

Knowledge Organiser

PSHE including RSE

Year 4 Summer Health & Wellbeing - Growing and Changing

- Our bodies **belong** to us and we can decide if we want others to touch us or not. This is called consent.
- Boys and girls have different genitalia and reproductive organs.
- It is important to know our bodies change during puberty so that we do not get upset or are surprised.
- Girls start to develop breasts. Both boys and girls start to grow hair in their armpits and around their pubic areas.
- During puberty girls start to have periods (menstruate).
- During puberty boys start to have erections and 'wet dreams'
- Puberty changes the hormones in our bodies. It is important that we wash regularly.
- Puberty can change effect our emotions. Some emotions, like feeling anxious, jealous or angry can be uncomfortable.

Vocabulary

consent	Permission for something to happen.
genitalia	The organs of the reproductive system.
puberty	The time when a boy or girl's body develops as they become an adult.
emotions	How we feel.

