**PSHC Term 6 - Changing Me**

|  |  |  |
| --- | --- | --- |
| **Piece 1** | **Unit** | **Lesson** |
| **1. My Self Image** | **Year 6** | 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** | **Year 6** | I can explain how girls’ and boys’ bodies change during puberty and understand 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 |
| **4. Conception**  **(Year 5)** | **Year 5** | I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby  I appreciate how amazing it is that human bodies can reproduce in these ways |
| **3. Babies: Conception to Birth (Year 6)** | **Year 6** | 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 on the development and birth of a baby. |
| **4. Boyfriends and Girlfriends** | **Year 6** | I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend.  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. |
| **4a. Adolescent Friendships** | **Year 6** | I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.  I can be assertive when appropriate. |
| **5. Real self and ideal self** | **Year 6** | I am aware of the importance of a 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** | **Year 6** | 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 starting secondary school. |

**Year 6**