

Vocabulary

self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation, teenager, milestone, responsibilities

puberty, menstruation, ovary, egg, vagina, womb

penis, sperm, testicles, testes, erection, larynx
facial hair, growth spurt, hormones

relationships, conception, making love, sexual intercourse
fertilisation, pregnancy, embryo, umbilical cord, contraception,
fertility treatment (IVF)

change, hope, manage, cope, opportunities, emotions, fear, 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.

Correctly label the internal and external parts of male and female bodies that are necessary for making a baby.

Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby.

Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.

Describe how boys' and girls' bodies change during puberty.

Identify what you are looking forward to about becoming a teenager and understand this brings growing responsibilities.

Key questions

How can I develop my own self-image?

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

How will I cope with the changes that growing up will bring?

What changes will I make next year and how will I make these changes?

