

# Growing and Changing Knowledge Page Year 5

## Key questions

- Why do we need resilience?
- How can I deal with uncomfortable situations?
- How can positive or negative behaviours affect others?
- How can I deal with a tricky situation calmly?
- When might I need to break a confidence?
- What is puberty and how will it affect me?

wellbeing	respect	trust
hormones	mood swings	confidential
confidence	resilience	puberty
crush	embarrassed	Menstruation
unwanted	unwanted touch	period
attention		products
separation	gender	orientation

## Lesson Progression

Wk	Lesson
1	How are they feeling?
2	Taking notice of our feelings
3	Help! I'm a teenager - get me out of here!
4	Dear Ash
*	Puberty Workshop
5	Stereotypes lesson - From Valuing Difference

## Resources

Coram Life Education