



Key Themes:

Keeping safe, Body Image



Sticky Knowledge - What I learnt in Year 5

- 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.



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

- I know there are different types of emotional responses to change and can identify some strategies for coping with change.
- I know the physical and emotional challenges faced during puberty and know there are strategies or support available for this.
- I know that social media and fame don't always reflect true appearance.
- I know to give positive feedback that is based on a person's qualities
- I know the risks of sharing images online and understand how online influences can cause people to take unsafe risks
- I know the places or people who can support me and understand that sometimes confidentiality must be broken to keep a person safe.

Keywords	Definition	Keywords	Definition
Media manipulation	When pictures, videos, or messages are changed to make people think or feel a certain way, often to sell something or change opinions	stereotype	An unfair belief that all people in a group are the same, even though everyone is different.
puberty	The time when a young person's body starts to grow and change into an adult's body.	Peer pressure	When others around your age try to make you do something, even if you don't feel okay about it.
Sexual intercourse	A way two adults can be close and may make a baby. It's something private that is only for grown-ups in a respectful relationship.	uncomfortable	A feeling that something isn't right — it might make you feel upset, nervous, or unsure.
discuss	To talk and listen to each other to share ideas, feelings, or solve a problem.	Physical changes	Body differences that happen as you grow up, such as getting taller, sweating more, or growing hair in new places.
confidential	Something shared in private that isn't meant to be told to others, unless someone is in danger.	Body image	The way you think and feel about how your body looks.
Online safety	Making smart choices to protect yourself when using the internet, like not sharing personal details or speaking to strangers.	Emotional changes	Stronger or new feelings you may notice as you grow, like feeling more moody, worried, or excited than before.
Self esteem	How you feel about yourself — knowing that you are important and believing in your own value.	In confidence	When someone tells you something private and trusts you not to share it unless it's to keep someone safe.
Right to privacy	Everyone's right to keep their personal information and body private and to choose what they share.	Sharing online	Posting or sending things on the internet — like messages or photos — that others can see, sometimes even people you don't know.
Age of consent	The age when a person is legally old enough to agree to certain adult choices, like being in a sexual relationship.		