



# GROWING AND CHANGING

## P5HE Year 6 Autumn 2 KNOWLEDGE ORGANISER



### 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 have many different parts that have different jobs. Throughout puberty, our bodies go through several different changes. We also go through emotional changes.

- We should be aware that the media does not always represent people fairly. This can mean some groups of people are underrepresented, and it can affect some people's self-esteem.
- Conception is the act of creating a baby. This is achieved through sexual intercourse. During sexual intercourse, fertilization can happen through a man's sperm finding its way towards a woman's egg.
- HIV is a lifelong sexually-transmitted virus. It attacks our immune systems, leaving us more vulnerable to other diseases and illnesses.

### Healthy Relationships

Relationships are our connections with other living things, especially other people.

#### Media Representations

-The things that we see in the media are not always true to life! Often, images of the people that we see on social media, adverts, magazines etc. have been edited and photoshopped in different ways. This can mean that people looking at the adverts get unrealistic ideas about how they should look – this can affect their self-esteem.



-Often, different groups (e.g. different races/religions, larger girls, spotty, transgender) are not well-represented in the media. This can also affect the self-esteem of people in these groups.

-The media may also stereotype groups of people, creating an unfair perception of them.

A stereotype is an often unfair and untrue belief that many people have about all people or things with a particular characteristic.

#### Managing Change

-In our lives, we have to deal with lots of different changes.

- Some changes can be very challenging. Sometimes, we do not choose changes but they happen anyway.



Examples may include:

-Moving to a different area -a family member dies -a new brother or sister is born -a friend leaves school -our parents split up.

-When dealing with changes, remember that it is important to try and take on new challenges and persevere wherever possible (Growth Mindset)

-Talking to people, e.g. trusted adults and friends, can help us through changes – holding our feelings in rarely a good idea.

When others are going through big or unexpected changes, it is important that we support them by listening to them and discussing the issues.

### Knowing Our Bodies

#### Is this Normal?

- Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women. You should be able to define these key terms and understand how they relate to puberty.



Acne Breasts Cervix Clitoris

Discharge Ejaculation Erection

Fallopian Tubes Foreskin Genitals

Hormone Masturbation Menstruation

Oestrogen Ovary Ovum Penis

Prostate Sanitary Towel Semen

Tampon Uterus Vagina Vulva

#### HIV



-HIV stands for human immunodeficiency virus.

-HIV is a sexually-transmitted virus, which means that it is passed between people through sex. It can also be passed on by sharing needles, or from a mother to an unborn baby.

- HIV is a lifelong condition. People living with HIV need to take medication every day to stay healthy or they will develop a range of serious illnesses, some of which are life-threatening.

-HIV attacks the immune system, meaning that other germs, bacteria and viruses cannot be fought off by the body. This means that people can become very poorly or even die.

-People can reduce the risk of getting HIV by using protection (e.g. condoms) when having sex.

-People living with HIV are often scared and anxious about their future.

-Many people with HIV also have to face others treating them unfairly, due to the stigma attached to HIV. Remember that HIV cannot be passed through being close to someone, hugging them, kissing, sharing cutlery, touching the same surfaces etc.

### RSE Content

#### Conception

- Most babies are created when a man and a woman have sexual intercourse. They are normally in a loving relationship and agree to have a baby.
- The man and woman get very close to each other without their clothes on. They touch each other's bodies so that the man's penis becomes hard and the woman's vagina becomes wet. This allows the man's penis to slide inside the woman's vagina.
- During sexual intercourse (sex) the man and the woman can become very excited.
- If a woman reaches the peak of her excitement, called an orgasm, she will have a very pleasurable feeling where the muscles in her vagina contract. If a man has an orgasm he will also have a very nice feeling and release millions of sperm from his penis into the woman's vagina. The sperm swim up inside the woman's body to find the egg (see earlier learning about menstruation).
- If an egg and at least one sperm meet, the beginning cells of a baby can start to grow. Those cells then need to implant into the side of the womb so it can grow into a baby over the next 9 months.



Puberty

Reproduction

Gender

Stereotype

Peer Pressure

Legal

Consent

Labour

Self-Esteem

Embryo

Conception

HIV

Caesarian

### Key Vocabulary