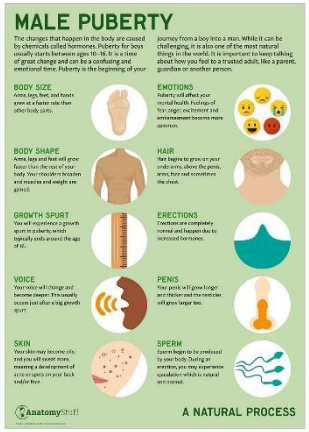
KNOWLEDGE ORGANISER

PSHE	HEALTH & WELLBEING	UKS2

Cross curricular links

- **Science** – children will learn how bodies change over time

Pictures/photos relevant to topic



Key skills

- Learn difference between mental / physical wellbeing, and how to look after both
- Understand negative effects on mental health bullying can have
- Know where and how to seek support if they are worried about own / others' mental health
- Understand the law and facts surrounding legal and illegal harmful substances, including drugs
- Learn concepts of basic first aid
- Learn about facts of puberty and changing adolescent body, from 9 – 11 , including physical / emotional changes including key facts about menstrual cycle
  (this will be supported by a visit from a nurse)

Key Vocabulary/definitions

Physical wellbeing – Looking after and feeling good in your body
Mental wellbeing – Looking after and feeling good in your mind
Harassment – Harassment and bullying are abusive ways of treating others. People who harass or bully use cruel comments, gestures, threats, or actions. They try to insult, demean, exclude, shame, or hurt others.
Puberty – the name for the time when your body begins to develop and change as you move from a child to an adult.
Adolescent - a young person in the process of developing from a child into an adult.

Key facts

Support with children's mental health:
https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/
https://learning.nspcc.org.uk/child-health-development/promoting-mental-health-wellbeing/
Support with learning about puberty:
https://childrenshealthsurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty
Support with dealing with cyberbullying:
https://wisekids.org.uk/wk/cyberbullying/
Support with legal / illegal substances:
https://www.safe4me.co.uk/portfolio/drugs-primary-school/