



Welton Primary School – PSHE Knowledge Organiser

Year: 5

Summer 2

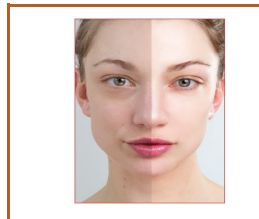
Changing Me



Hello, My name is Jigsaw Jez

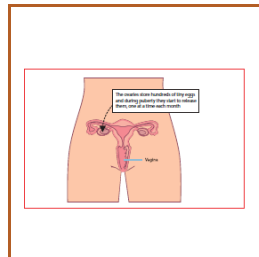
PSHE Puzzle Piece Vocabulary

Affirmation	Emotional Support or encouragement
Aspects	Particular parts or features of something.
Characteristics	A feature that identified someone.
Conception	The act of conceiving a child.
Contraception	Something used to prevent a baby being conceived.
Embryo	The first stage of development for an egg to become an offspring after it is fertilised.
Erection	The penis becomes stiff in preparation for sex.
Ejaculation	The action of releasing semen.
Fertilisation	The changes that occur when the male and female reproductive cells join together to develop offspring.
Hormones	Chemicals that travel around the body to help control how cells and organs work.
Menstruation	The monthly cycle in a female's body where an egg is created, moves to the womb and is discharged through the vagina.
Oestrogen	A hormone that helps to develop female characteristics in the body.
Ovaries	Part of the female reproductive system where ova are made and stored.
Perception	To see or hear something through your senses
Periods	The loss of an egg and the uterus lining through the vagina at the end of a female's menstruation cycle.
Pregnancy	The period of time it takes for a fertilised egg to become an offspring inside the uterus.
Puberty	When adolescents reach sexual maturity.
Sanitary pads	An absorbent pad used to absorb discharge during a period.
Self-esteem	A person's confidence in their own abilities.
Self-image	A person's view of their appearance.
Semen	The male reproductive fluid.
Sperm	The male reproductive cell needed to make a baby.
Tampons	A soft plug used to absorb discharge during a period.
Testicles	Part of the male reproductive system.
Uterus	Where offspring are conceived
Vagina	Part of the female reproductive system
Vulva	Part of the female reproductive system.



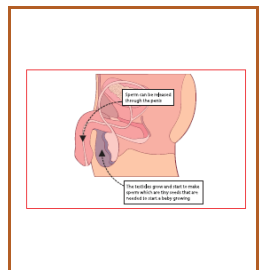
Own Self-Image

I know that self-image is how I see myself with regard to others around me and what I think of myself. I know that how I see myself (perception) could have consequences. I can explain what makes me happy about myself and what I am not so happy about. I know that self-esteem is how I think about myself.



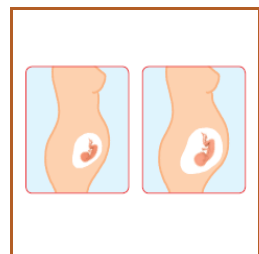
Female Body Changes

I know that a girl's body will change as they go through puberty. I can explain why some of these changes might make a girl feel embarrassed. I know that this is perfectly normal. I know there are different ways to deal with embarrassment. I can recall different facts about menstruation and know what different sanitary



Male Body Changes

I can explain the changes that happen during puberty. I can explain how I feel about what might happen to me during puberty and deal with these sensitively. I can use the correct terminology for what happens during puberty and know this is to keep me informed but also to keep me safe. I know that I might have questions about these changes.



Sexual Intercourse and Conception

I know that sexual intercourse can result in a baby being conceived. I know that the human body is amazing in how it produces offspring. I know that having a baby is a big decision and needs to be thought about in detail. I know there are various factors to think about. I can explain how a baby is made. I know that people can still have intercourse but not have a baby



Teenage Changes and Responsibilities

I can explain how I might feel when I reach 13 and why this is such a significant age. I know that being a teenager will throw up many challenges. I know that I can overcome these challenges. I know that as I get older I will gain more responsibilities.

Questions to Support Learning

- Can you tell me how you feel about yourself? What can people do if they don't feel great about themselves? Can I share with you how I see you and how I care about you?
- Do you have any worries about puberty?
- Do you have any questions about puberty?
- Do you have any questions that you'd like to ask me about how babies are conceived?
- What do you think it will be like when you are a teenager?
- What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now?
- What do you enjoy about being your age now?

