

Changing me unit Year 6 Overview

Taught in Summer 2 HLA 2023

Session 1 My Self Image	Session 2 Puberty	Session 3 <u>Babies - conception to birth*</u>	Session 4 Boyfriends and Girlfriends Adolescent Friendships	Session 5 Real self and Ideal self	Session 6 Transition to secondary school
Pupils will be taught to: be aware of their own self-image and how their body image fits into that identify how to develop their own self esteem	Pupils will be taught to: identify and explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally how to express how they feel about the changes that will happen to them during puberty <i>Sessions delivered separately to girls and boys</i>	Pupils will be taught to: describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how they feel when they reflect on the development and birth of a baby	Pupils will be taught to: recognise how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend and that respect for one another is essential in a boyfriend/girlfriend relationship, and that you should not feel pressured into doing something you don't want to	Pupils will be taught to: Identify the importance of a positive self-esteem and what you can do to develop it express how they feel about their self-image and know how to challenge negative 'body-talk'	Pupils will be taught to: identify what they are looking forward to and what worries them about the transition to secondary school how to prepare themselves emotionally for starting secondary school

