



Year 5 Knowledge organiser- PSHE

Jigsaw – Relationships

Reflective Questions

- Can you tell me how you feel about yourself?
- Do you have any worries about puberty?
- What do you think it will be like as a teenager?
- What do you enjoy about being your age now?

What Makes Our School Great?

As good citizens of Arunside Primary School it is important for us to have a good self-image and self-esteem and be able to boost that in others.

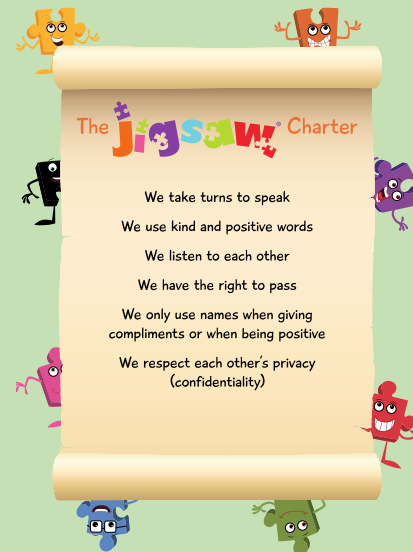
We can understand that thinking about becoming a teenager and having relationships can be tricky but we know it is all about growing up.



Puzzle Outcomes

- I can celebrate what I like about my own and others self image..
- I can suggest ways to boost self esteem of myself and others..
- I can recognise that puberty is a natural process that happens to everybody and it will be ok..
- I can express how I feel about having a romantic relationship when I am older..
- I can express how I feel about having children when I am older.
- I can express how I feel about becoming a teenager..
- I can say who I would talk to if I am concerned about becoming a teenager.

Jigsaw Learning Charter



Key Vocabulary

Adam's apple	A part of your throat that sticks out and moves up and down when you talk, especially in men and teenagers.
Body image	The idea someone has about what their own body looks like.
Comparison	The act of considering the similarity or differences between two or more things.
Ejaculation	The release of sperm.
Erection	When a man's penis is bigger, harder and raises up in preparation for making love.
Fallopian Tube	Two tubes in a woman's body where eggs travel from the ovaries to the womb.
Fertilised	A male cell joining to a female cell to create a new animal.
Genitals	The outer sexual organs, especially the penis, or vulva.
Making love	Sexual activity which can result in the making of a baby.
Menstruation	The flow of blood from a woman's uterus.
Periods	The bleeding from a woman's womb which happens once a month if she is not pregnant.
Pubic Hair	Hair that grows near to the sexual organs of men and women.
Sanitary Towel	A piece of soft material worn by a woman to absorb blood during her period.
Sperm	A sex cell produced by a man or male animal for the purpose of reproducing.
Tampon	A small cylinder of cotton that a woman puts inside her vagina to absorb blood during her period.
Testosterone	A male hormone that causes a stage of growth in older boys in the development of their sexual organs.

