



Tacolneston and Morley Federation



Year 5 PSHE- Relationships RSE Growing up and changing

Key Knowledge

- The way we grow and change throughout the human lifecycle
- The physical changes associated with puberty
- About menstruation and wet dreams
- The impact of puberty on physical hygiene and strategies for managing this
- How puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty
- Strategies to deal with feelings in the context of relationships
- Ask questions, seek support and advice when they need it.

Vocabulary

Life-cycle (human) - the developmental stages that occur during a lifetime

Puberty - the time during which adolescents reach sexual maturity and become capable of reproduction

Menstruation - the periodic shedding of the lining of a woman's uterus

Wet dream - ejaculation during sleep

Physical hygiene - maintaining cleanliness of one's body

Emotions - feelings that can be caused by the situation that you are in

Behaviour - the way in which someone acts or conducts themselves, especially towards others

Gender stereotypes - an over generalisation about the characteristics of a whole group based on gender

Relationships - the way in which two or more people or groups regard or behave towards each other

Support - give assistance to

Advice - a suggestion regarding a possible course of action for another person

