

# PSHE

## Y5 Knowledge Organiser – Changing Me



### Knowledge

#### What should I already know?

Understand some characteristics come from birth parents and others are genetic (joining of the sperm and egg).

Know having a baby is a personal choice.

Know some people identify as different genders and they will have the choice around families and making a baby.

Know a girl's body needs to change for her to have a baby. Know my body and needs will change over time.

#### What do I need to know? – Key Knowledge

Know our self-esteem, self-worth and perspective of body image is important and effects our physical and mental health.

Know sometimes people need support to accept their genders, identities and become true to themselves.

Know that puberty happens to everyone and it will be okay when it happens to me.

Know girls and boys experience different changes during puberty.

Know the term 'consent' and the significance of this in a range of situations.

Know that sexual intercourse can lead to conception and that is how a baby is made.

Know that sometimes people can need help to conceive through IVF or alternative ways.

Know I will have responsibilities as a grow older. Know the age of legal consent in the UK is 16.

### P4C enquiries

P4C enquiries are based on the needs of the cohort to share ideas in a safe and respected environment. Possible enquiry questions:

- Should alternative ways of conception to be available to everyone?
- What does consent mean to you?
- How do you know you are a given gender?

### Tier

### Vocabulary

Tier 1

Girls, boys, body, change, time, self, aspects, relationship, teenagers, milestone, responsibilities.

Tier 2

Consent, Puberty, Reproduce Self-image/body image, Self-esteem Perception, Characteristics, facial hair, growth spurt, hormones, fertilization, pregnancy, consent

Tier 3

Gender reassignment, Conception, IVF, Affirmation, menstruation, periods, sanitary towels, sanitary pads, tampons, ovary/ovaries, vagina, vulva, oestrogen, womb/uterus, sperm, semen, testicles, testes, erection, ejaculation, wet dream, larynx, making love, sexual intercourse, fallopian tube, embryo, umbilical cord, contraception

### Skills

#### Expected Standard

- Be aware of self-esteem and their perspective on body image.
- Explain the changes to a girls' and boys' body that take place during puberty.
- Understand that sexual intercourse can lead to conception.
- Ask questions when unsure and know who to talk to.
- Be confident to say no and know who to ask for help.

### Greater Depth

A child working at greater depth should be able to give a detailed account of the changes that occur in girls' and boys' bodies during puberty and associated emotional changes. Children should be able to relate these changes to the conception process. A greater depth child should be able to consider how changes at puberty might affect themselves, their friends and how they can begin to prepare for the changes over time.

### British Values and the Protected Characteristics

Children will develop a sense of morality and be taught the basic concepts of the British Values. Children will focus on