



## Key Themes:

Managing difficult feelings, Getting help, Managing change



### Sticky Knowledge - What I learnt in Year 4

- I know there are different emotional reactions to different types of change
- I know that the onset of puberty can have both an emotional and physical impact
- I know what happens to a woman or a mans body during puberty and that this is linked to reproduction.
- I know the key facts of the menstrual cycle and understand that periods are a normal part of puberty
- I know some of the reasons why a person would want to be married, or live together, or have a civil ceremony.
- I know that marriage should be entered into freely



### Key Knowledge - What I will know at the end of the unit

- I know and can describe the intensity of different feelings and strategies to build resilience.
- I know the different types of feelings and emotions associated with puberty.
- I can recall the key strategies needed in dealing with inappropriate touch, secrets and confidentiality.
- I know what the different types of products someone might use during puberty or menstruation.
- I know how people might feel at times of change and loss and know some strategies when coping with this.

Keywords	Definition
respect	Being kind, fair, and treating others how you would like to be treated
Wellbeing	Feeling good in your body and mind, and being safe, happy, and healthy.
Trust	Believing someone will be honest, kind, and keep you safe.
Hormones	Chemicals in the body that control how we grow, feel, and change, especially during puberty.
Mood swings	When your feelings change quickly — like going from happy to grumpy in a short time.
Confidential	Something that is private and should not be shared unless it's to keep someone safe.
Confidence	Believing in yourself and feeling okay to try new things or speak up.
Resilience	Being able to bounce back when something is hard or doesn't go the way you want.
Puberty	The time when your body starts to change and grow into an adult's body.

Keywords	Definition
Unwanted attention	When someone looks at, talks to, or touches you in a way that makes you feel worried or upset — even if they think it's okay.
Separation	When people who were living or spending time together choose to live apart or stop being in a close relationship.
Unwanted touch	Any kind of touching that makes you feel upset, scared, or that you didn't say was okay.
Period products	Items like pads, tampons, or menstrual cups that absorb the blood during a period.
Crush	A strong liking for someone that makes you feel excited or shy around them.
embarrassed	A feeling you get when something makes you feel awkward, shy, or silly in front of others.
menstruation	A time each month when blood comes from a girl's private parts as her body starts to grow and change.