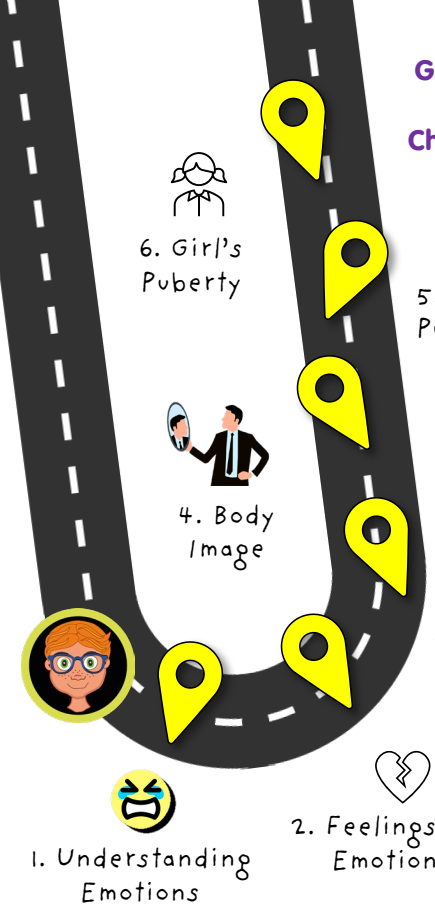


PROGRESSION AND GOLDEN THREAD

This Year 5 Growing and Changing unit builds on our previous learning. In Reception, Year 1, and Year 3, we explored a range of feelings and emotions, along with strategies to manage them. In Year 4, we were introduced to puberty and its impact on emotions, learning about male and female anatomy and the physical and emotional changes that happen during this time. This year, we will take a closer look at the emotional aspects of growing up, including self-esteem and body image. We will also revisit the changes that happen during puberty, exploring them in greater depth than before.

MANAGING CHANGES

You can remove unwanted **facial hair** by **shaving**. Ask a trusted adult for help and advice.

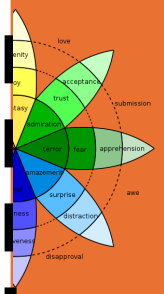
Deodorant or **anti-perspirant** can be used under your arms to help to control **body odour**.

You can also help to control **body odour** by showering every morning and after exercise.

Always change into fresh clothes after showering.

Wash your skin thoroughly in the morning and at night before bed. You can buy special face washes and creams for **acne** prone skin.

THE EMOTIONAL SPECTRUM



In our emotions lessons, we learned to use a range of vocabulary to describe our feelings.

We also explored the emotional spectrum and how our emotions can change in both intensity and type over time.

MANAGING CHANGES

Many girls choose to wear a **bra** to support their **breasts**.

Deodorant or **anti-perspirant** can be used under your arms to help to control **body odour**.

Period pads are absorbent pads that are placed in your underwear to soak up menstrual blood.

Tampons are compact rolls of absorbent material that are inserted into the vagina to absorb menstrual blood before it leaves the body.

Period pants are specially designed underwear that can be worn for up to 12 hours to absorb menstrual blood.

KEY TERMS

Self-Esteem	How a person feels about themselves and how much they believe in their own value.
Body Image	How you see and think about your body.
Hormones	A chemical in your body that helps control how your body grows and works
Acne	A skin condition that causes spots, often on the face or back.
Erection	When the penis fills with blood and becomes firm, standing out from the body.
Semen	A fluid that contains sperm.
Body Odour	: A strong, unpleasant smell that is caused by sweat.
Discharge	The fluid produced by the vagina to keep it clean and moist.
Menstrual Cycle	The monthly process when a girl's body gets ready for pregnancy. It involves releasing an egg and shedding the lining of the uterus.
Breast Buds	The tender lumps that develop on the breast as they begin to grow.

YEAR 5 – SUMMER 1 HEALTH AND WELLBEING KNOWLEDGE ORGANISER