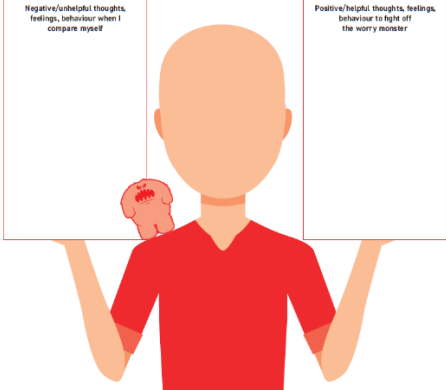
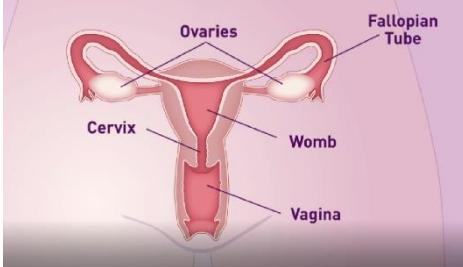


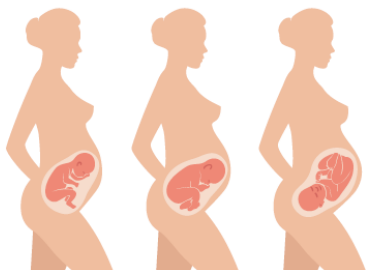
Year 6



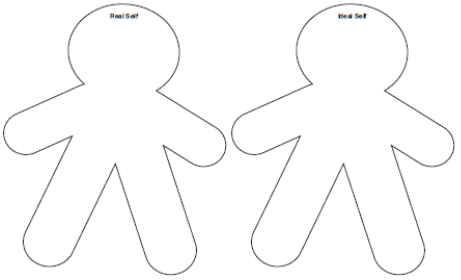

Jigsaw - Changing Me

*1 Personal hygiene has been added to the puberty lesson in order to support pupils with their understanding of how to use hygiene products, such as deodorant.

The recap of how boys' and girls' bodies change during puberty includes brief references to the year 5 science lesson on sexual reproduction.

Pieces	PSHE learning intention	Social and emotional development learning intention	Key vocabulary	Example Resource
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.	Self-image Self-esteem Real self Celebrity	
2. Puberty	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>*Added to the planning I know how to keep myself clean using personal hygiene products.</p>	I can express how I feel about the changes that will happen to me during puberty.	<p>Opportunities Freedom Responsibilities Puberty vocabulary on flash cards (See separate PDF)</p> <p>*Added to the planning Personal hygiene</p> <p>*Removed from planning Clitoris</p>	<p><i>Masturbation is explained as a time when a person touches their own private parts for pleasure. We stress that this is perfectly normal and it is a very PRIVATE thing to do.</i></p> <div data-bbox="1075 1256 1302 1406"> <p>If you get spots during puberty it's because you have a bad diet. Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.</p> </div> <div data-bbox="1313 1256 1540 1406"> <p>Girls get hairy legs, just like boys do. Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.</p> </div> <div data-bbox="1075 1422 1302 1572"> <p>A girl should avoid having baths when she has a period. Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.</p> </div> <div data-bbox="1313 1422 1540 1572"> <p>Most boys have wet dreams at some time during puberty. Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.</p> </div> <div data-bbox="1075 1588 1302 1738"> <p>Boys can always control when they get erections. Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.</p> </div> <div data-bbox="1313 1588 1540 1738"> <p>Boys usually start puberty later than girls. Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.</p> </div> <div data-bbox="1075 1753 1540 2018">  </div>

<p>3. Babies: Conception to birth</p>	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p>	<p>I can recognise how I feel when I reflect on the development and birth of a baby.</p>	<p>Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife</p>	 <table border="1" data-bbox="1077 425 1540 896"> <tr> <td>When I was a baby in the womb I could wave my hands about TRUE</td> <td>When I was a baby in the womb I could smile and laugh FALSE</td> </tr> <tr> <td>When I was a baby in the womb I could kick my feet TRUE</td> <td>When I was a baby in the womb I could breathe FALSE</td> </tr> <tr> <td>When I was a baby in the womb I could suck my thumb TRUE</td> <td>When I was a baby in the womb I could make gurgling noises FALSE</td> </tr> <tr> <td>When I was a baby in the womb I could get hiccups TRUE</td> <td>When I was a baby in the womb I could cry FALSE</td> </tr> </table>	When I was a baby in the womb I could wave my hands about TRUE	When I was a baby in the womb I could smile and laugh FALSE	When I was a baby in the womb I could kick my feet TRUE	When I was a baby in the womb I could breathe FALSE	When I was a baby in the womb I could suck my thumb TRUE	When I was a baby in the womb I could make gurgling noises FALSE	When I was a baby in the womb I could get hiccups TRUE	When I was a baby in the womb I could cry FALSE																	
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<p>4. Boyfriends and girlfriends</p>	<p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p>	<p>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.</p>	<p>Attraction Relationship Pressure Love Sexting</p>	<p>Possible reasons for wanting a boyfriend/ girlfriend (we will discuss if these are positive reasons or not).</p> <table border="1" data-bbox="1069 1030 1540 1500"> <tr> <td>You are physically attracted to them</td> <td>You are the only one in your group without one</td> <td>You want to be treated like a grown-up</td> </tr> <tr> <td>You like the attention they give you</td> <td>You enjoy their company</td> <td>You can have a laugh together</td> </tr> <tr> <td>You don't want to look like a loser</td> <td>You like doing things together</td> <td>You want to make your friends envious</td> </tr> </table> <p>Should I/ Shouldn't I? Cards</p> <table border="1" data-bbox="1069 1590 1540 2038"> <tr> <td>Have a boyfriend/ girlfriend at the age of 10</td> <td>Text 'I love you' to your boyfriend/ girlfriend</td> <td>Sulk until you get what you want from your boyfriend/ girlfriend</td> <td>Make fun of somebody's looks and say they'll never get a boyfriend/ girlfriend</td> </tr> <tr> <td>Chat to your parents about a boyfriend/ girlfriend worry</td> <td>Criticise yourself for not having a boyfriend/ girlfriend</td> <td>Send a 'sexy' photo or text to prove you love somebody</td> <td>Have a boyfriend/ girlfriend at the age of 15</td> </tr> <tr> <td>Tell someone that you'll only go out with them if they do something you want</td> <td>Chat to a friend about a boyfriend/ girlfriend worry</td> <td>Accept other people's compliments about you</td> <td>Look online for advice about boyfriend/ girlfriend problems</td> </tr> <tr> <td>Send a horrible message back if your girlfriend/ boyfriend sends you a horrible message</td> <td>Be assertive if you don't want to do something that could hurt you or someone else</td> <td>Try to be a grown up before you are ready</td> <td>Not wanting to have a boyfriend/ girlfriend</td> </tr> </table>	You are physically attracted to them	You are the only one in your group without one	You want to be treated like a grown-up	You like the attention they give you	You enjoy their company	You can have a laugh together	You don't want to look like a loser	You like doing things together	You want to make your friends envious	Have a boyfriend/ girlfriend at the age of 10	Text 'I love you' to your boyfriend/ girlfriend	Sulk until you get what you want from your boyfriend/ girlfriend	Make fun of somebody's looks and say they'll never get a boyfriend/ girlfriend	Chat to your parents about a boyfriend/ girlfriend worry	Criticise yourself for not having a boyfriend/ girlfriend	Send a 'sexy' photo or text to prove you love somebody	Have a boyfriend/ girlfriend at the age of 15	Tell someone that you'll only go out with them if they do something you want	Chat to a friend about a boyfriend/ girlfriend worry	Accept other people's compliments about you	Look online for advice about boyfriend/ girlfriend problems	Send a horrible message back if your girlfriend/ boyfriend sends you a horrible message	Be assertive if you don't want to do something that could hurt you or someone else	Try to be a grown up before you are ready	Not wanting to have a boyfriend/ girlfriend
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<p>5. Real self and ideal self</p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p>	<p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'.</p>	<p>Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health</p>	<p>Ideal Bodies PowerPoint Slides 1-5 - Ages 10-11 - Piece 5</p>    <p>Real and ideal bodies are not the same.</p>
<p>6. The year ahead</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school/ or moving to my next class.</p>	<p>I know how to prepare myself emotionally for the changes next year.</p>	<p>Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement</p>	<p>Transition is like a bungee cord: you are looking forward but what might hold you back?</p>  <p>Share worries about transitioning. Discuss potential solutions.</p>