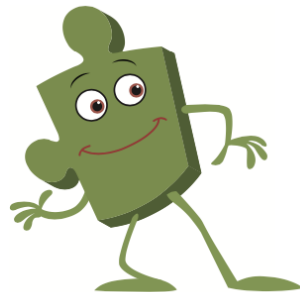




'Changing Me' Unit: Puzzle Map – Year 5

Puzzle Piece	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Self and Body Image	I am aware of my own self-image and how my body image fits into that.	I know how to develop my own self-esteem.
2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.	I understand that puberty is a natural process that happens to everybody and that it will be ok for me.
3. Puberty for Boys	I can explain how a boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally.	I can express how I feel about the changes that will happen to me during puberty.
4. Looking Ahead (1)	I can identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities.	I am confident that I can cope with the changes that growing up will bring.
5. Looking Ahead (2)	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.





Knowledge	Social and Emotional Skills	Questions for Family Learning
<ul style="list-style-type: none"> • Know what perception means and that perceptions can be right or wrong • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Know that becoming a teenager involves various changes and also brings growing responsibility 	<ul style="list-style-type: none"> • Can celebrate what they like about their own and others' self- image and body-image • Can suggest ways to boost self-esteem of self and others • Recognise that puberty is a natural process that happens to everybody and that it will be OK for them • Can ask questions about puberty to seek clarification • Can express how they feel about having a romantic relationship when they are an adult • Can express how they feel about having children when they are an adult • Can express how they feel about becoming a teenager • Can say who they can talk to if concerned about puberty or becoming a teenager/adult 	<ul style="list-style-type: none"> • Can you tell me how you feel about yourself? What can people do if they don't feel great about themselves? Can I share with you how I see you and how I care about you? • Do you have any worries about puberty? • Do you have any questions about puberty? • What do you think it will be like when you are a teenager? • What kinds of things do you think you will be allowed to do when you are a teenager that you're not allowed to do now? • What do you enjoy about being your age now?

Overview

In this Puzzle the children revisit self-esteem and self/body-image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is revisited with further detail explaining bodily changes in males and females. Children are encouraged to ask questions and seek clarification about anything they don't understand. Children look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities. They also look at the perceptions that surround teenagers and reflect whether they are always accurate e.g. teenagers are always moody; all teenagers have a boyfriend/girlfriend etc.

Key Vocabulary:

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights.