Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 4 – Summer 2
Changing Me

Year 4
PSHE

Focus Question: How can I cope positively with change?

Key Vocabulary

identity	The qualities that make me who I am.
unique	Different from everyone else.
puberty	Changes as a child grows towards adulthood.
menstruation	The natural process of having periods.
hormones	Body chemicals linked to changes.
trusted adult	Someone safe to ask for support.
acceptance	Learning to live with a change.

Key Learning

- I know many things make up my identity and make me unique.
- I can explain that periods are a natural part of puberty.
- I know who I can turn to for support as I grow up.
- I can use the Circle of Change to plan a change I want.
- I can recognise and accept changes outside my control.

Changing Me in Action



My identity

Family, interests, values and choices shape me.



Puberty and periods

Growing up brings body changes; ask questions.



Circle of Change

Plan what I can change; accept what I cannot.

Remember and Try

- Recognise that people change at different rates.
- Ask a trusted adult about growing up and periods.
- Think about what is in and out of my control.

End Point

I can value my identity, explain menstruation as a natural part of puberty and use support and reflection to manage change.