

Y6 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know how girls' and boys' bodies changes during puberty and understand the importance of looking after themselves physically and emotionally
- I know how a baby develops from conception through the nine months of pregnancy and how it is born
- I know how being physically attracted to someone changes the nature of the relationship
- I know the importance of self-esteem and what I can do to develop it
- I know what I am looking forward to and what I am worried about when thinking about transition to secondary school / moving to my next class



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to have positive self esteem and body image of ourselves and others. We can understand that we may feel pressure to do things we don't want to in a relationship but mutual respect is essential for a positive relationship to work.

Key Vocab

Transition	An act or the process of passing from one state, stage, place, or subject to another
Sexting	Sexting is the act of sending sexual text messages. It often also involves sending nude or seminude photos and explicit videos of yourself.
Attraction	A feeling of interest in something or someone a romantic attraction
Sanitary products	Personal property designed for feminine hygiene in connection with the human menstrual cycle
Menstruation	The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.
Labour	A series of continuous, progressive contractions of the uterus that help the cervix dilate and efface (thin out).
Contraception	The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse

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Key Vocab

Oestrogen	Hormones that are important for sexual and reproductive development, mainly in women.
Fallopian tube	The pair of tubes that carry the egg from the ovary to the uterus.
Genitals	The sexual organs
Foreskin	The sheath of skin that covers the head (glans) of the penis
Hormones	Chemical substances that act like messenger molecules in the body
Testosterone	A hormone made mainly in the testes (part of the male reproductive system). It is needed to develop and maintain male sex characteristics, such as facial hair, deep voice, and muscle growth.
Ovaries	A pair of female glands in which the eggs form and the female hormones estrogen and progesterone are made
Unfertilised	Not having been fertilized;
Fertilised	An egg or seed to start to develop into a new young animal or plant by joining it with a male cell

Uterus	The uterus is where a fetus (unborn baby) develops and grows. Also called womb.
Cervix	The lower, narrow end of the uterus that forms a canal between the uterus and vagina
Adams apple	The lump formed in the front of a person's neck by cartilage in the throat
Scrotum	The external pouch that in most mammals contains the testes
Erection	An enlarged and rigid state of the penis, typically in sexual excitement
Ejaculation	To eject (semen) in orgasm
Urethra	Duct that transmits urine from the bladder to the exterior of the body during urination
Wet dream	A dream about sex which causes a man to have an orgasm while he is asleep.
Larynx	Produces vocal sounds and prevents the passage of food and other foreign particles into the lower respiratory tracts