

Changing Me

Term 5/6 Year 5/6

Jigsaw

The Jigsaw style is one of talking through issues as a class, sharing ideas and working cooperatively.



Changing Me

Time and Money PowerPoint Slides 1-2 - Ages 10-11 - Piece 1



If I had an hour to spare I would rather...

- A) Spend some time doing an activity with a friend
- B) Spend time on YouTube in my bedroom
- C) Go outside and do something active
- D) Go shopping for new clothes (online or in town)



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Puzzle 6

Weekly Celebration 2

This week we are celebrating people who:
Can express how they feel when change happens

Part of the learning journey is around the physical changes that happen to children at the end of primary school.

Piece 1	I am aware of my own self-image and how my body image fits into that.
	I know how to develop my own self esteem.
Piece 2	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
	I can express how I feel about the changes that will happen to me during puberty.
Piece 3	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
	I recognise how I feel when I reflect on the development and birth of a baby.

Changing Me
Growing Up Bingo - Ages 10-11 - Piece 2

Write the name of someone who

Has an older brother or sister	Has ever tasted an alcoholic drink	Has a tablet or ipad	Thinks they could pass for over 12 at the cinema
Has had a talk with their parents about puberty	Has been on Instagram or Snapchat	Regularly uses make-up or hair gel	Likes playing outside more than playing computer games
Has ever gone out with someone	Admits to eating too many sweets or chips	Has had an argument with their parents in the last week	Thinks they will smoke when they are older
Has a favourite soap they always watch on TV	Has to do chores to earn pocket money	Sometimes reads teenage magazines	Is allowed to choose their own clothes when they go shopping

Winner is the first to complete a vertical, horizontal or diagonal line

This is a new curriculum that is being used across the UK.

This presentation looks at some of the content that we will use in Years 5 and 6.

For many of the lessons, we focus on issues such as self image...

jigsaw



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jigsaw



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...and peer
pressure.

Changing Me

Should I/Shouldn't I? Cards - Ages 10-11 - Piece 4

Have a
boyfriend/
girlfriend at the
age of 10

Text 'I love
you' to your
boyfriend/
girlfriend

Sulk until you
get what you
want from your
boyfriend/
girlfriend

Make fun of
somebody's
looks and say
they'll never
get a boyfriend/
girlfriend

Chat to your
parents about
a boyfriend/
girlfriend worry

Criticise yourself
for not having
a boyfriend/
girlfriend

Send a 'sexy'
photo or text to
prove you love
somebody

Have a
boyfriend/
girlfriend at the
age of 15

Tell someone
that you'll only
go out with
them if they do
something you
want

Chat to a
friend about
a boyfriend/
girlfriend worry

Accept other
people's
compliments
about you

Look online for
advice about
boyfriend/
girlfriend
problems

Send a horrible
message back if
your girlfriend/
boyfriend sends
you a horrible
message

Be assertive if
you don't want
to do something
that could hurt
you or someone
else

Try to be a
grown up before
you are ready

Not wanting
to have a
boyfriend/
girlfriend

The background features a series of thin, curved lines in light gray and white, creating a sense of motion and depth. These lines are concentrated on the left side of the image, with some extending towards the right. A solid red rectangular box is positioned on the left side, containing white text. The box has a small triangular pointer at the bottom center, pointing downwards.

As part of the unit,
we spend some
time discussing the
changes that take
place as we grow up.

Year 5
Much of this unit looks
at how we perceive the
changes to ourselves.



Year 5

And we also find out
about the changes
which take place in
puberty.

Vocabulary

Puberty

Menstruation

Periods

Sanitary towels

Sanitary pads

Tampons

Ovary/ Ovaries

Vagina

Oestrogen

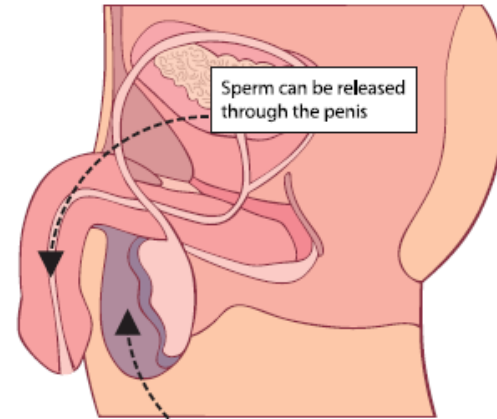
Vulva

Womb/Uterus

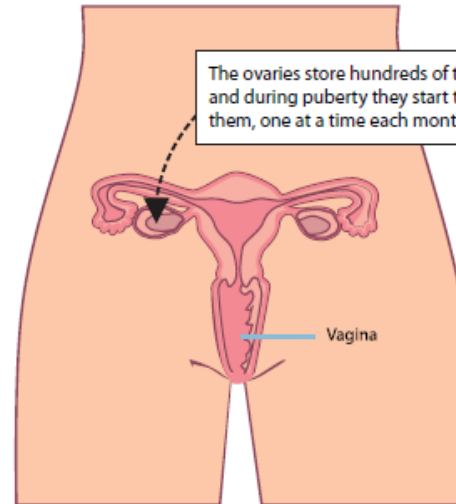
Year 5 and Year 6
Learn why we go
through these
changes in puberty.

Changing Me

Changes on the Inside PowerPoint Slides 1-4 - Ages 9-10 - Piece 2



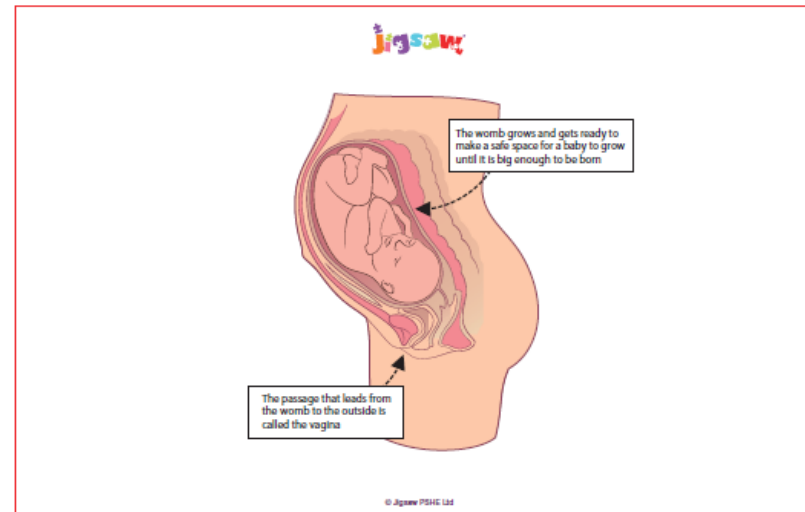
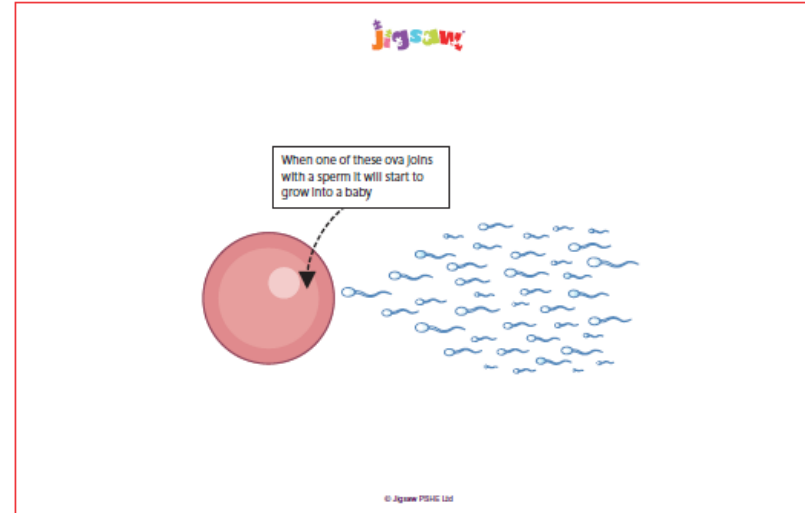
The testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing



Year 5

Learn why we go through these changes in puberty.

Changing Me
Changes on the Inside PowerPoint Slides 1-4 - Ages 9-10 - Piece 2



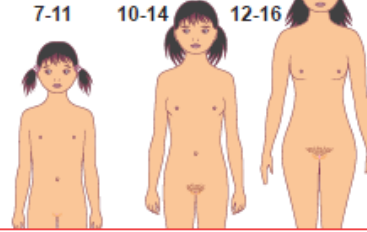
Year 5

Learn why we go through these changes in puberty.

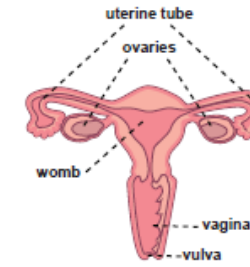
Changing Me

Menstruation Cards Sort/Sequence - Ages 9-10 - Piece 2

AGE

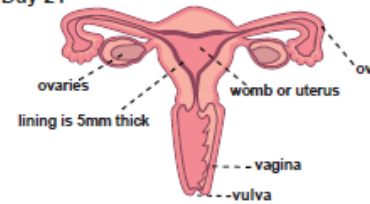


A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



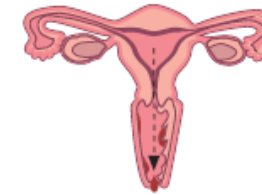
Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



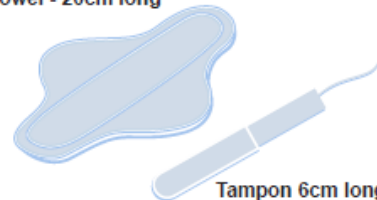
However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Menstrual Flow



If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Towel - 20cm long



Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.



The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

Year 5
There is a focus on menstruation at this age, which is shared with boys and girls (often separately).

My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself - and doesn't it mean that you're not a virgin any more?

I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

I think I could cope with having a period at home, but at school... where would I put the used tampons as I don't see any bins in the girls toilets for our year group?

What if I need to change a sanitary pad/towel during a lesson? Won't everyone know that's why I am going to the toilet? I would feel embarrassed.

Year 6
Discusses physical
changes and sexual
intercourse.

Changing Me
Boy Worries Cards - Ages 10-11 - Piece 2

**My penis doesn't look as big as other boys in my year.
Does this mean that I'm not normal?**

**Why do some boys have a penis where you can see the end,
and others don't?**

I heard someone say that masturbation can make you gay?

**I heard a girl say she would only ever go out with a boy who has a six-pack.
I don't have a six-pack. Will I never get a girlfriend?**

**I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?**

**I'm having more wet dreams than I should and I'm worried that
I'm not normal. It's way too embarrassing to talk to my parents about it.
Shall I try to check if I'm normal on the internet?**

My moods are going up and down all the time. Am I depressed?

Year 6
Discusses physical
changes and sexual
intercourse.

Changing Me
Puberty - Truth or Myth - Ages 10-11 - Piece 2

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

Boys can always control when they get erections.

Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.

Boys usually start puberty later than girls.

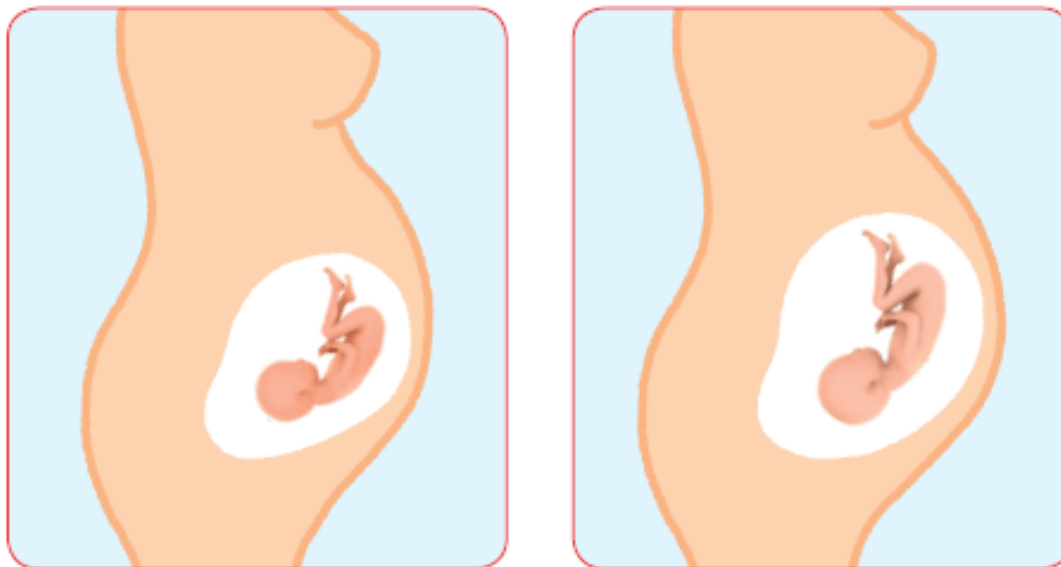
Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

Changing Me

Baby Developing in the Womb PowerPoint Slides 1-5 - Ages 10-11 - Piece 3

Slide 5

Year 6
Discusses what
happens in
pregnancy and
birth.



Year 6

As part of this unit, we use the same series of videos that we have used for several years.

When I was a baby in the womb I
could wave my hands about
TRUE

When I was a baby in the womb I
could smile and laugh
FALSE

When I was a baby in the womb I
could kick my feet
TRUE

When I was a baby in the womb I
could breathe
FALSE

When I was a baby in the womb I
could suck my thumb
TRUE

When I was a baby in the womb I
could make gurgling noises
FALSE

When I was a baby in the womb I
could get hiccups
TRUE

When I was a baby in the womb I
could cry
FALSE

When I was a baby in the womb I
could wriggle around
TRUE

When I was a baby in the womb I
could pick my nose
FALSE

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble is centered on the page, containing the text.

Changing Me

Term 6 Year 6