

## SCARF PSHE: Growing and Changing Vocabulary (Years 1–6)

### Year 1

- **Body** – The physical parts that make up a person.
  - **Head/Arms/Legs/Feet** – Main body parts children learn to name.
  - **Private parts** – Areas of the body covered by underwear.
  - **Bottom** – The part of the body you sit on.
  - **Penis** – The male external sex organ.
  - **Vulva** – The external part of the female genitals.
  - **Touch** – When someone or something makes contact with the body.
  - **Safe/Unsafe** – Knowing when something is okay or not okay.
  - **Help** – Asking for support when something feels wrong or confusing.
  - **Clean** – Being free from dirt or germs.
  - **Change** – How things become different as we grow.
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### Year 2

- **Breasts** – The chest area of females that develops during puberty.
  - **Skin/Hair/Teeth** – Parts of the body to care for through hygiene.
  - **Washing** – Cleaning the body to stay healthy.
  - **Hygiene** – Keeping the body clean to avoid illness.
  - **Germs** – Tiny things that can make us ill.
  - **Safe touch** – A touch that is welcome and respectful.
  - **Unwanted touch** – Touch that makes someone feel uncomfortable.
  - **PANTS rule** – A child-friendly way to remember that what's under your underwear is private.
  - **Appropriate** – What is suitable or acceptable.
  - **Feelings** – Emotions we experience.
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### Year 3

- **Male/Female** – The two common biological sexes.
  - **Testicles** – Two glands that are part of male genitals.
  - **Puberty** – The stage when a child's body begins to change into an adult body.
  - **Sweat/Body odour** – What the body produces more of during puberty.
  - **Hair growth** – Hair begins to grow in new places on the body.
  - **Emotions** – Strong feelings that can change as we grow.
  - **Personal space** – The area around someone that should be respected.
  - **Boundaries** – Limits we set to keep ourselves safe and comfortable.
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## Year 4

- **Menstruation/Period** – When blood leaves the body from the vagina as part of the monthly cycle.
  - **Erection** – When the penis becomes hard, often during puberty.
  - **Body image** – How someone feels about how they look.
  - **Emotional change** – Feelings that can change quickly during puberty.
  - **Respect** – Treating others kindly and valuing differences.
  - **Assertive** – Speaking up for yourself in a calm and respectful way.
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## Year 5

- **Hormones** – Chemicals in the body that cause changes.
  - **Menstrual cycle** – The monthly process a female body goes through including periods.
  - **Sanitary products** – Items like pads or tampons used during menstruation.
  - **Discharge** – Fluid from the vagina that helps keep it clean.
  - **Wet dream** – When a person ejaculates during sleep (common in puberty).
  - **Masturbation** – Touching one's own genitals for comfort (optional to cover based on school policy).
  - **Genitals** – The reproductive organs.
  - **Underarm hair** – Hair that grows under the arms during puberty.
  - **Spots/Acne** – Skin changes caused by puberty.
  - **Self-image** – How a person sees themselves.
  - **Gender identity** – How someone feels and identifies in terms of gender.
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## Year 6

- **Reproduction** – How new life is created.
- **Fertilisation** – The joining of an egg and sperm.
- **Conception** – When a sperm fertilises an egg and pregnancy begins.
- **Pregnancy** – The time when a baby grows inside the womb.
- **Birth** – When a baby is born from the mother's body.
- **Sperm/Egg** – Male and female reproductive cells.
- **Vagina/Womb/Fallopian tubes/Ovary** – Internal female reproductive organs.
- **Respectful relationships** – Treating others with kindness and fairness.
- **Consent** – Agreeing to something freely and clearly.
- **Personal boundaries** – What feels safe and okay for you.
- **Emotional wellbeing** – How we feel inside and how we look after our mental health.