



	Content Overview of 'Changing Me' unit	Vocabulary
Year 3	<p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>	<p>Changes Birth Animals Babies Mother Growing up</p> <p>Baby Grow Uterus Womb Nutrients Survive Love Affection Care</p> <p>Change Puberty Control</p> <p>Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina</p> <p>Stereotypes Task Roles Challenge</p> <p>Change Looking forward Excited Nervous Anxious Happy</p>
Year 4	<p>Being unique</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>Environmental change</p>	<p>Personal Unique Characteristics Parent</p> <p>Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception</p> <p>Puberty Menstruation Periods</p> <p>Circle Seasons Change Control</p> <p>Range of emotions - see emotions card resource Control Change Acceptance</p> <p>Change Looking forward Excited Nervous Anxious Happy</p>
Year 5	<p>Self- and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception (including IVF)</p> <p>Growing responsibility (Looking ahead)</p> <p>Coping with change</p> <p>Preparing for transition</p>	<p>Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation</p> <p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus</p> <p>Puberty Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones</p> <p>Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)</p> <p>Teenager Milestone Perceptions Puberty Responsibilities</p> <p>Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious</p>
Year 6	<p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends/girlfriends</p>	<p>Self-image Self-esteem Real self Celebrity</p> <p>Opportunities Freedoms Responsibilities Puberty</p> <p>Pubic Hair Voice Breaks Menstruation Semen Growing Taller Hips Widen Facial Hair Erection Tampon Breasts Hormones Wet Dream Ovulation Masturbation Sanitary Towel Clitoris Testicles Sperm Underarm Hair Penis Feeling Moody Vagina Womb Fallopian Tube Vulva</p> <p>Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife</p> <p>Attraction Relationship Pressure Love Sexting</p> <p>Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health</p>



<p>Sexting Real self and self image Transition</p>	<p>Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement</p>
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