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum/ Ova Womb/ Uterus, Vagina
- Year 4 – Sperm, Egg/ Ovum, Penis, Testicles, Vagina/ Vulva, Womb/ Uterus, Ovaries, Making love, Having sex, Sexual Intercourse, Fertilise, Conception, Puberty, Menstruation, periods
- Year 5 – Puberty, Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Ovary/ Ovaries, Vagina, Oestrogen, Vulva, Womb/Uterus, Sperm, Semen, Testicles/Testes, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt, Hormones, Relationships, Conception, Making love, Sexual intercourse, Fallopian tube, Fertilisation, Pregnancy, Embryo, Umbilical cord, Contraception, Fertility treatment (IVF)
- Year 6 – Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife

