

PSHED Medium Term Plan - Summer 2 – Changing and growing

Core Knowledge for this Strand

Foundations Pathway

Children will learn to

Baby to adult

- Recognise the difference between baby, child and adult
- How our needs as we grow older

Changes at puberty

- Use the correct vocabulary for body parts including genitalia
- Recognise how our bodies change e.g. body shape, height, menstruation when appropriate
- Whom we can talk to about changing and growing

Dealing with touch

- Know who we can trust to support us with (e.g daily care, intimate care, play, show affection)
- That it is okay to say “no” to physical contact (if someone wants to hug or kiss us) and how we can let people know if we are not comfortable with it
- Understand that others may not want to be touched (hugged etc) and that we must respect them if they say “no”
- Know that we have a right to feel safe and our bodies belong to us
- When and why physical contact may be inappropriate (e.g. causes us to feel upset, hurts us, makes us feel uncomfortable)
- Identify specific occasions when it may be necessary for someone to touch us in ways that make us feel uncomfortable such as a dentist, Doctor, nurse, parent, trusted adult (injections, cleaning cuts or grazes) may be when we are unwell or have an injury.

Different types of relationships

- Different types of families and the people who make up our family
- Ways in which we are cared by our families friends and other adults
- Explain two people who love and care for one another can be in a romantic relationship which is different from a friendship

Next Steps Pathway

Children will learn

Baby to adult

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- Stages of the human life cycle
- How the needs of babies, children, adults, elderly differ (food types, support to move and stay safe, what is fun, how our feelings change)

Changes at puberty

- Changes that happen during puberty e.g. mood swings, emotional changes, menstruation and wet dreams / ejaculation, hair growth, skin and voice changes – ALL WHEN APPROPRIATE)
- Know that masturbation is normal but should be done in private

Dealing with touch

- We have the right to protect our bodies from inappropriate and unwanted touching and someone must have our consent before they can touch us
- How to respect other people's right to protect their bodies
- Our bodies should be looked after and not be surgically changed without the consent and understanding of ourselves and our trusted adults. (e.g. FGM = female genital mutilation, transitions)
- When and who to tell when you are worried and the importance of persisting in telling until we are comfortable and feel safe

Different types of relationships

- Two people in a long-term relationship may be married or in a civil relationship and that this is a choice made by both people to be together
- Know the roles and responsibilities of parents and carers towards their children
- Features of a healthy and positive friendship and family relationships
- Who to tell if something in our family life makes us unhappy or worried
- That someone cannot make us do or say anything we do not feel comfortable with