

Growing Up Summer 1



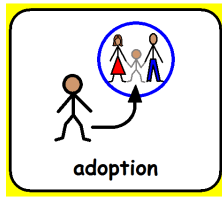
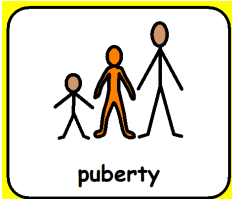
How can we deal with changes in our body?



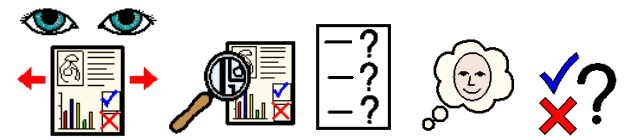
Do families always look the same?



Key Vocabulary	Definition
puberty	The age at which a person experiences the maturation of the reproductive system.
body image	It is the way we feel about our body. Healthy body image is when you feel good about your body.
civil partnership	It is a legal relationship which can be registered by two people who aren't related to each other.
adopt	To become a parent of a child by law.
step families	A family in which one or more adult partners have children from previous relationships.
sole parenting	When one parent has full responsibility to make decisions for the child.



Key Outcomes
https://bettyforschools.co.uk/resources/8-11-year-olds Teachers should register for this website in ADVANCE to the lessons- it is free and recommended by the PSHE Association.
After recapping the human life cycle, I can understand changes in relationships due to puberty .
I understand the process of menstruation and wet dreams .
I understand how the media portray body image .
I know that families can look different but feel the same.



Key Skills
I can evaluate own evidence offered and that offered by others.
I can air feelings in a way that supports the enquiry.
I know how to encourage others to contribute to the enquiry.
I know how to show appreciation for the comments of others.
I am able to question peers to support the enquiry.
I can evaluate in some detail the range of possibilities.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well