

Year 5 Knowledge Organiser PSHE: Changing Me



Key Vocabulary

body image	self image	oestrogen
fallopian tube	hormones	testosterone
embryo	foetus	IVF



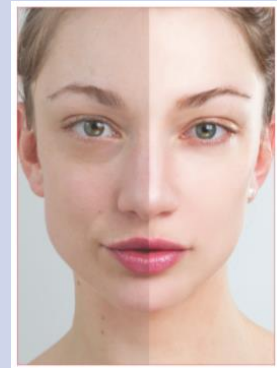
Knowledge

- I know what perception means and that perceptions can be right or wrong
- I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
- I know that sexual intercourse can lead to conception
- I know that some people need help to conceive and might use IVF
- I know that becoming a teenager involves various changes and also brings growing responsibility



Social and Emotional Skills

- I can celebrate what I like about my own and others' self- image and body-image
- I can suggest ways to boost self-esteem of myself and others
- I recognise that puberty is a natural process that happens to everybody and that it will be OK for me
- I can ask questions about puberty to seek clarification
- I can express how I feel about having a romantic relationship when I am an adult
- I can express how I feel about having children when I am an adult
- I can express how I feel about becoming a teenager
- I can say who I can talk to if I am concerned about puberty or becoming a teenager/adult



"What contributes to my self-image?"

