Year 6: Changing Me

Subject Specific Vocabulary

Vocabulary for this unit

Perception, self esteem, transition (academic), Pregnancy Embryo Foetus Placenta Umbilical cord Midwife Relationship Pressure Love Consent Negative body-talk Choice Feelings/emotions Challenge Mental health Independence Identity Values Relationships Pressure Adolescent Compromise

self esteem	Self-esteem means feeling good about yourself and believing you are valuable and capable.
IVF	IVF is a medical process helping people have babies outside the body in a laboratory.
social media	Social media are apps and websites where people share posts, photos, and messages online.
puberty	Puberty is when a child's body changes into an adult body during growing up.

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

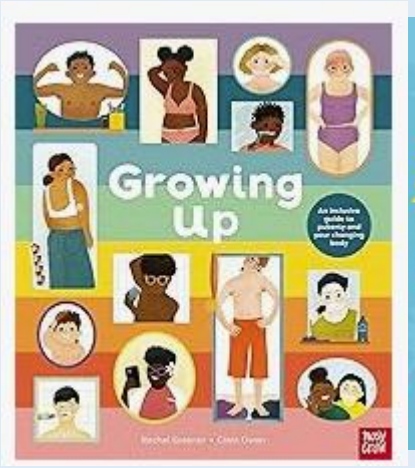


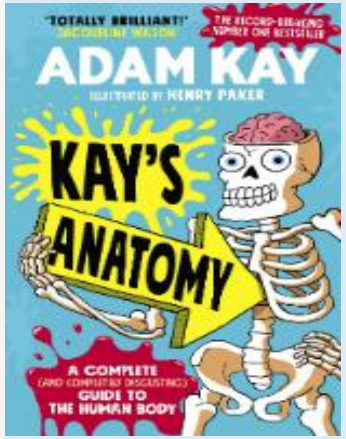
- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Questions for family learning

- What does mutual respect mean? Why is this important in a relationship?
- How will you body change over the next few years?
- How do you feel about your own body image?

Interesting Books:

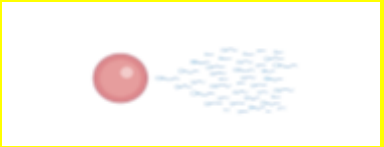




Sticky Knowledge

During puberty we all develop sweaty places and hairy places

Conception is when a sperm and egg join to start a baby growing



3 ways to develop positive self – esteem are:

1. Having realistic expectations
2. Positive body talk
3. Being aware of social media pressures