

PSHE

Safety and the changing body

Growing Up

2024

Vocabulary

- child
- adult
- change
- grow
- develop
- physical changes
- puberty

Key questions

- How have I changed physically?
- What can I do now that I couldn't when I was younger?
- What will I look like as an adult?
- What will I be able to do when I am an adult?
- How do I feel about growing up?

I will know

- I understand I have changed physically and developed skills in my life so far.
- I can identify some physical changes I will go through before I become an adult.
- I can identify things I will be able to do when I am an adult that I cannot do now.

Ground rules for this lesson

We respect other people's ideas.

There are no silly questions

We don't share stories or information that is shared- unless someone is unsafe.

We are all different and that is fine.

Who do you think this is?

- Photo of teacher as a child

What is different?

- Height
- Hair
- Hairstyle
- Clothes

What about you?

- In small groups think about yourself.
- Can you think of one thing that is different about you to how you were when you started school.
- This might be a physical change or something you can do.

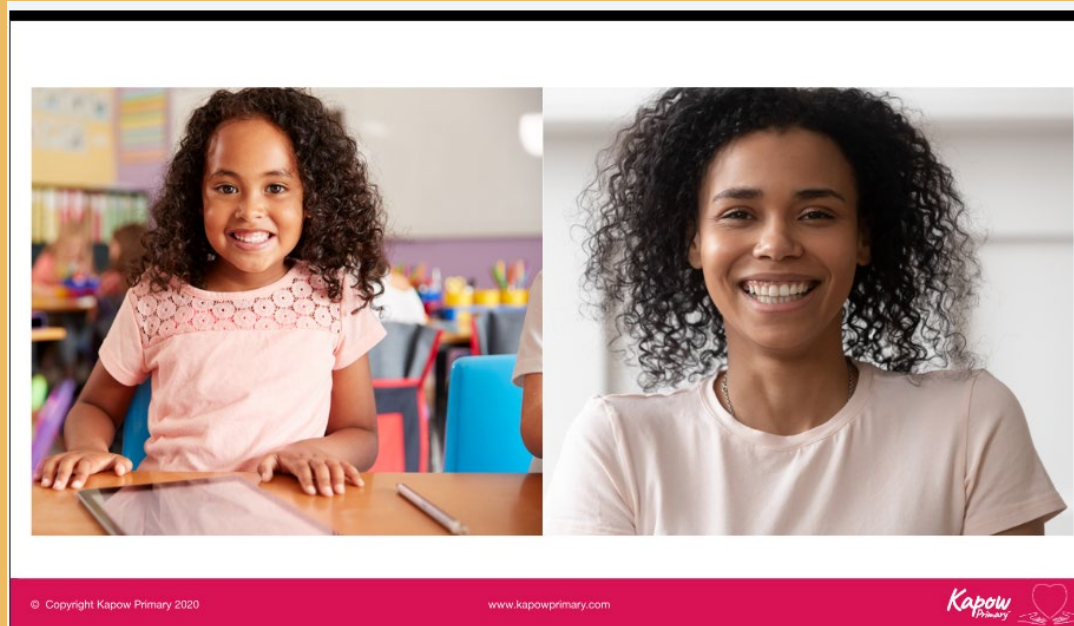


What will change when you are an adult? What will you be able to do?

- Think about things that will change for you as you become adults.
- An adult is someone over 18.
- This can include physical changes as well as things you will be able to do.
- In pairs discuss.

What will you look like when you are an adult?

- When you are 25, what will you look like?
- [KS2 Year 4 RSE/PSHE: The Changing Adolescent Body - Kapow Primary](#)



Task

- Draw a picture of yourself as an adult- make sure you look different!
- Around your picture- annotate with information like- where you live, what do you do, what do I like, what do I look like.

Summary

- Changes can be both exciting and scary and it's normal to feel that way.
- Can you write something positive and negative about growing up on a slip of paper and I will collect them.
- If you are worried you can talk to a trusted adult, friend or Childline

childline

Call 0800 1111 

ONLINE, ON THE PHONE, ANYTIME