Year 3: Changing Me

Subject Specific Vocabulary

Vocabulary for this unit
puberty, male, female, testicles, sperm, penis, ovaries, egg, womb, ovum, vagina, vulva, genitals, stereotypes, personal hygiene.

stereotypes	An image or idea about what someone will do or how they will behave
personal hygiene	Personal hygiene means keeping your body clean and healthy every day.
puberty	Changes to our bodies from children into adulthood as we grow up.

If you are worried about anything please speak to someone. You can speak to:

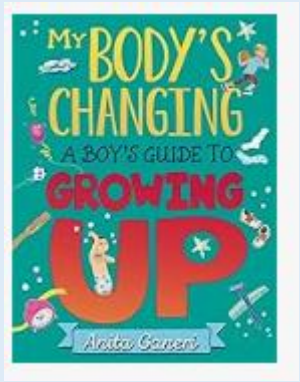


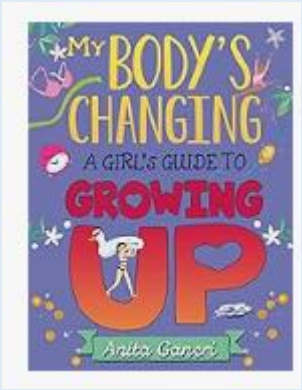
- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Questions for family learning

- What are some of the changes that are going to happen to you as you grow up?
- How do you feel about these changes?
- Which changes can you control? Which changes can't you control?

Interesting Books:





Sticky Knowledge

Understand that during puberty it is important to keep clean and healthy, and know simple ways to do this.



To understand that as boys and girls grow, their bodies change on the outside, and these changes help bodies become able to make babies.