



**The Acorn Partnership**

Marston Montgomery Primary School  
Long Lane C of E Primary School

# Knowledge Organiser - Growing and Changing Summer Term 1 2026 Year 6

## 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
<b>Media manipulation</b>	When pictures, videos, or messages are changed to make people think or feel a certain way, often to sell something or change opinions
<b>puberty</b>	The time when a young person's body starts to grow and change into an adult's body.
<b>Sexual intercourse</b>	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.
<b>discuss</b>	To talk and listen to each other to share ideas, feelings, or solve a problem.
<b>confidential</b>	Something shared in private that isn't meant to be told to others, unless someone is in danger.
<b>Online safety</b>	Making smart choices to protect yourself when using the internet, like not sharing personal details or speaking to strangers.
<b>Self esteem</b>	How you feel about yourself — knowing that you are important and believing in your own value.
<b>Right to privacy</b>	Everyone's right to keep their personal information and body private and to choose what they share.
<b>Age of consent</b>	The age when a person is legally old enough to agree to certain adult choices, like being in a sexual relationship.

Keywords	Definition
<b>stereotype</b>	An unfair belief that all people in a group are the same, even though everyone is different.
<b>Peer pressure</b>	When others around your age try to make you do something, even if you don't feel okay about it.
<b>uncomfortable</b>	A feeling that something isn't right — it might make you feel upset, nervous, or unsure.
<b>Physical changes</b>	Body differences that happen as you grow up, such as getting taller, sweating more, or growing hair in new places.
<b>Body image</b>	The way you think and feel about how your body looks.
<b>Emotional changes</b>	Stronger or new feelings you may notice as you grow, like feeling more moody, worried, or excited than before.
<b>In confidence</b>	When someone tells you something private and trusts you not to share it unless it's to keep someone safe.
<b>Sharing online</b>	Posting or sending things on the internet — like messages or photos — that others can see, sometimes even people you don't know.