



# PSHE

Changing me  
Lynher Summer 2 2022

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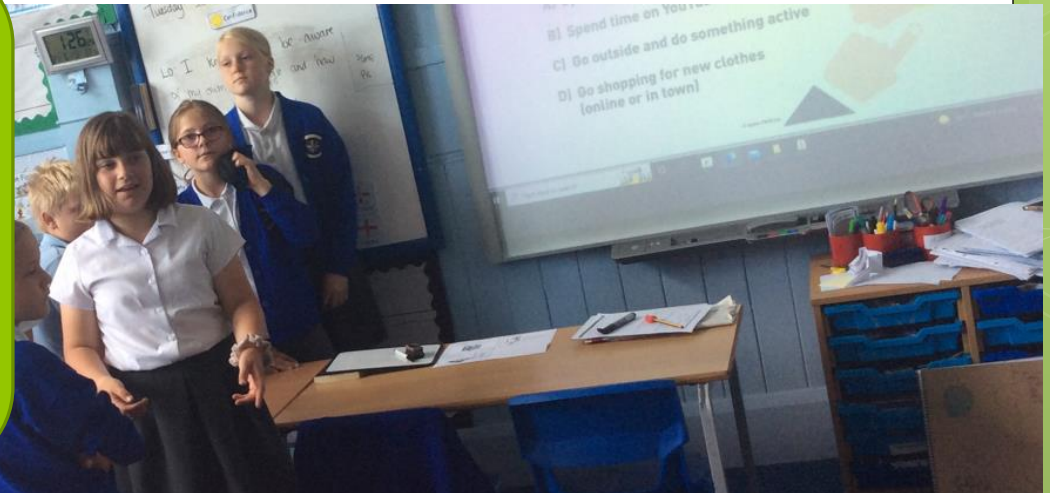
I am aware of my self image and how my body image fits that and can develop my own self esteem

I know how to try and turn a negative feeling about myself into a positive one

I don't think having the latest fashion is important, it's about being you and happy.



I know that peer pressure may be direct and indirect; for example 'friends' encouraging us to do something we aren't comfortable with both in person or online.



I can explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally

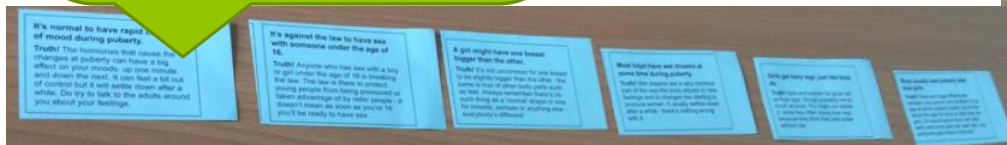
I understand that puberty is a natural process that happens to everybody and that it will be OK for me

Its ok to feel embarrassed when talking about our changes but I know everyone will go through it and I am not alone.

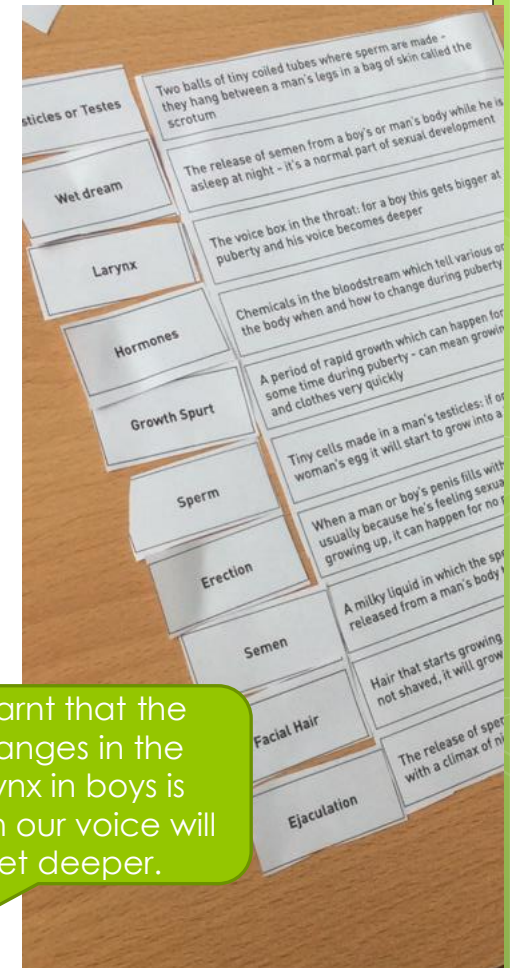
It was good to learn that when menstruating I don't continuously bleed!

It was interesting to learn that when I start my periods this will continue until menopause.

I didn't realise there was such a range of sanitary wear. There are many options for all ages and bodies.



I can express how I feel about the changes that will happen to me during puberty



I learnt that the changes in the larynx in boys is when our voice will get deeper.



I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby  
I appreciate how amazing it is that human bodies can reproduce in these ways

I know that relationship can come in different forms such as: mother and daughter; husband and wife; boyfriend and girlfriend.

The way to bring up a child is down to the family – as long as they are safe.

I know that it's a big decision to create a new life, we thought about the important things couples may need to think about before, but appreciated all people's circumstances are different.

I know the age of consent for sexual intercourse is 16, but I still have to give my consent even when I reach that age.

There are many different types of relationships in the adult world. The care and responsibility for any baby/child that results from a relationship should be paramount whatever the circumstances.

There is a biological way that babies are created when the male sperm fertilises the female egg and the baby develops in the womb. However some people need medical intervention's or can adopt if they cannot easily have a baby themselves.

