

## Year 5 Changing Me Overview

Objectives	Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	<b>1. Self and Body Image</b> <ul style="list-style-type: none"> <li>• <i>Self</i></li> <li>• <i>Self-image</i></li> <li>• <i>Body image</i></li> <li>• <i>Self-esteem</i></li> <li>• <i>Perception</i></li> <li>• <i>Characteristics</i></li> <li>• <i>Aspects</i></li> <li>• <i>Affirmation</i></li> </ul>	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
Can express how they feel when change happens	<b>2. Puberty for Girls</b> <ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Menstruation</i></li> <li>• <i>Periods</i></li> <li>• <i>Menstrual towels</i></li> <li>• <i>Menstrual pads</i></li> <li>• <i>Tampons</i></li> <li>• <i>Ovary/ Ovaries</i></li> <li>• <i>Vagina</i></li> <li>• <i>Oestrogen</i></li> <li>• <i>Vulva</i></li> <li>• <i>Womb/Uterus</i></li> </ul>	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	<b>3. Puberty for boys</b> <ul style="list-style-type: none"> <li>• <i>Puberty</i></li> <li>• <i>Sperm</i></li> <li>• <i>Semen</i></li> <li>• <i>Testicles/Testes</i></li> <li>• <i>Erection</i></li> <li>• <i>Ejaculation</i></li> <li>• <i>Wet dream</i></li> <li>• <i>Larynx</i></li> <li>• <i>Facial hair</i></li> <li>• <i>Growth spurt</i></li> <li>• <i>Hormones</i></li> </ul>	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in other people	<b>4. Conception</b> <ul style="list-style-type: none"> <li>• <i>Relationships</i></li> <li>• <i>Conception</i></li> <li>• <i>Making love</i></li> <li>• <i>Sexual intercourse</i></li> <li>• <i>Fallopian tube</i></li> </ul>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	I appreciate how amazing it is that human bodies can reproduce in these ways

	<ul style="list-style-type: none"> <li>• <i>Fertilisation</i></li> <li>• <i>Pregnancy</i></li> <li>• <i>Embryo</i></li> <li>• <i>Umbilical cord</i></li> <li>• <i>Contraception</i></li> <li>• <i>Fertility treatment (IVF)</i></li> </ul>		
<b>Know who to ask for help if they are worried about change</b>	<b>5. Looking Ahead 1</b> <ul style="list-style-type: none"> <li>• <i>Teenager</i></li> <li>• <i>Milestone</i></li> <li>• <i>Perceptions</i></li> <li>• <i>Puberty</i></li> <li>• <i>Responsibilities</i></li> <li>• <i>Consent</i></li> </ul>	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
<b>Are looking forward to change</b>	<b>6. Looking Ahead 2</b> <ul style="list-style-type: none"> <li>• <i>Change</i></li> <li>• <i>Hope</i></li> <li>• <i>Manage</i></li> <li>• <i>Cope</i></li> <li>• <i>Opportunities</i></li> <li>• <i>Emotions</i></li> <li>• <i>Fear</i></li> <li>• <i>Excitement</i></li> <li>• <i>Anxious</i></li> </ul>	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.