Keeping privates private

Year: Y1

Subjects and Issues

Body parts Growing and changing Hygiene
Personal hygiene Safeguarding Trust
Change Responsibility Relationships education
Privacy
National Curriculum science - relationships elements

Please note from September 2026 pupils should be taught the correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts. The RHSE guidance does not specify when pupils should be taught this content; that is a decision for the school.

Look at suggested ground rules/ class agreement, share with children at the start of the lesson.

Introduction

Start the lesson with some key questions to introduce the topic:

- What changes have happened to you since you were a baby?
- How do you look different from when you were a baby?
- What are the things you can do now that you couldn't do when you were younger?
- What are the things you are still learning to do?

Activity

Explain that one of the things that they may be able to do or are learning to do now is use the toilet on their own, without help from a grown-up.

Hand out the *Needing the toilet* Activity sheet*, explaining that it shows three different stages of growing - one as a baby, one as a toddler, and one as they are now, aged 5 or 6. Ask children what the differences between the three stages are when it comes to needing the toilet.

Ask the children to complete the *Needing the toilet* Activity sheet as follows:

- In the box on the left-hand side, draw or write what they did/do when they went to the toilet.
- In the boxes on the right-hand side draw or write who helps or helped them at that age.
- In the boxes in the middle draw a picture of themselves at that age.

*Please note: although this activity sheet is desgined in the same way as the one in the lesson *Then and now,* its focus - and how children complete it - is different. In this version, children are asked for specific examples that relate to toileting.

Summing up

Ask children to show their drawings and explain what they've drawn or written.

Ask:

- Who helps you with the things that you are learning to do?
- What are the main differences between when you were a baby and now? [Draw out that they are able to use a toilet now, rather than nappies.]
- Who wiped them clean then and who does it now? [Hopefully they should answer that they now do it.]
- What are the words that we give to the parts of our body that we need to wipe/pat? Is it the same for boys and girls? [The children may give you a range of words, here. Listen to nay nicknames used, then provide them with the scientific names- penis, vulva, anus, etc.]

Explain that the names for a boy's external genitals are penis and for a girl's it's vulva (see our Puberty Glossary

for further information and guidance) and these are the names we would use if we had to talk to a Doctor or someone else we trust about our private parts, if we needed to, e.g. if they were sore. Point out that:

- Girls have a vulva on the outside of their body (in their pants area), and a vagina inside their body. [Depending on your RSE policy you might like to explain that the vagina allows a baby to leave a pregnant woman's body after approximately nine months.]
- Boys have a penis in their pants area, and testicles too. Testicles are held outside the body in a sack of skin called a scrotum.
- Boys and girls have an anus, where poo comes from.
- Boys and girls have nipples. Nipples help a baby to drink milk from its mother's breasts. Boys and girls have nipples but only females grow breasts when they're older. Some babies are breastfed, some babies are bottle fed.

NB: People we can trust is explored further in the ***Good or bad touches?*** lesson (Y1/P2).

Ask the children why they think we use the words 'private parts'? Explain that what's in their pants belongs only to them, which is why we cover them up. This is also why when we use the toilet we should shut the door so no one can see our private parts. This gives people privacy so they can pat their penis or wipe their vulva dry after they have done a wee in private without anyone seeing them.

Can the children think of other places which are private? Examples could include their bedroom and bathroom.

Extension (optional)

If time allows, use the opportunity here to remind children about hygiene: After going to the toilet, what else should we do? [Wash our hands carefully, so that germs don't get into our body and make us poorly.]

Adapting lessons for learners with additional needs

Our additional Signposting and Support page provides further guidance on adapting SCARF lessons to meet the needs of learners with additional needs.

Learning Outcomes

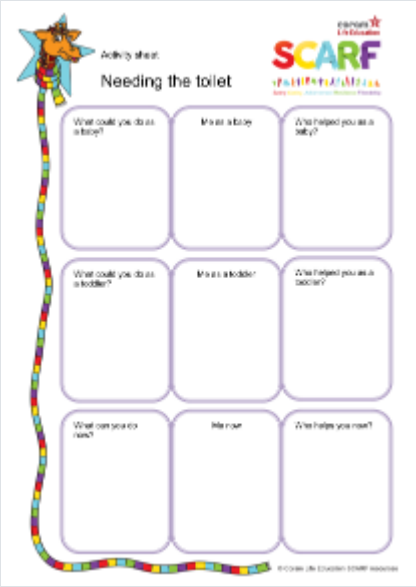
Children will be able to:

- Identify parts of the body that are private;
- Describe ways in which private parts can be kept private;
- Identify people they can talk to about their private parts.

Key Vocabulary

privates
private
penis
vulva
hygiene
sore
help
change
doctor
private activity
my body is mine (body autonomy)
vagina
testicles
scrotum
nipples
breasts
breastfeeding

anus



Needing the toilet - Activity sheet - enough for one copy each

DfE Relationships Education and Health Education statutory requirements

- Relationships Education Being safe 3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- Relationships Education Being safe 7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.

DfE Relationships Education and Health Education statutory requirements (2025)

- Being Safe 3. That each person’s body belongs to them, and the differences between appropriate and

inappropriate or unsafe contact, including physical contact.

- Being Safe 6. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.
- Developing bodies 2. The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.

PSHE Association Learning Opportunities

- H25 . To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles).
- R13 . To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private.

National Curriculum Links

- Science Y1 Animals including humans (Non-statutory guidance) Pupils should have plenty of opportunities to learn the names of the main body party (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes.