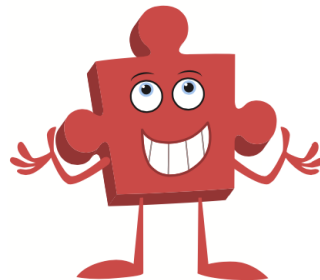




## 'Changing Me' Unit: Puzzle Map – Year 6

Puzzle Piece	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. My Self 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	I can explain how girl's and boy's bodies change during puberty and 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.
3. Babies: Conception to Birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.	I can recognise how I feel when I reflect the development and birth of a baby.
4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend.	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.
5. Real self and ideal self	I am aware of the importance of positive self-esteem and what I can do to develop it.	I can express how I feel about my self-image and know how to challenge negative 'body-talk'.
6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school.	I know how to prepare myself emotionally for the changes next year.





Knowledge	Social and Emotional Skills	Questions for Family Learning
<ul style="list-style-type: none"> <li>• Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>• Know how a baby develops from conception through the nine months of pregnancy and how it is born</li> <li>• Know that sexual intercourse can lead to conception</li> <li>• Know that some people need help to conceive and might use IVF</li> <li>• Know how being physically attracted to someone changes the nature of the relationship</li> <li>• Know the importance of self-esteem and what they can do to develop it</li> <li>• Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise ways they can develop their own self-esteem</li> <li>• Can express how they feel about the changes that will happen to them during puberty</li> <li>• Recognise how they feel when they reflect on the development and birth of a baby</li> <li>• Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to</li> <li>• Can celebrate what they like about their own and others' self- image and body-image</li> <li>• Use strategies to prepare themselves emotionally for the transition (changes) to secondary school</li> </ul>	<ul style="list-style-type: none"> <li>• Can we talk about the changes that will happen to your body over the next few years?</li> <li>• How do you feel about these changes?</li> <li>• What does mutual respect mean? Why is that important in a relationship?</li> <li>• What are you excited about in secondary school?</li> <li>• What are you worried about in secondary school? What can we do with these worries?</li> </ul>

### **Overview**

In this Puzzle the class learn about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. The children also learn about childbirth and the stages of development of a baby, starting at conception. Further details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception e.g. IVF. Children learn that having a baby is a personal choice. Details of contraceptive options and methods are not taught as this is not age appropriate. They talk about being physically attracted to someone and the effect this can have upon the relationship. They discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to develop it. Finally, they look at the transition to secondary school and what they are looking forward to / are worried about and how they can prepare themselves mentally.

### **Key Vocabulary:**

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, midwife, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement.