

## Relationships and Sex Education (RSE) - Key Vocabulary

Lesson	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
1	I will know the importance of being clean and hygienic hygienic brushing surprise scrub rinse mouthwash	I will know the main parts of the body nurse penis vulva private urine underwear	I will know how I will change as I get older stages learns adult toddler teenager	I will know how to build my self-esteem self-esteem believing recognise strength reaction positive	I will know about menstruation menstruation puberty periods cramps vagina discharge tense	I will know how my body changes as I go through puberty scrotum hygienic testicles pubic hair erections wet dreams	I will know how humans reproduce epididymis conceive sexual organs uterus ovaries foreskin
2	I will know that some things need to be kept private private underpants surprise uncomfortable trusted adult underwear	I will know the needs of babies and young children needs pram frustrated jealous regret	I will know when physical contact is unacceptable contact physical acceptable unacceptable fist bump Childline	I will know how to respond to unwanted physical contact unwanted physical unsafe ignore barricaded unsafe	I will know how my body changes and develops birthmarks freckles manage broader hormones hygiene	I will know how the process of puberty relates to human reproduction foetus ovaries sperm testicles penis	I will know what is appropriate in friendships and wider relationships gay influencer banter sexual harassment conduct
3	I will know what to do if someone's touch makes me feel unsafe touch unsafe bother poked anxious private parts	I will know how to make sure that my worries are heard worries tense fears uncomfortable honest confident	I will know the difference between a surprise and a secret surprise secret information harmful uncertain Childline	I will know how to reduce the risks of hazards outside of the home reduce hazard harm boundary allergic inappropriate	I will know hygiene strategies to manage the changes during puberty hygiene tampon puberty growth spurts periods sanitary towel	I will know why discrimination is harmful discrimination nationality exclude adopted unfairness embracing	I will know how the media can affect my self-esteem self-esteem body image media boundary advertising proportions