Year 4: Changing Me

Subject Specific Vocabulary

Vocabulary for the unit
Identity, change, Menstruation Menstrual Cycle Periods Period pants Panty liner Menstrual cup Menstrual pads Menstrual towel Tampons Vagina Vulva Ovaries Fallopian tube Period products Hormones.

identity	what makes you, you! a special quality or feature.
menstruation	Menstruation is monthly bleeding when a girl's body changes during puberty.
puberty	Changes to our body as we grow up.
hormones	Hormones are chemicals in the body that help control growth, feelings, and changes.

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

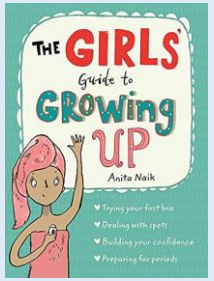


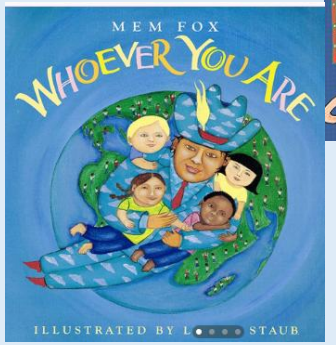
- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

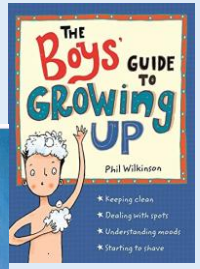
Questions for family learning

- How do you feel about the changes that will happen to you as you grow?
- What changes have you experienced in your life?
- How will the changes for boys be different to the changes for girls?

Interesting Books:



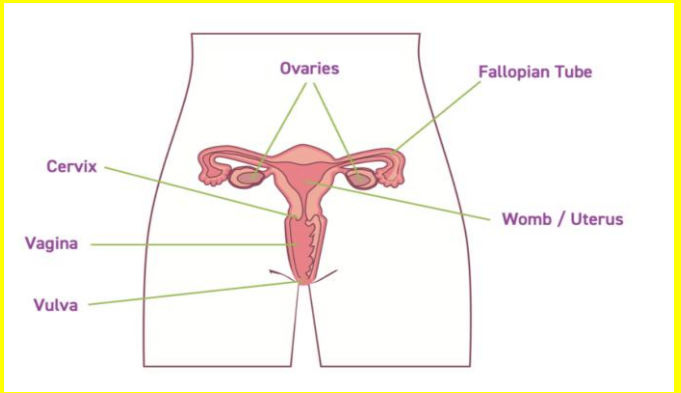




Sticky Knowledge

I understand that lots of things make up a person's identity and this is what makes them unique.

To be able to describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.



To identify 2 changes that I have control of and 2 that I may not.