



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

PDL Knowledge Organiser

Year group: 6

Topic link:
Growing and
Changing

Golden Thread
Staying safe
Building
Relationships

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?

What key skills will I have by the end of this journey?

I can name some of the feelings and emotions people have during change.
I can give examples of how someone could cope with or get support during puberty.
I can identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image.
I can explain how to stay safe when sharing images and information online.
I can offer advice and name people to help keep someone safe.
I can identify if a secret is unsafe.

What key knowledge will I have by the end of this journey?

To identify types of emotional responses and some strategies for coping with change.
To identify the physical and emotional challenges faced during puberty and the strategies or support available for this.
To understand that social media and fame don't always reflect true appearance.
To give positive feedback that is based on a person's qualities.
To identify the risks of sharing images online and understand how online influences can cause people to take unsafe risks.
To identify places or people of support and understand that sometimes confidentiality must be broken to keep a person safe.

Links to previous and future learning

In Year 3

I can name a few things that make a positive relationship and some things that make a negative relationship. I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.

In year 4

I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).
I can tell you why people get married.

In Year 5

I can explain what resilience is and how it can be developed.
I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).
I am able to identify when I need help and can identify trusted adults in my life who can help me.

In year 6