

# PSHE – Health and Wellbeing

## Year 5/6 Summer 2

### How will I change?

#### Key Vocabulary:

included, peer approval, assertive communication, resolve disputes, unwanted, unacceptable, treated equally, traditions, beliefs, discrimination, sexism, racism, homophobia, trolling, self-recognition, self-esteem

Body parts- Breasts, nipples, anus, vagina, penis, testicles.

Scan the QR code to take you to the DfE guidance for parents:



#### I can...

- Explain that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk
- Learn about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background
- Listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own
- Learn about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- Explain how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- Learn the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born; how babies need to be cared for
- Learn strategies to manage transitions between classes and secondary school.

#### Key questions:

- What is FGM?
- How can I respect similarities and differences between people?
- How can I be respectful?
- What physical and emotional changes will I experience?
- How can I maintain good personal hygiene?
- What is human reproduction?
- How can I prepare for my next stage?