



Year 6

# PSHE – Changing Me

**Outcome:** T Shirts. Children get their t- shirt signed or design their own T –shirt with best moments on the back and the front to reflect what they are looking forward to

Our School Rules	
★	Self-control
★	Take responsibility for your actions
★	Always follow instructions
★	Respect
★	Stay safe
Learning Pride Success	

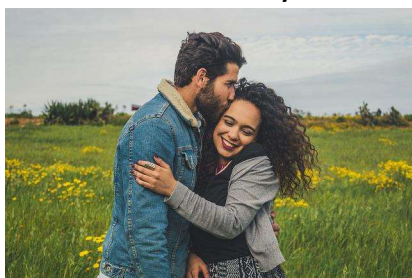
Prior skills	
Prior skills from Year 5	
<div>T</div> <div>R</div> <div>S</div>	Express how I feel about the changes that will happen to me during puberty.
	Understand that puberty is a natural process that happens to everybody and that it will be ok for me.
	Know how to develop my own self esteem.
	Be aware of my own self-image and how my body image fits into that.
	Explain how a girl's and boy's bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
	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.
	Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).

## Ideas and inspiration



Body image

## Girlfriend and boyfriend



Secondary School

## Vocabulary:

- wet dreams
- semen
- pubic hair
- clitoris
- placenta
- labour
- contractions
- cervix
- midwife
- sexting
- negative body talk
- mental health

## Take responsibility for your actions

		Working Towards	Within	Expected	Above
T	To be aware of and know how to develop my own self-image and how my body fits into that.				
	To be aware of the importance of a positive self – esteem and what I can do to develop it.				
	To identify what I am looking forward to and what worries me about the transition secondary school.				

## Respect

		Working Towards	Within	Expected	Above
R	To explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.				
	Describe how a baby develops from conception to birth.				
	To understand how being physically attracted to someone changes the nature of the relationship and what it might mean about having a girlfriend/boyfriend.				
	To 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.				

Highlights: \_\_\_\_\_

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