



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

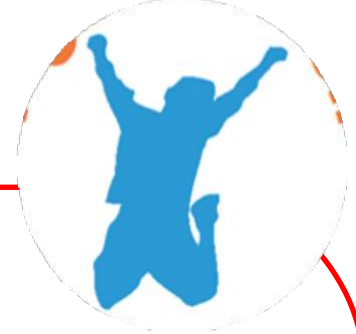
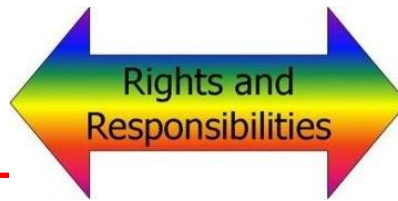
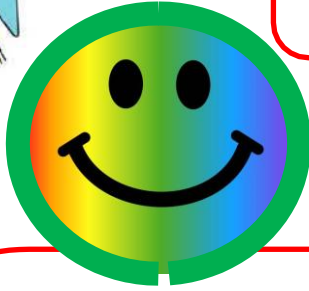
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Growing and Changing

Year 5

Summer 2

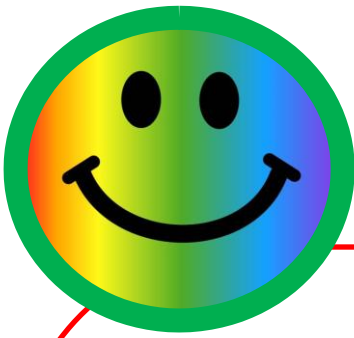


Key Knowledge

To know that

- Confidence may sometimes need to be broken to keep someone safe.
- It is even more important to maintain good hygiene during puberty.
- Knowing the correct information about the changes during puberty can help manage response to change.
- There are a range of words and phrases to describe the intensity of different feelings such as angry, cross, furious
- There are good and not so good feelings
- There are some products that they may need during puberty such as deodorant, shower gel, spot cream.
- Menstruation is the 2–7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.
- Not all types of touch are acceptable
- There is a difference between secret and unsafe secrets
- There are correct terms for external sexual organs





Key Vocabulary:

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

wellbeing - how healthy, happy and safe you feel in your body and mind.

trust - believing someone will be honest, kind and keep their promises.

hormones - tiny chemicals in your body that send messages and help control how you grow and feel.

mood swings - when your feelings change quickly, like going from happy to upset in a short time.

confidential - something that is private and should not be shared without permission.

confidence - believing in yourself and what you can do.

resilience - being able to bounce back after something difficult happens.

puberty - the time when your body changes from a child's body to an adult's body.

crush - when you like someone in a special way and enjoy being around them.

embarrassed - feeling uncomfortable or shy because of something that happened.

menstruation - when a girl or person with a uterus bleeds a little from their vagina each month as part of growing up.

unwanted attention - when someone gives you attention you don't want, like staring or bothering you.

separation - when people or things that are usually together are apart, like parents living in different homes.

unwanted touch - any touch you don't like or didn't agree to; it's always okay to say no.

period products - items like pads, tampons or period underwear that help manage bleeding during a period.

