

PSHE Summer 1—Relationships and Growing Up



Vocabulary

1	Physical changes	How the appearance of our bodies change during puberty.
2	Emotional changes	How are emotions change during puberty?
3	Puberty	Stages of change in our bodies.
4	Relationships	Friendships
5	Growing	How our bodies change as we grow.
6	Safe relationships	Choosing partners that we feel safe with.
7	Scenarios	Using drama and role play to act out situations.

