

UKS2 Cycle B

Knowledge
Organiser



Summer 2—Growing and Changing

Key questions

Keeping Safe

What secrets can be kept private?

Why?

Are there secrets that should be shared? Why?

Who should some secrets be shared with?

Body Image

What physical changes happen during puberty?

How might someone feel when their body changes?

Do emotional changes happen during puberty? Why?

How can a person feel better about their body changing?

Self-Esteem

What can affect the way someone feels about themselves?

What can someone do or say to feel good about themselves?

Do words affect someone as much as actions? How?

Key vocabulary

media manipulation puberty

sexual intercourse discuss

confidential online safety

self esteem

right to privacy age of consent

stereotype peer pressure

uncomfortable physical changes

body image emotional changes

in confidence sharing online

I can ...

I can give an example of a secret that should be shared with a trusted adult.

I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.

I can give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).