

Changing and Growing Key Vocabulary

It is essential that children learn the correct biological names for the genitalia and reproductive organs. Having the right language to describe all parts of their body - and knowing how to seek help if they are worried or uncomfortable about something and having the vocabulary to describe why they are seeking help - are vital for safeguarding.

In the report *Not Yet Good Enough - personal, social, health and economic education in schools*, Ofsted highlighted research carried out by the Lucy Faithfull Foundation¹ which indicates that '*failure to provide high quality, age-appropriate sex and relationships education may leave young people vulnerable to inappropriate sexual behaviours and exploitation, particularly if they are not taught the appropriate language*'. (*Not yet good enough - personal, social, health and economic education in schools* May 2013 <https://www.gov.uk/government/publications/not-yet-good-enough-personal-social-health-and-economic-education>)

Key Stage 1	boy, girl, gender, penis, testicles, vulva, pregnant, baby, child, teenager, elderly, life-cycle, change, grow, feelings, love, care, comfortable feeling, uncomfortable feeling.
Year 3	change, grow, mature, feelings, emotions, excited, worried, reproduction, organs, sperm, egg.
Year 4 and 5	puberty, change, grow, mature, private parts, genitals, vagina, labia, vulva, clitoris, penis, testicles, breasts, feelings, excited, attraction, worried, internal, inside, reproductive organs, menstruation, uterus, fallopian tubes, ovary/ovaries, cervix, menstrual cycle, period, blood, discharge, Adam's apple, penis, testicles, scrotum, erection, ejaculation, wet dream, masturbation, sweat, body odour, sanitary towel, tampon.
Year 6	puberty, change, grow, mature, private parts, genitals, strong feelings, reproductive, uterus, fallopian tubes, ovary/ovaries, cervix, vagina, labia, clitoris, vulva, penis, testicles, scrotum, sperm, semen, erection, ejaculation, egg, sexual intercourse, conception, embryo, pregnant, birth, contraception, consent.