



Key Vocabulary	
Self-image	Puberty
Self-esteem	Vagina
Opportunities	Ovary/ Ovaries
Responsibilities	Womb/Uterus
Pregnancy	Menstruation /Periods
Embryo	Sanitary towels/pads
Umbilical cord	Tampons
Labour	Sperm/Semen
Midwife	Erection
Attraction	Ejaculation
Relationship	Wet dream
Sexting	Hormones
Underarm hair	Voice breaks

The Jigsaw Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Key knowledge	
PSHE	I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
	I can explain why some changes I might experience might feel better than others.

