



Changing Me



Year 6

Welcome to the Year 6 Changing Me – Jigsaw Overview.

This document will explain what your child will be learning about at Paddox in their “Changing Me” lessons. Changing Me is part of the Jigsaw PSHE programme which aims to educate your child about changes they may experience as they grow up. These discussions points will be listed in more detail below.

Lesson 1 – My self-image:

focussing on: self-esteem, celebrity imaging and how we view ourselves.

Lesson 2 – Puberty:

focussing on: changes to our bodies, how our emotions may be affected and how to combat worries.

Lesson 3 – Babies (conception to birth) including having a baby (Year 4) and conception (Year 5):

focussing on: how babies are conceived (including the correct scientific vocabulary) and how babies are born.

Lesson 4 – Boyfriends and Girlfriends:

focussing on: age appropriate relationships, what love actually is and pressures we may face.

Lesson 5 – Real self and ideal self:

focussing on: negative body talk, mental health and looking further at self-esteem.

Lesson 6 – The year ahead (transition to secondary school):

focussing on: worries, anxieties, hopes and dreams for transitioning to the next stage of school.

Additional information to support at home.

We at Paddox understand that talking to your child about growing up may be a difficult or awkward conversation. Here are our top tips to support you at home:

- Don't dismiss your child's concerns or curiosity.
- Answer questions simply using correct terminology where appropriate and in an age appropriate way.
- Agree on the language you are going to use first - using scientific vocabulary is best.

For more information, please follow these links:

<https://www.theschoolrun.com/how-talk-your-child-about-sex>

<https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources>

Key Vocabulary:

Lesson 1: self-image, self-esteem, real self, celebrity

Lesson 2: opportunities, freedoms, responsibilities, pubic hair, menstruation, semen, erection, tampon, breasts, hormones, wet dreams, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, penis, vagina, womb, fallopian tube, vulva, egg

Lesson 3: pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife

Lesson 4: attraction, relationship, pressure, love, sexting

Lesson 5: self-esteem, negative body talk, choice, feelings/emotions, challenge, mental health

Lesson 6: transition, secondary, looking forward, journey, worries, anxieties, hopes, excitement