

**Building PSHE Knowledge: What happens when I grow and change? (Health Week)**

	EYFS	Year 1	Year 2
<b>What happens when I grow and change?</b>	<ul style="list-style-type: none"> <li>✓ As we grow we change from babies to toddlers to children to teenagers to adults.</li> <li>✓ We can experience happy changes and also sad changes.</li> <li>✓ Name emotions: happy, excited, lonely, sad, worried, angry, confused, upset annoyed, nervous, frustrated.</li> <li>✓ Changes can include celebrations like christenings, weddings, new sibling, new pet.</li> <li>✓ Changes can include moving to a new home or going to a new school.</li> <li>✓ Some changes can make us feel happy and some changes may make us feel sad.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recap changes in EYFS and associated feelings.</li> <li>✓ There are lots of things that make me special and other people special.</li> <li>✓ Understand that they can develop certain qualities.</li> <li>✓ Understand things I like and how they make me feel.</li> <li>✓ It is okay to make mistakes, we can learn from them and get better.</li> <li>✓ Resilience is when we keep going even when we find things hard.</li> <li>✓ Courage is being brave even when things seem like a big worry.</li> </ul>	<ul style="list-style-type: none"> <li>✓ The names of parts of the body.</li> <li>✓ Head: hair, eyes, nose, ears, mouth, teeth</li> <li>✓ Body: neck, shoulders, arms, elbows, hands, wrists, fingers, chest, stomach, legs, knees, ankles, toes.</li> <li>✓ Some parts of our bodies are private- this includes anything under your pants (PANTS rule).</li> <li>✓ When people get older their bodies change and their needs change.</li> <li>✓ Lots of things can change in a person's life- big things and little things: these include a new year group, new school, new home, new sibling, death of a pet or relative.</li> <li>✓ Some changes can make us feel happy and other changes can be really difficult.</li> <li>✓ Name emotions: happy, excited, lonely, sad, worried, angry, confused, upset, jealous, curious annoyed, nervous, frustrated.</li> <li>✓ At the end of this school year, you'll have another change to prepare for – moving up to your new class! Changing classes can be exciting and a little scary.</li> </ul>

	Year 3	Year 4
<b>What happens when I grow and change?</b>	<ul style="list-style-type: none"> <li>✓ Knowing what we are good at and feeling confident in this, helps to develop our feelings of self-worth. This makes us feel good and supports mental wellbeing.</li> <li>✓ If people show a positive learning attitude, you might say that they show a growth mindset. This is when we believe that if we work at something, we can achieve it and that making mistakes is just part of the learning process. It's like having an 'I Can!' attitude.</li> <li>✓ Goals are things we would like to achieve. Our actions and behaviours help us to achieve our goals.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Some changes can be difficult but there are things we can do to make ourselves feel better- like doing our favourite activity, talking to our friends and families, doing exercise, or having 'a go'.</li> <li>✓ Knowing what we are good at and feeling confident in this, helps to develop our feelings of self-worth. This makes us feel good and supports mental wellbeing.</li> <li>✓ If people show a positive learning attitude, you might say that they show a growth mindset. This is when we believe that if we work at something, we can achieve it and that making mistakes is just part of the learning process. It's like having an 'I Can!' attitude.</li> </ul>

	Year 5	Year 6
<p><b>What happens when I grow and change?</b></p>	<ul style="list-style-type: none"> <li>✓ Puberty occurs some time between the ages of 8 and 16</li> <li>✓ Male and female sex hormones become very active and are responsible for growth and development.</li> <li>✓ Puberty changes are a normal part of growing up</li> <li>✓ Each person will start puberty at a slightly different time and will develop in their own way - it is important to respect these differences</li> <li>✓ Some changes only happen to males, some only to females; some to both</li> <li>✓ The whole process of change can take a few years.</li> </ul> <p><b>Girls</b></p> <ul style="list-style-type: none"> <li>✓ Your bodies will change.</li> <li>✓ Your body will grow hair and you will start your period.</li> <li>✓ Hormones change your body and you begin to grow hair in different places, may have mood swings and you will start your period.</li> <li>✓ A period is your body getting ready for reproduction.</li> <li>✓ Females have a reproduction system which includes: ovaries, uterus, vagina, fallopian tubes.</li> <li>✓ A menstrual cycle lasts approximately 28 days. In that time you will ovulate and if the egg is not fertilised the uterus lining will be lost; this is called a period.</li> <li>✓ A girl may start her period usually between 10 – 16 years old.</li> <li>✓ Breasts will begin to develop,, pubic hair will grow and there may be vaginal discharge.</li> <li>✓ There may be other symptoms such as: stomach cramps, mood swings, tiredness and spots.</li> <li>✓ There are ways to help with the symptoms, e.g. eat well, have a bath, a hot water bottle.</li> <li>✓ There will be blood loss during your period (approx. 3 tablespoons/80ml)</li> <li>✓ You can use sanitary products as feminine protection.</li> <li>✓ Some girls keep a diary to help them to keep a record of their menstrual cycle</li> <li>✓ It is a natural part of growing up.</li> </ul> <p><b>Boys</b></p> <ul style="list-style-type: none"> <li>✓ Boys reproductive system is the penis, scrotum, testicles</li> <li>✓ When you're going through puberty- hormones can make you sweat.</li> <li>✓ Pubic hair will grow, boys have more hair than girls including hair on their face and chest</li> <li>✓ Boys might get spots (acne)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Our bodies change during puberty so that when we become adults we are able to make babies.</li> <li>✓ Menstruation is the word for a girl's monthly period.</li> <li>✓ A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina.</li> <li>✓ An egg comes from the woman- it is needed to make a baby.</li> <li>✓ Sperm comes from the male, it is needed to make a baby. Each sperm is tiny so you would need a microscope to see that they are tadpole shaped. Sperm leaves the man's body through his penis.</li> <li>✓ Sperm are made in the testicles. It only takes one sperm to make a baby.</li> <li>✓ Babies are made when one sperm joins with one egg in the woman's body.</li> <li>✓ It takes 9 months for cells to grow into a baby - inside the woman's womb.</li> <li>✓ A wet dream is when sperm leaves a boy's penis while he asleep.</li> <li>✓ There are many different kinds of relationships- friendships, dating, families, marriages and civil partnerships.</li> <li>✓ There are different forms of touch that demonstrate people like each other.</li> <li>✓ Only an adult couple in a relationship should touch each other's private parts.</li> <li>✓ An adult couple should agree/consent to touching the private parts.</li> <li>✓ It is important not to share your private information with anyone.</li> <li>✓ Remember people do not always tell the truth online.</li> <li>✓ Don't reply to a nasty text, email or message.</li> <li>✓ Save or print the message so that you have a record of it.</li> <li>✓ Block the number or user from your phone or site.</li> <li>✓ Tell your parent, carer or a trusted adult if you feel worried.</li> </ul>