



Topics covered by Growing Up with Yasmine and Tom are:

Module One – ages 5 to 7

My body: External body parts
My body: Internal body parts
My body: Keeping clean
Life cycles: Different ages
Life cycles: Looking after babies
Keeping safe: In the house
Keeping safe: Out and about
Keeping safe: People who can help me
Feelings: Different emotions
Feelings: What to do if we feel sad
Relationships: Different families
Relationships: Friends
Online technology safety: Taking care online: personal details
Online technology safety: Taking care online: Who can help us?
Gender stereotypes/Celebrating difference: Similar and different
Gender stereotypes/Celebrating difference: Toys

Module Two – ages 7 to 9

My body: Sexual body parts - male
My body: Sexual body parts - female
My body: Keeping clean
Life cycles: Growing up and getting older
Life cycles: Me, myself and I
Keeping safe: Personal space
Keeping safe: Identifying risk
Keeping safe: People who can help me
Feelings: Expressing our feelings
Feelings: Managing our feelings
Relationships: What makes a good friend?
Relationships: Getting on with your family
Online technology safety: Photos of myself online
Online technology safety: Taking care online: Who can help us?
Gender stereotypes/Celebrating difference: Jobs we do
Gender stereotypes/Celebrating difference: Mothers and fathers

Module Three – ages 9 to 11

My body: Puberty

My body: Periods

My body: Wet dreams

Life cycles: How babies are made – sexual intercourse

Life cycles: How babies are made – assisted fertility

Life cycles: Multiple births

Life cycles: How babies are born

Keeping safe: Assertiveness, saying no

Keeping safe: Good and bad touch

Keeping safe: People who can help me

Feelings: How easy is it to talk about...

Feelings: Talking to people about how we feel

Relationships: Trust

Relationships: Peer pressure

Online technology safety: Social networking and sending pictures

Online technology safety: Cyberbullying

Gender stereotypes: Sexual orientation

Gender stereotypes: Discrimination and equal opportunities