



Year 6 – PSHE KCV – Changing Me



Key skills to learn:

- Awareness of my own self-image and how my body image fits into that; know how to develop my own self esteem.
- Explain how bodies change during puberty; understand the importance of looking after yourself physically and emotionally.
- Ask the questions I need answered about changes during puberty.
- Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- Express how I feel about the growing independence of becoming a teenager.
- Know how to prepare myself emotionally for starting secondary school.

SMSC Links:

Social – Understanding feelings of attraction and how relationships develop with others.

Moral – Offering views and opinions sensitively to others promoting self-esteem.

Spiritual – Reflect on physical and emotional changes; ensuring feeling valued.

Cultural – Celebrate diversity; consider and respect my own and others self-image.

Words to know and spell (Tier 2 Vocabulary)

Wet Dream	Fertility	Treatment
Self-esteem	Larynx	Hormones
Real life	Ejaculation	Erection
Sexual Intercourse	Fallopian Tubes	Contraception
Responsibilities	Puberty	Fertilisation
Body-Image	Midwife	Celebrity
Trust		

Words to understand and spell (Tier 3 Vocabulary)

Foetus	An unborn human more than 8 weeks old.
Opportunities	A time or set of circumstances which makes something possible.
Freedoms	The power or right to act, speak or think as you choose.
Clitoris	Part of the female sexual organs.
Ovulation	Discharge of ova (eggs) from the ovaries.
Masturbation	Stimulation of the genitals.
Consent	Permission for something to happen or agreement to it.
Transition	Changing from one state/thing/place to another.
Attraction	Interest, desire or liking someone or something.
Independence	Being self-sufficient, able to complete on your own.
Contractions	Uterus muscles being made tighter at intervals before birth.
Cervix	The 'neck' of the uterus, narrow passage at the lower end.
Placenta	An organ inside the uterus nourishing a baby through umbilical cord

Concept check questions. Test yourself:

- Could it cause problems to have an 'ideal' self-image?
- Can you distinguish the facts about puberty from the myths and half-truths?
- What are the stages by which a baby grows and develops through pregnancy?
- How is a baby born?
- What does independence mean to you?