



“Whatever you do, work at it with all your heart”

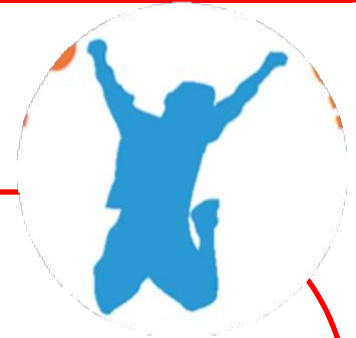
Colossians 3:23



Growing and changing

Year 3

Summer 2

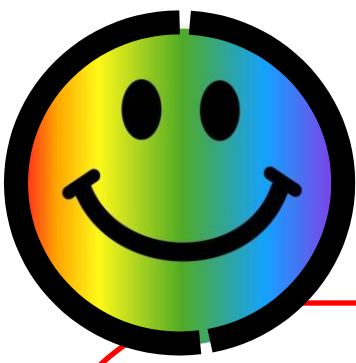


Key Knowledge

To know that:

- It is important to respect someone's personal space.
- Parts of our body are private
- Periods are a normal part of growing up.
- We can have lots of different types of relationships.
- Positive relationships are good for our wellbeing.
- Relationships include interactions online.
- Respect is a key aspect of any relationship.
- We can invite people into our body space.
- Sometimes people come into our body space without meaning to.
- Feeling uncomfortable is a warning sign from the brain.
- It is NEVER your fault if someone touches you inappropriately.
- Personal information should never be shared online with people you don't properly know.
- You do not have to respond to people you don't know.
- Mammals grow babies inside the mother until they are ready to be born.
- Babies come from the joining of an egg and one sperm.
- Changes during puberty are preparing the body to create a baby.
- Key changes for girls are: breasts develop, periods start, hips widen, genitals mature.
- Key changes for boys are: facial hair, voice deepens, genitals mature.
- Other changes for both genders are: getting taller and bigger; pubic hair grows; may get spots and/or greasy hair; sweat glands are more active.





Key Vocabulary:

apologise - to say sorry when you've done something wrong and want to make things better.

respect - treating people, places and things with kindness and care.

disagree - when you don't think the same thing as someone else, and that's okay.

responsibility - something you are expected to do or take care of.

calm - feeling peaceful and in control of your emotions.

disputes - disagreements or small arguments between people.

arguments - when people speak angrily or strongly because they don't agree.

feelings - emotions like happiness, sadness, anger or excitement.

persuade - to try to get someone to agree with you or do something.

friendship - a caring and trusting relationship between people who enjoy spending time together.

opinions - what you think or believe about something.

listening - paying attention to what someone is saying.

family - the people who care for you and support you, such as parents, carers or siblings.

falling out - when friends have a disagreement and stop getting along for a while.

special people - people who are important to you and make you feel safe, loved or supported.

