

## Knowledge Organiser

**Year: 5 Subject: RSHE Block 2 Being Safe and My Body**

### Overview:

During this sequence of learning, pupils will consider how to manage accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen. They will anticipate how their body may change as they approach and move through puberty.

### What should I already know?

- Everybody can have different ideas about appropriate behaviour which is OK but there are some things that are never acceptable for me to do to another person or for someone to do to me.
- I know how my body has changed so far and how I will continue to grow and change as I become a teenager and then an adult.
- The time when I change from being a child to being a young adult is called puberty. My body and emotions will be very busy during puberty and it is helpful for me to be ready for puberty so I know what to expect.

### Vocabulary:

Online	Available or done on the internet
Upset	Worried, unhappy or angry
Puberty	The stage when you develop from a child into an adult because of changes in your body that make you able to have children
Penis	The male genital organ
Testicles	The two round male sex organs that produce sperm and are located in the scrotum
Erection	Enlarged and rigid state of the penis
Wet dream	A dream that causes the penis to ejaculate sperm
Vulva	The outer female genital organs
Vagina	The passage that connects a female's outer genital organs to her uterus
Period	The bleeding from a female womb that happens once a month when she is not pregnant

### What will I know by the end of the unit?

- I know the internet can contain images and information I could find upsetting. Sometimes people find things by accident when they are browsing the internet and sometimes people browse something on purpose because they are curious or excited about it.
- I understand people can be upset by different things. What I find funny or exciting to look at, someone else may find upsetting.
- There are strategies I can use if I see something that upsets me or I am being teased about my response, such as pretending I need the toilet and going to the bathroom to remove myself from the situation. I know it is best to talk to a trusted adult about something that I found online that makes me feel upset.
- Puberty can trigger some physical changes to my body which are natural; these can occur at different times for different people.
- I know some of the ways the male body can be affected by puberty, for example the penis and testicles grow and the scrotum becomes darker, the voice breaks and gets deeper and erections or wet dreams may occur.
- I know some of the ways the female body can be affected by puberty, for example breasts grow and become fuller, the body may change shape and pubic hair grows. Periods start which is when blood comes from inside the body and out through the vagina; this lasts a few days every month.
- I have thought about how these physical changes to my body might make me feel about myself and which may be hardest to cope with.