

Year 6 – Growing and Changing

Knowledge Organiser



Healthy Relationships
<ul style="list-style-type: none"> - Always remember your body belongs to you and you can choose what happens with your body - Some parts of our body are private. That means no one should be allowed to see or touch them without permission - We respect others by allowing them to keep their body parts private - Some forms of touch are appropriate like hugs, tickling and kisses but it is important to know the difference between what is appropriate and what is inappropriate - You have the right to say 'no' to unwanted touch - Secrets are not the same as surprises. If a secret upsets you, you should tell an adult you trust - If you ever feel uncomfortable or unsure about something, even with an adult you know well, you should tell an adult you trust

Puberty
<ul style="list-style-type: none"> - During puberty, you may need to use deodorant, shower gel, spot cream/facial wash, period products or razors - The female body changes in these ways: breasts develop, hips widen, height increases, periods begin, body hair grows around the genitalia and under arms - The male body changes in this way: height increases, chest and shoulders grow bigger, body hair grows on face, under arms and around genitalia, penis and testes grow in size, semen begins to be produced

Keeping Safe Online
<ul style="list-style-type: none"> - There are consequences for sharing photographs online. They could be shared by others, including with people we do not know - Sometimes because 'everyone is doing it' we feel we have to join in too - If someone is putting pressure on you to do something you do not want to do, whether it is face-to-face or online, you should talk to an adult you trust

Key Vocabulary	Definition
Peer pressure	Influence from members of someone's friendship group
Puberty	A period during which adolescents reach maturity and become capable of reproduction
Confidential	Intended to be kept a secret
Sanitary Pad	An absorbent pad worn by women to absorb menstrual blood
Ovaries	A female reproductive organ in which eggs are produced
Testicles	Sacks found below the penis that produce sperm
Vagina	The opening of the reproductive part of the girl's body
Penis	An external male reproductive organ
Womb	A muscular organ of the female reproductive system, located between the bladder and the rectum
Period/Menstruation	A flow of blood and other material from the lining of the uterus, occurring when an egg has not been fertilised
Tampon	A compressed pad of cotton wool that can be inserted into the body in the vaginal passage to catch the period blood before it leaves the body in order to protect clothes
Hormones	A chemical substance in the body that give messages to different parts of the body to start changing/developing during puberty

We will be learning to...
<ul style="list-style-type: none"> •Recognise some of the changes you have experienced and your emotional responses to those changes; •Suggest positive strategies for dealing with change; •Identify people who can support someone who is dealing with a challenging time of change. •Understand that fame can be short-lived; •Recognise that photos can be changed to match society's view of perfect; •Identify qualities that people have, as well as your looks. •Define what is meant by the term stereotype; •Recognise how the media can sometimes reinforce gender stereotypes; •Recognise that people fall into a wide range of what is seen as normal; •Challenge stereotypical gender portrayals of people. •Understand the risks of sharing images online and how these are hard to control, once shared; •Understand that people can feel pressured to behave in a certain way because of the influence of the peer group; •Understand the norms of risk-taking behaviour & that these are usually lower than people believe them to be. •Define the word 'puberty' giving examples of some of the physical & emotional changes associated with it; •Suggest strategies that would help someone who felt challenged by the changes in puberty; •Understand what FGM is and that it is an illegal practice in this country; •Know where someone could get support if they were concerned about their own or another person's safety. •Explain the difference between a safe and an unsafe secret; •Identify situations where someone might need to break a confidence in order to keep someone safe. •Identify the changes that happen through puberty to allow sexual reproduction to occur; •Know a variety of ways in which the sperm can fertilise the egg to create a baby; •Know the legal age of consent and what it means. •Explain how HIV affects the body's immune system; •Understand that HIV is difficult to transmit; •Know how a person can protect themselves from HIV

Key Resources

Skills			
Keeping safe	I can give an example of a secret that can be kept private (confidential).	I can give an example of a secret that should be shared with a trusted adult.	I can offer advice about whether a secret should be kept or shared, and who it should be shared with.
Body Image	I can tell you what the word 'puberty' means and give some examples of some of the physical changes associated with it.	I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.	I can suggest ways in which a person can feel better about their body changing and see it in a positive way.
Self esteem	I can give an example of something that someone can do or say that can make a person feel good about themselves and something that may make a person feel not so good.	I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).	I can give examples of things that I can do or say to myself that can help me feel good about myself.