

Year 6 Knowledge Organiser PSHE: Changing Me



Key Vocabulary

personality	pubic hair	cervix
sanitary products	hygiene	labour
midwife	attraction	secondary

Is fitting in more important than being true to yourself?



Knowledge

- I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
- I know how a baby develops from conception through the nine months of pregnancy and how it is born
- I know how being physically attracted to someone changes the nature of the relationship
- I know the importance of self-esteem and what I can do to develop it
- I know what I am looking forward to and what I am worried about when thinking about transition to secondary school

Social and Emotional Skills

- I recognise ways that I can develop my own self-esteem
- I can express how I feel about the changes that will happen to me during puberty
- I recognise how I feel when I reflect on the development and birth of a baby
- I understand that mutual respect is essential in a boyfriend / girlfriend relationship and that I shouldn't feel pressured into doing something that I don't want to
- I can celebrate what I like about my own and others' self- image and body- image
- I can use strategies to prepare myself emotionally for the transition to secondary school