



Year: Year 5

Subject: PSHE

Title: Changing Me

How can I cope positively with change?

What key knowledge do I need to have before this unit?

KS1: Know that everyone's family is different • Know that there are lots of different types of families • Know that families are founded on belonging, love and care • Know how to make a friend • Know the characteristics of healthy and safe friends • Know that physical contact can be used as a greeting • Know about the different people in the school community and how they help • Know who to ask for help in the school community

LKS2: • Know some reasons why people feel jealousy • Know that jealousy can be damaging to relationships • Know that loss is a normal part of relationships • Know that negative feelings are a normal part of loss • Know that memories can support us when we lose a special person or animal • Know that change is a natural part of relationships/ friendship • Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

Key outcomes:

What I need to know by the end of this unit of work:

How to develop my self-esteem • Puberty and how it is a natural process • How to express feelings about the changes that happen to me during puberty • How to cope with the changes that growing up brings • The changes that I might want to make for the future

Key knowledge:	Key Vocabulary:	Definition:
Know that our self-image is important to our mental well-being, and that there are things we can do to affirm this.	Genitals	a person's or animal's external organs of reproduction.
Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.	growth spurt	a period when a child's height rapidly increases
Know that sexual intercourse can lead to conception.	hormones	chemical substances that act like messenger molecules in the body
Know that some people need help to conceive and might use IVF.	age appropriateness	Something that is age-appropriate is suitable for the age that a person is.
Know that becoming a teenager involves various changes and also brings growing responsibility.	self-esteem	how we value and perceive ourselves.
	perception	the ability to see, hear, or become aware of something through the senses
	hygiene	the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
	oestrogen	one of the main female sex hormones
	sexual intercourse	a sexual activity involving the insertion of the male penis inside the female vagina for reproduction.
	pubic hair	The hair that grows in the pubic region from puberty
	facial hair	hair growing on the face
	consent	to permit, approve, or agree; comply or yield