



# PSHE (including RSE) YEAR 4 Knowledge Organiser

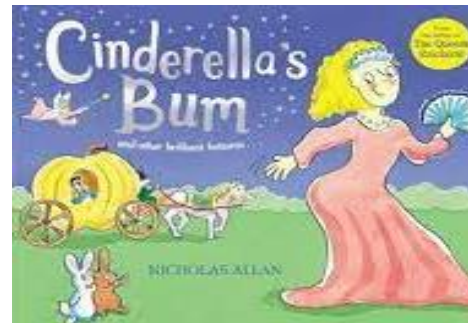
## Summer 2- Growing and Changing

Lessons		Planned Experiences	Vocabulary
SCARF	Moving House	Read <i>Sam moves house</i> and discuss the Sam's feelings, what he would miss and who helped him. Talk about who can help support us with changes and how we can support others.	Change, feelings, happy, excited, nervous, worried.
SCARF	My feelings are all over the place!	Conflict and compromise activity- Make a list of the sorts of things teenagers and family could fall out over. In the Hot Seat- Explore ideas of how to move from conflict to compromise through role-play. Emphasise that it is important to talk to parents/carers/trusted adults as they can help us to work out the best things to do.	Positive feelings, negative feelings, sad, surprised, angry, happy, conflict, compromise.
SCARF	All Change!	Body Parts Group Activity- On a body outline, draw all of the parts of the body that men and women have in common and all of the differences. Explain that they might use different words at home to name their 'private parts', but these are the correct medical needs and will help them if they ever need to talk to someone like a doctor about them. Changing- Explain that puberty is the process which our bodies change from a child to an adult's so that if they do, they are able to have a baby. The following Amaze videos might be used to introduce some of these changes if they are match the developmental readiness: Puberty for Girls- <a href="https://amaze.org/video/top-signs-girls-are-in-puberty/">https://amaze.org/video/top-signs-girls-are-in-puberty/</a> All About Getting Your Period- <a href="https://amaze.org/video/all-about-getting-your-period/">https://amaze.org/video/all-about-getting-your-period/</a> Puberty for Boys- <a href="https://amaze.org/video/top-signs-boys-are-in-puberty/">https://amaze.org/video/top-signs-boys-are-in-puberty/</a> Starting Families- Children use animal picture cards to put them in order of age at which they think animals start reproducing and having babies.	Female: vulva, vagina, ovaries, eggs, womb, clitoris, labia, breasts. Male: penis, testicles, sperm, pubic hair.
SCARF	Preparing for Changes at Puberty	<b>Nurse Visit</b> To understand personal hygiene and health What happens with periods? Watch the Kidshealth video clip- <a href="https://kidshealth.org/en/teens/menstruation.html">https://kidshealth.org/en/teens/menstruation.html</a> Explain that girls need to take care at this time of the month- regular changing of pads (or other items used to protect clothing) and to change underwear regularly. Period Quiz- True or False Managing Wet Dreams: Explain that in the same way people manage the blood from a period being released from their body by using products to stop their clothes from being stained, people who have wet dreams may need to think about how to keep their nightclothes and bedding clean. This video will be used to support the delivery of this session- <a href="https://amaze.org/video/puberty-wet-dreams/">https://amaze.org/video/puberty-wet-dreams/</a>	Hormones, puberty, menstrual cycle, menstruation, periods, menstruation cup, testicles, wet dream.
SCARF	Secret or Surprise	Read the story of Harold's day of secrets and surprises and identify the difference between safe secrets and unsafe secrets. Explore how they would feel and what they should do in different situations e.g. some people are being unkind to your friend and they ask you not to say anything.	Secret, surprise, angry, upset, jealous, worried, excited, scared.
SCARF	Together	What happens at the end of Cinderella, Sleeping Beauty, Beauty and the Beast and Snow White and the Seven Dwarfs? They get married! List the different types of partnerships and how old someone can be before they get married.	Marriage, partnerships, civil partnerships, love, care, same, gender, legal, law, rights, consent.

### Key Facts and Learning Outcomes

- Describe some of the changes that happened to people during their lives.
- Name some positive and negative feelings.
- Understand how the onset of puberty can have an emotional as well as a physical impact.
- Identify the parts of the body that males and females have in common and those that are different.
- Know the correct terminology for their genitalia
- Understand and explain why puberty happens.
- Know the key facts of the menstrual cycle.
- Understand that periods are a normal part of puberty for girls.
- Identify some of the ways to cope better with periods.
- Define the terms 'secret' and 'surprise'; and the know the difference between a safe and an unsafe secret.
- Recognise how different surprises and secrets might make them feel.
- Know who they can ask for help if a secret made them feel uncomfortable or unsafe.
- Understand that marriage is a commitment to be entered into free and not against someone's will.
- Recognise that marriage includes same sex and opposite sex partners and know the legal age for marriage in England and Scotland.

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### Useful Resources

- The Care and Keeping of You: The Body Book for Younger Girls by Valerie Lee Schaefer
- Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls by Sonya Renee Taylor
- It's OK to be different by Todd Parr
- Cinderella's Bun by Nicholas Allan
- Shaperville by Andy Mills
- Growing Up Great! The Ultimate Puberty Book for Boys by Scott Todnem
- Gut Stuff: The Body Book for Boys by Dr. Cara Natterson
- The Period Book: A Girl's Guide to Growing Up by Karen Gravelle
- Where Willy Went by Nicholas Allan
- Hair in Funny Places by Babette Cole
- A Secret or a Surprise by Michelle L. Nelson
- Do you have a secret? By Jennifer Moore-Malinos
- Childline Being forced to marry-  
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/forced-marriage/>

### Answering Difficult Questions

#### What is puberty?

*Puberty is the time when our bodies change from being a child's body to that of an adult. Feelings can change at this time too. Puberty starts when hormones (chemicals) are triggered by the brain. Hormones can affect our moods and feelings.*

#### Can men marry men and women marry women?

*Yes, in the UK and many other countries, a man can marry a man and a woman can marry a woman.*

