

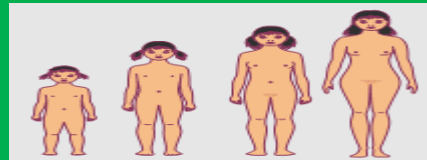
# Year 3

## Relationships & Sex

### Challenging Stereotypes



### Changes To know how my body will change—puberty

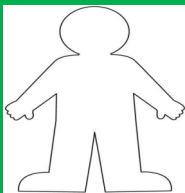


Changes I can control and changes I can't

### Parts of the body

Including

penis  
vagina  
breasts  
ovaries  
egg  
reproduction



testicles  
pubic hair  
sperm  
uterus  
puberty  
fertilise

### What a baby needs to grow and develop



### Transition to Year 4



### The stages of development during pregnancy



### Useful websites/books to help you talk to your child:

How Babies Are Made by Alastair Smith

Where Willy Went by Nicholas Allan

[www.childnet.com](http://www.childnet.com)

# Year 3

## In each lesson, pupils will learn:

### Lesson 1—changes from birth to now:

- How they have changed since being a baby.
- How does change make people feel?

### Lesson 2—babies' needs:

- What physical and emotional needs do babies have.
- Babies start in a mother's womb and gets nutrients from its mother.

### Lesson 3—puberty:

- Puberty is natural and happens gradually to everyone.
- The changes that happen on boys' and girls' bodies during puberty.
- Reassurance that it is normal to feel lots of different emotions about this.

### Lesson 4—puberty:

- Changes happens in boys and girls so that babies can be made when they are grown up.

**NB—there is no discussion of how babies are made.**

- What happens inside their body during puberty.

### Lessons 5 & 6—transition:

- Reflection on what they have enjoyed in Year 3.
- Discuss hopes for Year 4.
- Chance to voice worries about Year 4.

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