

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).