



PSHE KNOWLEDGE ORGANISER KS2



PSHE topic in focus:

What will change as we become more independent?
How will friendships change as we grow?

HEALTH AND WELLBEING

Overview and Recap

Growing and Changing

We are learning about our bodies and our relationships with ourselves and others. We are focusing on how these things grow and change over time.

You should already know that: Our bodies are unique and special. Different parts of our bodies have different jobs. It is important to respect people's privacy and only touch appropriately.

- Different people approach long-term relationships in different ways – these include marriage, living together and civil partnerships. There can be same-sex or different-sex relationships.
- As we get older, we have to deal with lots of change. This includes changes to ourselves (puberty) and often we also must learn to embrace changes in the world around us.
- Puberty causes both physical and emotional changes in young people.



Vocabulary:

Puberty: the period during which adolescents reach maturity and become capable of reproduction.

Menstruation: A period is the 2 to 7 days that a girl or woman has her menstrual flow.

Personal hygiene: practices conducive to maintaining health and preventing disease, especially through cleanliness.

Erection: An erection happens when the penis fills up with blood and hardens. The penis will become bigger and stand out from the body.

Wet dreams: A wet dream is when a male ejaculates while he's sleeping.

County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries

Puberty and Feelings

- Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women.
- Puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys. Puberty starts when hormones are triggered by the brain. Hormones also affect our mood and our feelings. This can make a young person think and feel different. They may want to be more independent and think about adulthood.
- Remember, however you are thinking/feeling, it is important to be kind to others. This may take compromise (reach agreements by giving up some things that you want).



If I ever feel unsafe, uncomfortable, or just want to speak to someone...

I can ask my teacher

I can call
ChildLine
0800 1111

Who else can I contact if I am feeling worried?



PREVIOUS LEARNING:

Puberty /menstruation in year 5.
What makes up a person's identity?

Get Set for Secondary School

Own Your Independence

Start showing your independence in the lead-up to secondary school by packing your own school bag, laying the table for breakfast or putting dirty clothes in the laundry basket. Being able to rely on yourself is a great skill to have when it comes to starting a new school.



Be Organised

Use your new school's website to research the school layout, what lockers are available and whether swipe cards are needed in the canteen. Once you have your new timetable, print a copy for home. Get any books or equipment you might need ready the night before to save rushing in the morning.

Practise

Before term starts, plan the route you're going to take to get to school. Carry out some practice runs, especially during the times when you would normally be travelling to and from school. Arrange to meet a friend at the entrance on the first day so you can walk in together.

Stay Positive

Embrace the change. Think about all the opportunities ahead of you - new subjects, new teachers, learning new sports and making new friends. Teachers won't expect you to get every answer right in class but they will be impressed with a positive, can-do attitude.



Look After Yourself

Eat healthily and get plenty of sleep. Look after your physical and mental health. Find time to relax after school by doing things you enjoy - take a walk in the park, meet up with a friend, listen to some music. Being able to 'switch off' may make you feel more relaxed and energised the next day as a result.

Get Talking

If you're not sure about anything, just ask. The teachers at your new school are all there to help you settle in. Talk to your parents or carers if you are worried or nervous about anything. They've been in your shoes before and will be able to offer support and advice.



Be Yourself

There is no one else in the world like you. Don't try to be someone you are not. People will like you for who you are. Believe in yourself - you've got this!

Be a Good Friend

Be kind and helpful to others, even if you don't know them that well. Showing kindness and support to someone else might help boost their confidence as well as make you feel good too. Showing empathy and understanding is a great way to start building up positive friendships.

