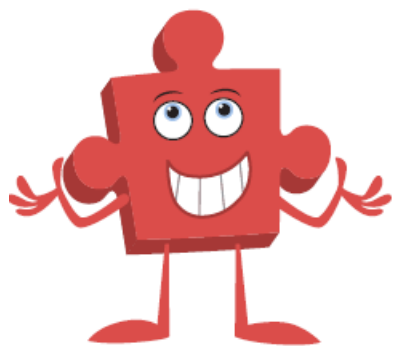


Year 6 PSHE: Changing me

Prior Learning

- What makes up my unique identity and interests, and how these develop as I grow up
- How a girl's body changes and that periods are a natural part of this
- Different types of family and my inner circle trusted people who can support me through puberty
- How the circle of change works
- Changes outside of my control and how I can accept them
- What I am looking forward to in my next class and changes I would like to make



Vocabulary

Body-image*, Characteristics*, Perception, Self-esteem*, negative body-talk, mental health, Uterus, Womb*, Cervix*, Puberty*, Breasts*, Vagina*, vulva, anus, Penis*, Testicles*, scrotum, Adam's Apple*, Genitals, Sperm*, Erection, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone*, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Sexual Intercourse*, Umbilical cord, Pregnancy, midwife, labour, Menstruation, Sanitary products, Hygiene*, Age appropriateness, Legal, Laws, Teenager, Responsibilities, Rights, freedoms, responsibilities, attraction, relationship, love, transition, secondary

Sticky Knowledge

- My self-image and how my own body-image can fit into that
- Puberty for boys and girls and how our bodies change
- How babies develop and are born negative body-talk self-esteem self-conscious anxious awkward conflicted
- Attraction, relationships and consent the importance of looking after myself physically and emotionally
- Why positive self-esteem is important
- Ways to feel ready for the changes that may come next year



Body image

