

# Knowledge Organiser



## Year 6 - 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).