

Puberty, Bodies and Consent in the Muse Wellbeing Curriculum

This guide outlines the lessons across Years 1 to 6 in the Muse Wellbeing curriculum that are most closely aligned with preparing pupils to understand their changing bodies, puberty and personal boundaries. These lessons fall within statutory Health Education and Relationships Education, and contribute to the broader understanding of sex education in a developmentally appropriate and sensitive way for primary schools.

The following lessons have been selected for their clear focus on physical development, body awareness, hygiene, reproduction, consent and emotional growth.

Year 1

Healthy Living

Main LO: To understand ways we can be more physically healthy.

Children learn how to care for their bodies through exercise and nutrition.
(Health Education)

Keeping Clean

Main LO: To describe ways to clean ourselves and wash our hands and bodies.

Introduces the basics of body hygiene and why it's important.
(Health Education)

All Change

Main LO: To identify ways they have changed since they were a baby.

Encourages children to reflect on how their bodies and abilities have changed since they were babies.
(Health Education)

Year 2

Personal Privacy

Main LO: To understand different types of personal privacy.

Teaches the concept of personal space and appropriate touch in a safe, age-appropriate way.

(Relationships Education)

SMILE!

Main LO: To understand how to look after our oral hygiene.

Focuses on oral hygiene as part of self-care.

(Health Education)

Respectful Boundaries

Main LO: To understand and respect the physical and personal boundaries of others.

Introduces consent in a foundational way by helping children recognise personal boundaries.

(Relationships Education)

Year 3

Keeping Clean

Main LO: To know and undertake the many different aspects of hygiene.

Revisits hygiene with increased independence.

(Health Education)

Our Bodies

Main LO: To identify and name the main genitalia of male and female bodies.

Introduces correct anatomical terms for external genitalia and discusses how bodies are different.

(Health Education)

Better Wellbeing

Main LO: To know ways to recognise when they are feeling physically or emotionally unwell.

Encourages children to recognise signs of physical and emotional discomfort.
(Health Education)

Year 4

Physical and Mental Growth

Main LO: To know that all people change emotionally and physically as they grow older.

Explores how children change as they grow, both physically and emotionally.
(Health Education)

Love is All Around Us

Main LO: To know that adults often form romantic and caring partnerships.

Introduces the idea that some adults form romantic relationships, in a respectful and inclusive way.

(Relationships Education)

Note: This is the first lesson where the word “**puberty**” appears in the slides.

Teachers may wish to explore this concept lightly if appropriate, though more in-depth puberty education is introduced in Year 5.

Understanding Consent

Main LO: To know the importance of asking and seeking permission.

Introduces the concept of asking for and giving permission, with age-appropriate scenarios.

(Relationships Education)

Year 5

Gender Roles

Main LO: To understand and challenge gender-based stereotypes.

Encourages respectful discussion about how boys and girls may experience pressures to behave in certain ways, reinforcing kindness and fairness for all.
(Relationships Education)

Note: Reviewed and aligned with RSE 2025 guidance. Does not promote gender identity as fact and is a statutory lesson.

All About Puberty

Main LO: To understand the major stages of puberty and the physical and emotional changes it brings.

Covers the key physical and emotional changes of puberty including menstruation and voice changes.

(Health Education – statutory content – no right of withdrawal)

Boundaries

Main LO: To recognise when a friendship is making them feel uncomfortable and to know strategies for dealing with this.

Teaches children how to notice uncomfortable feelings, set personal boundaries and say "no" to peer pressure.

(Relationships Education)

Year 6

Our Reproductive Anatomy (Non-Statutory Content/Lesson)

Main LO: To identify the main reproductive organs of male and female bodies.

Introduces the reproductive system using correct terminology.

(Health Education)

Note: While teaching the names and functions of reproductive organs is part of statutory Health Education, any explanation of sexual intercourse or how these organs are involved in reproduction is non-statutory.

Parents have the right to withdraw their child from this part of the lesson or from the lesson as a whole, depending on their school's RSE policy.

Reproduction and Life Cycles (Non-Statutory Content/Lesson)

Main LO: To understand the reproductive process and its connection to human life cycles.

Explains how humans reproduce in the context of the life cycle.

(Health Education - may be considered Sex Education depending on school approach)

Note: During the lesson, some learning content introduces a basic description of sexual intercourse. Parents may withdraw their child from this part of the lesson or the full session, following the school's RSE policy.

Self-Care and Hygiene

Main LO: To understand the many self-care routines for puberty including menstruation.

Covers practical hygiene strategies for managing bodily changes during puberty.

(Health Education)

Consent, Respect and FGM (Non-Statutory Lesson)

Main LO: To know that FGM is against the law in the UK and to understand consent and body autonomy.

Builds on earlier consent lessons with a safeguarding lens, including legal protection against FGM.

(Relationships and Health Education)

Note: Parents have the right to withdraw their child from the FGM-specific portion of this lesson. Schools should follow their usual RSE policy and consult with parents as needed.

What is Consent?

Main LO: To understand the meaning of consent in a range of situations.

Explores different types of consent, including physical, verbal, and emotional boundaries.

(Relationships Education)

Positive Body Image

Main LO: To recognise how the internet, media and marketing can affect body image.

Encourages children to think critically about media and online pressures related to appearance.

(Health Education)