Year 5: Changing Me

Subject Specific Vocabulary

Vocabulary for this unit
Puberty, change, menstruation, towels/pads/pants, hormone, menstrual cycle Conception Fallopian tube Fertilisation Pregnancy Embryo Fertility treatment Puberty Sperm Semen Testicles Erection Facial hair Growth spurt Hormones Testosterone

conception	Conception is when a sperm and egg join to start a baby growing.
self image	Self-image is how you see and feel about yourself inside and outside.
responsibility	Responsibility means doing what you should and being trusted to make good choices.

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

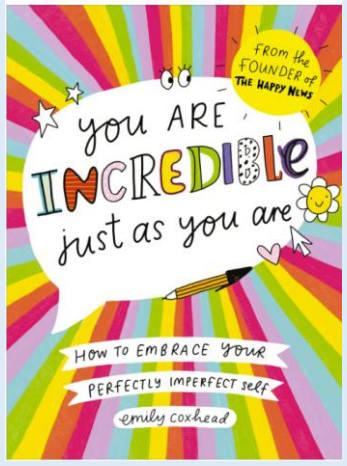


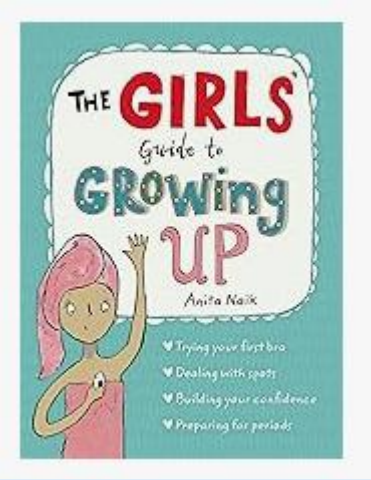
- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Questions for family learning

- How do you feel about yourself? What can people do if they don't feel great about themselves?
- How can girls take care of themselves physically and mentally when they have periods?
- What do you like taking responsibility for?

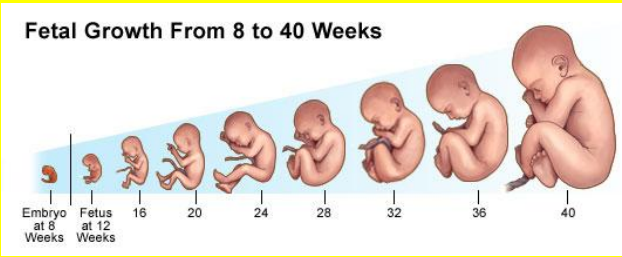
Interesting Books:



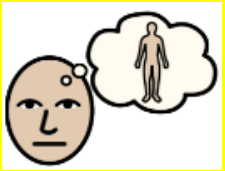


Sticky Knowledge

Babies are created with a sperm and an egg. It takes 9 months to grow a baby.



Self image is how we see and feel about ourselves inside and outside.



To explain that girls have periods and name one way to take care of themselves emotionally and physically.

I can name 2 things that I am gaining responsibility for.