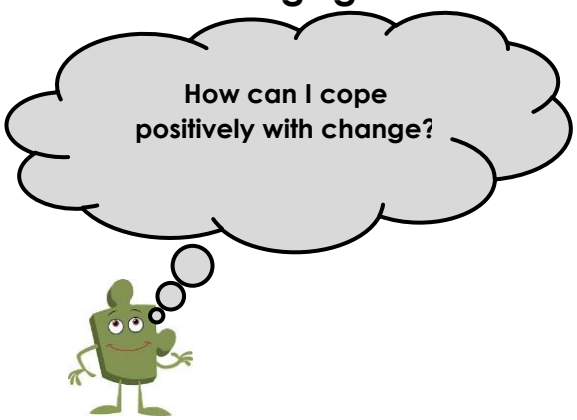
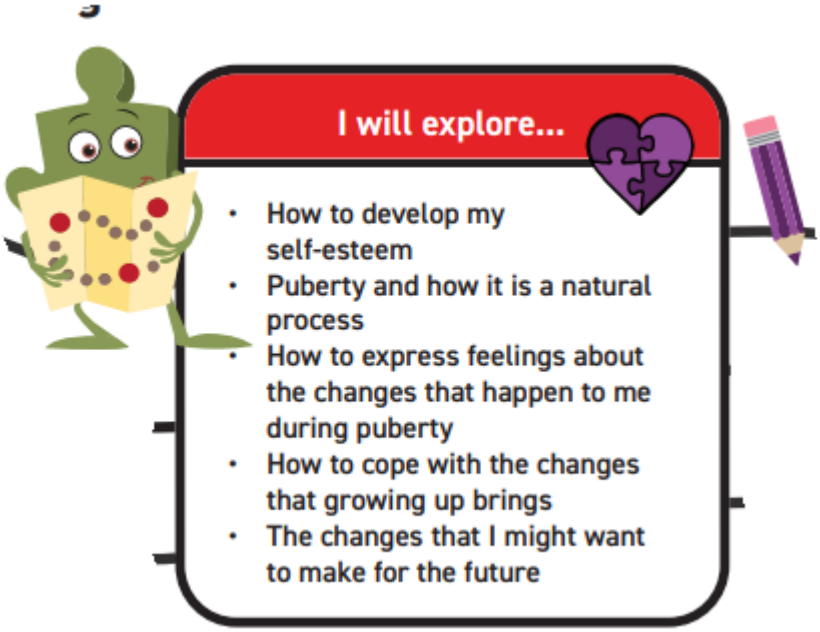
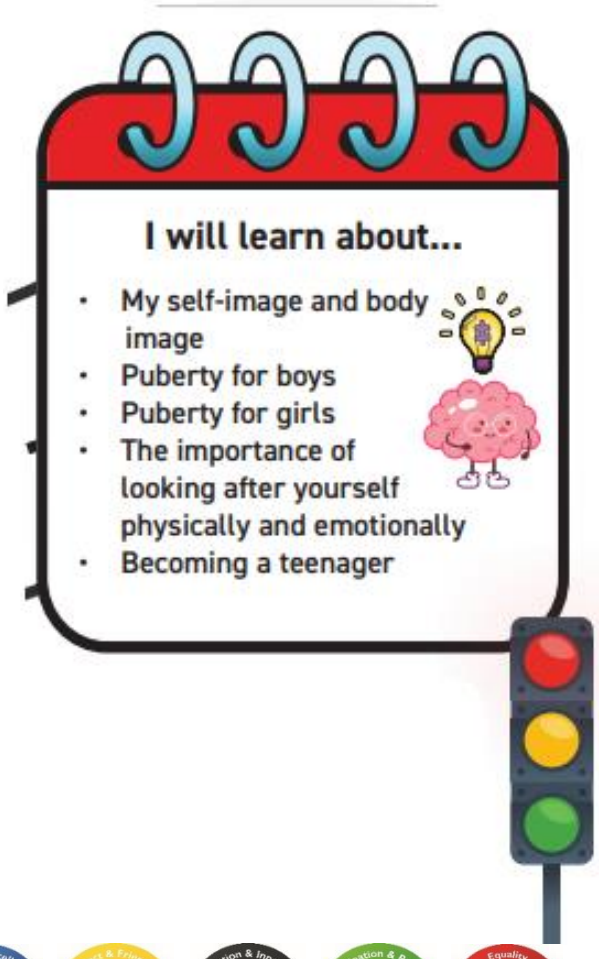
Y5 PSHE Knowledge Organiser

UNIT 6: Changing Me



My Key Learning



Key Vocabulary	Definition
consent	When you give permission or agreement.
facial hair	Hair that grows on the face.
genitals	The outer reproductive organs.
growth spurt	A short period of time when you grow quickly in height and weight.
hormones	The body's chemical messengers, sending signals into the bloodstream. Hormones affect growth and development.
hygiene	Care and attention that is given to keeping yourself and your environment clean.
oestrogen	A female hormone that causes development and change in the reproductive organs (organs involved in producing babies).
pubic hair	Hair that grows near the outer reproductive organs.
reproductive organs	The organs involved in producing babies.
testosterone	A male hormone that causes a stage of growth in older boys and development of their reproductive organs (organs involved in producing babies).