

Jigsaw Vocabulary - Changing Me

Year group	Vocabulary Used
Year One	Changes Life cycle Baby Adulthood Life cycle Adult Grown up Growing up Mature Male Female Vagina Penis Testicles Vulva Anus New Grow Change Feelings: Anxious Worried Excited Coping
Year 2	Change Grow Life cycle Control Baby Toddler Child Teenager Adult Fully grown Growing up Old Young Change Respect Appearance Physical Independent Freedom Responsibilities Male Female Vagina Penis Testicles Vulva Anus Public

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	<p>Private Touch Cuddle Hug Squeeze Like/Dislike Acceptable/Unacceptable Comfortable/Uncomfortable Looking forward Feelings: Excited Nervous Anxious Happy</p>
<p>Year 3</p>	<p>Changes Birth Animals Babies Mother Growing up Uterus Womb Nutrients Survive Love Affection Care Change Puberty Control Male Female Testicles Sperm Penis Ovaries Egg Ovum/Ova Vagina Stereotypes Roles Looking forward Feelings: Excited Nervous Anxious Happy</p>
<p>Year 4</p>	<p>Personal Unique Characteristics Parents Sperm Egg/Ovum Penis Testicles Vagina/Vulva Womb/Uterus Ovaries Making love</p>

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	<p>Having sex Sexual Intercourse Fertilise Conception Puberty Menstruation Periods Circle Seasons Change Control Acceptance Emotions (see separate document – Y4 Emotions cards vocabulary) Looking forward</p>
<p>Year 5</p>	<p>Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty Menstruation Periods Sanitary towels/pads Tampons Ovary/Ovaries Vagina/Vulva Oestrogen 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</p>

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	<p>Contraception Fertility treatment (IVF) Teenager Milestone Perceptions Responsibilities Change Hope Manage Cope Opportunities Emotions: Fear Excitement Anxious</p>
<p>Year 6</p>	<p>Self-image Self-esteem Real self Celebrity Opportunities Freedoms Responsibilities Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Attraction Relationship Pressure Love Sexting Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement Words associated with puberty: pubic hair, voice breaks, menstruation, semen, growing taller, hips widen, facial hair, tampon, breasts, hormones,</p>

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	ovulation, sanitary towel, testicles, sperm, underarm hair, penis, feeling moody, vagina/vaginal opening, vulva, womb, uterus, fallopian tube, trust, respect, New vocabulary introduced in Y6: masturbation, wet dreams, clitoris
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