

Year 1:

Changing Me

Key Learning

Humans are mammals, which is the name for a group of animals.

All animals have life cycles. A life cycle shows the changes that happen as something grows.



There are lots of changes that happen as we get older;

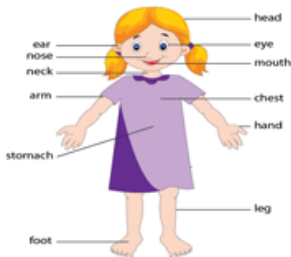
- We get taller
- We learn new skills (talking, how to read)



Everyone is unique. We are all different and this means that we learn things at different times too.

We know lots of names for our body parts.

Boys are known as males. Girls are known as females. Males and females have some body parts that are the



Boys and girls have private parts. Private means they are only for us, and that they are not to be seen by everyone. Our private parts are covered by our underwear.

We have different names for private parts but the correct terms are penis and vagina.

Nobody has the right to see or touch our private parts without your permission. If someone or something makes you feel unsafe or unhappy, you should tell a trusted adult.

A trusted adult is someone you trust and someone who will help you. This might be an adult at home or a teacher.

Key Vocabulary

Changes	Something that happens that is different.
Female	A girl
Male	A boy
Penis	A private part belonging to a boy or male.
Vagina	A private part belonging to a girl or female.
Growing up	To develop into an adult.
Mature	Fully grown.
Baby	A very young child.
Adulthood	Becoming an adult.