PSHE
Knowledge Organiser

Year 5 – Summer 2
Changing Me

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Focus Question: How can I cope positively with change?

Key Vocabulary

self-image	How I see and think about myself.
puberty	Changes as bodies develop towards adulthood.
menstruation	The regular shedding of the womb lining in a period.
hormones	Chemicals in the body that help control changes.
conception	When sperm fertilises an egg.
sexual intercourse	A physical act that can lead to conception.
consent	Freely agreeing to something.

Key Learning

- I can question unrealistic online images and value myself.
- I can explain puberty changes in girls and menstrual care.
- I can describe puberty changes in boys and girls.
- I understand intercourse can lead to conception and pregnancy.
- I can discuss teenage responsibilities and get support.

Changing Me in Action



Body image

Edited pictures are not a fair comparison.



Puberty and hygiene

Bodies change at different times and need care.



Growing responsibility

Understand reproduction and seek trusted advice.

Remember and Try

- Talk to trusted adults about worries and changes.
- Respect privacy, consent and other people's choices.
- Make informed, responsible decisions as I grow.

End Point

I can describe puberty and conception accurately, respect body differences and explain how to manage growing responsibilities positively.