



Welton Primary School – PSHE Knowledge Organiser

Year: 6


Summer 2

Changing Me



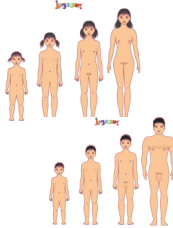
PSHE Puzzle Piece Vocabulary

Attraction	Liking someone or something.
Celebrity	A famous person.
Cervix	A narrow passage at the end of the uterus.
Choice	Something that we choose to do.
Contractions	Action of muscles becoming tighter and smaller.
Embryo	The first stage of development for an egg to become an offspring after it is fertilised.
Emotions	Your feelings about your situation or other people.
Foetus	An unborn offspring.
Freedoms	Your ability to act, speak or think as you want to.
Labour	The process of giving birth.
Love	A deep feeling of affection for someone or something.
Midwife	A person who is trained to help deliver babies
Negative body-talk	To talk negatively about a person's appearance.
Placenta	Part of the uterus connected to the umbilical cord and helps to feed an unborn offspring.
Pregnancy	The period of time it takes for a fertilised egg to become an offspring inside the uterus.
Real self	The person someone actually is.
Responsibilities	The requirement to do something correctly.
Secondary	The next stage in education after primary school, beginning at 11 years old (Year 7).
Self-esteem	A person's confidence in their own abilities..
Self-image	A person's view of their appearance
Sexting	Sending personal and intimate messages or photos of yourself or someone else to other people.
Transition	Changing from one state or condition to another.



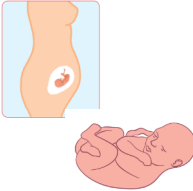
Self-Image

I know that self-image is how I see myself with regards 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 and I can think of ways to raise this.




Puberty

I know that my body will change as I go through puberty. I know that I can express my feelings and opinions about what will happen. I know that people will have different experiences and that this is perfectly normal. I know that I can understand and use the appropriate vocabulary and how this keeps me safe. I know that there are three things that are factually correct and some things that are myths.




Baby Development

I know that a baby will go through many stages of development before it is born and I can describe these. I know that this is from conception to birth. I can express my own thoughts and opinions about how a baby can affect people's lives



Physical Attraction

I know that being independent means that I can begin to do things on my own. I know that as I become a teenager, I will be able to do more things on my own and have more responsibility. I know that as I grow I will be attracted to others.



Self- Image / Body Talk

I know that 'body-talk' to myself and with others is normal, and that negative body-talk makes people think a lot about their appearance. I know that my real self and ideal self are different and that my self esteem will change depending on the distance between them. I can explain how to bring my ideal and real self closer together by having realistic expectations and being aware of outside influences.

Questions to Support Learning

- Can we talk about the changes that will happen to your body over the next few years?
- How do you feel about these changes?
- What does mutual respect mean? Why is that important in a relationship?
- What are you excited about in secondary school?
- What are you worried about in secondary school? What can we do with these worries?

