Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 6 – Summer 2
Changing Me

Year 6
PSHE

Focus Question: How can I cope positively with change?

Key Vocabulary

self-image	The way I see and describe myself.
self-esteem	How much I value and respect myself.
puberty	Physical and emotional changes towards adulthood.
hormones	Chemicals that help control body changes.
conception	When sperm fertilises an egg.
embryo	An early stage of a developing baby.
foetus	A developing baby after the embryo stage.
assertive	Able to express views and boundaries clearly.

Key Learning

- I can question social pressures about body image.
- I can explain puberty and how to care for my wellbeing.
- I can describe pregnancy and how babies are born.
- I can keep my identity and values in relationships.
- I can build positive self-esteem and challenge body-talk.

Changing Me in Action



Respect my body

Puberty varies; hygiene and wellbeing matter.



New life

A baby grows during pregnancy before birth.



Keep my identity

Make choices in line with my values.

Remember and Try

- Challenge unrealistic pictures and unkind self-talk.
- Ask a trusted adult about puberty and change.
- Be assertive about my choices and relationships.

End Point

I can explain growing-up changes and pregnancy, value my identity and body, and make confident, responsible choices as I move towards secondary school.