



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

Colossians 3:23



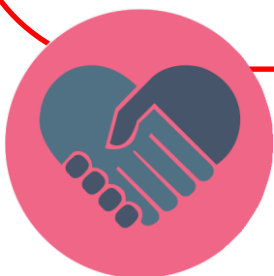
## Growing and changing

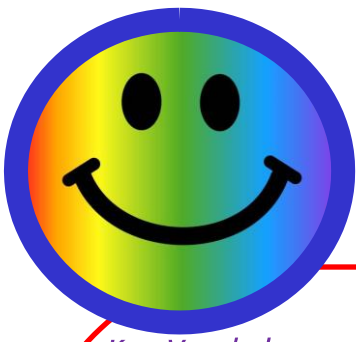
Year 6  
Summer 2



### Key Knowledge

- **To know that:**
  - Peer pressure can often have negative consequences
  - Conception is when a sperm fertilises an egg to create a baby.
  - The legal age of consent is 16.
- Fame can be short-lived;
- Photos can be changed to match society's view of perfect;
- People have other qualities, as well as their looks such as kindness, good sense of humour and compassion
- The media can sometimes reinforce gender stereotypes;
- People fall into a wide range of what is seen as normal;
- They can challenge stereotypical gender portrayals of people.
- There are risks to sharing images online and they can be hard to control, once shared;
- People can support someone who is dealing with a challenging time of change.
- Someone could get support if they were concerned about their own or another person's safety.
- Some of the changes that happen through puberty to allow sexual reproduction to occur are breasts grow, hips widen, testicles produce sperm etc.
- A healthy attitude towards food can help support growth and puberty changes





Key Vocabulary:

- **media manipulation** - when information in TV, online posts or adverts is changed or presented in a way that tries to influence what people think or do.
- **puberty** - the time when your body and feelings start changing as you grow from a child into a teenager.
- **sexual intercourse** - an adult activity where two people's bodies join together to make a baby; it is only for grown-ups and never for children.
- **discuss** - to talk about something and share ideas with someone else.
- **confidential** - something private that should not be shared without permission.
- **online safety** - making good choices online to stay safe, like not sharing personal information and speaking to trusted adults if something feels wrong.
- **self-esteem** - how much you value yourself and believe you are important and capable.
- **right to privacy** - the right to keep some things about your life, body and feelings private.
- **age of consent** - the age when the law says a person is old enough to agree to sexual activity; it is for adults, not children.
- **stereotype** - a fixed idea about a group of people that is often untrue or unfair.
- **peer pressure** - when people your age try to influence you to do something, even if you don't want to.
- **uncomfortable** - when something doesn't feel right, safe or okay to you.
- **physical changes** - changes to your body you can see or feel, like growing taller or getting spots.
- **body image** - how you think and feel about the way your body looks.
- **emotional changes** - changes in your feelings, such as getting upset more easily or feeling new emotions as you grow.
- **in confidence** - when someone tells you something privately and expects you not to share it.
- **sharing online** - posting or sending information, photos or messages on the internet.

