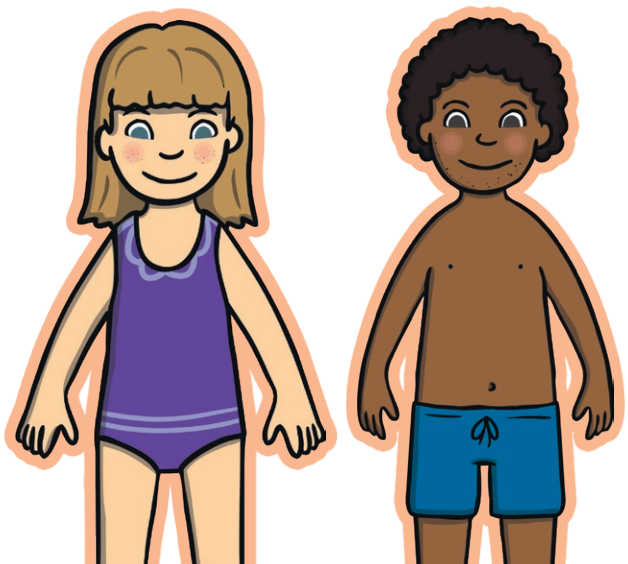


## Health and Wellbeing | Growing Up | KS1 | Key Knowledge

### My Body

There are lots of ways our bodies are **similar** to and **different** from people around us. Some of these similarities are body parts that we may all have. These may include backs, wrists, necks, heads, arms and legs. The **genitals** are an example of ways male and female bodies are **different**. Female bodies have **genitals** called a **vulva** and a **vagina**, and male bodies have **genitals** called a **penis** and **testicles**.



Disclaimer

This resource is designed to support teaching about biological attributes. You should consider whether this content is appropriate for all children in your class, especially children who have DSD/are intersex, or who are transgender. This resource is editable to ensure that you can adapt it to meet the needs of children in your setting.

### Key Vocabulary

**genitals:**

Parts of our body that are private. Females have **genitals** called a **vulva** and a **vagina**, and males have **genitals** called a **penis** and **testicles**.

**private parts:**

Parts of our body that are just for us.

**similar:**

To be like someone else or the same in certain ways.

**different:**

To not be the same in certain ways.

**vulva:**

Part of the female **genitals**.

**penis:**

Part of the male **genitals**.

**vagina:**

Part of the female **genitals**.

**testicles:**

Part of the male **genitals**.

**respect:**

A way of treating or thinking about someone that shows they are important and they are valued.

**consent:**

To give permission or agree to something.

**trusted adult:**

Adults who we know we can talk to about anything that worries us.

**rules:**

Instructions we need to follow to stay safe.

**stereotype:**

Thinking someone knows something about someone else based on the way they look, the way they speak, where they come from or their gender.

**unique:**

Something that is special and unlike anything else.

**change:**

When something becomes different.

## Respect and Consent

What happens to our bodies is up to us. Other people have the right to decide what happens to their bodies too. No one should touch someone else if this is not welcome and to find out whether or not someone is comfortable with this, their permission or **consent** should be asked. This shows **respect** for others and their decisions and we should expect people to treat us with this **respect** as well.

## Similarities and Differences

There are lots of ways that we are **similar** to and **different** from people around us. It is important that we value and **respect** these differences and don't expect to know what people may like or dislike based on **stereotypes**.



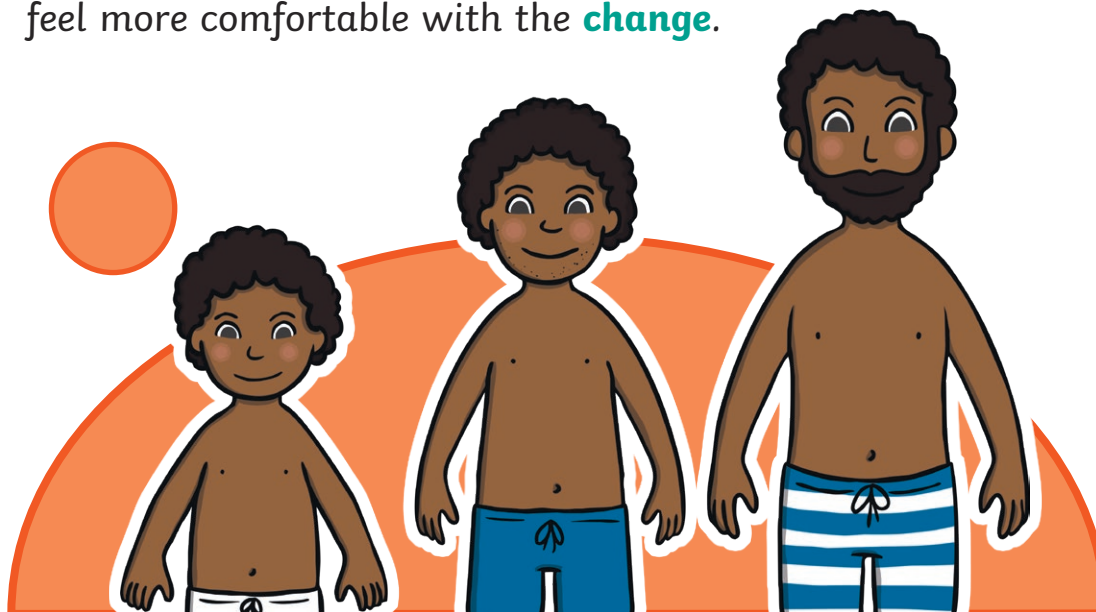
## Families

Families are very important to provide love, care and safety. Our family may be **similar** to or **different** from the families of our friends. There are lots of ways we can enjoy spending time with our families, like cooking and sharing food, celebrating festivals that are important to us, relaxing and exploring. Families can support each other in difficult times as well. If anything about our family is making us worried, it is important to know there are other **trusted adults** who can help us.



## Changing and Growing

As we grow older, we might notice some things that **change**. We will be able to do more, we may have more responsibility, our friends might **change** and our bodies will **change**. It is exciting to think about what we might want to do when we grow up. If we know something is going to **change**, like moving to the next class, there are things we can do to prepare for this. This way, we will feel more comfortable with the **change**.



## Coping with Change

There are many **changes** we might go through, some may be big and some may be small. Each of these **changes** can make us feel lots of **different** emotions. Some of these may be comfortable and some may be uncomfortable. There are lots of things we can do to help ourselves to cope with **change**. These include talking to family, talking to another **trusted adult** such as a teacher or another adult at school, talking to a friend or allowing ourselves to get used to the **change** over time.

### Key Learning Points:

**Respect and Consent:** It is important to show respect to everyone as we are all equal and deserve to be healthy and happy. Our bodies belong to us and it is important people **respect** our bodies through their actions as well as their words. Asking for **consent** before touching someone's body is a very important way to show this **respect**.

**Valuing Differences:** As we grow and **change**, there are many similarities and differences we might notice between ourselves and others. These should be celebrated and valued because they are a way we can learn from each other. Learning from and enjoying the differences between ourselves and others avoids stereotyping and values the many ways we are all **unique**.



To look at all the planning resources linked to the KS1 Growing Up planning, [click here](#)