

Vocabulary

self-image, self-esteem, real self, celebrity, opportunities, responsibilities

pubic hair, menstruation, semen, growing, facial hair, erection, breasts, hormones, ovulation, masturbation, testicles, sperm, hair, penis, vagina, womb

pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife

attraction, relationships, pressure, love, sexting

negative body-talk, choice, feelings, emotions, challenge, mental health

transition, secondary, looking forward, journey, worries, anxiety, hopes, excitement



Summary of unit

By the end of the 'Changing Me' topic I will:

Be aware of my own self-image and how my body image fits into that.

Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.

Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend.

Be aware of the importance of a positive self-esteem and what I can do to develop it.

Identify what I am looking forward to and what worries me about the transition to secondary school.

Key questions

How can I develop my own self-esteem?

How do I feel about the changes that will happen to me during puberty?

How does the development and birth of a baby make you feel?

How do I feel about my own self-image and how can I challenge negative 'body talk'?

How can I prepare myself emotionally for the changes next year?

