## PSHE

Changing me Lynher Summer 2 2022 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
though it and I am
not alone.

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

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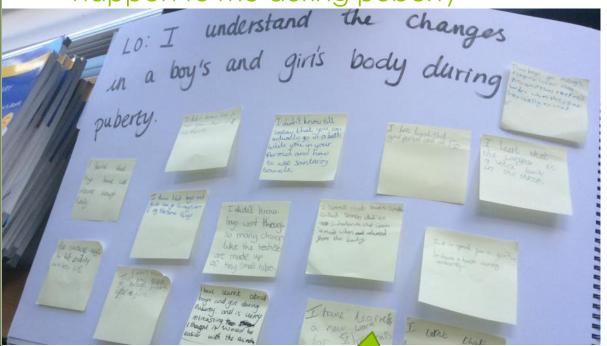
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It was interesting to learn that when I start my periods this will continue until menopause. I didn't realise there was such a range of sanitary wear. There are many options for all ages and bodies.

I can describe how boys' and girls' bodies change during puberty

I can express how I feel about the changes that will

happen to me during puberty



Two balls of tiny coiled tubes where sperm are made two batts of tiny coiled tubes where sperm are made they hang between a man's legs in a bag of skin called the The release of semen from a boy's or man's body while he is ticles or Testes the release of sementrom a pays of mails body while he asked at hight – 1/5 a normal part of sexual development. The voice box in the throat, for a boy this gets bigge Wel dream puberty and his voice becomes deeper Chemicals in the bloodstream which tell various Chemicals in the bloodstream which let various a the body when and how to change during puberty Larynx A period of rapid growth which can happed A period or capita grown which can happen some time during puberty - can mean ground clash-section and clash-sec and clothes very quickly Tiny cells made in a man's testicles: if a Mowar, 2 edd it will start to grow into a Growth Spurt When a man or boy's penis fills when a man or buy's teeling sexua growing up, it can happen for no A milky liquid in which the specific released from a man's body, Hair that starts grow not shaved, it will grow Hearnt that the The release of spe with a climax of ni

Ejaculation

Some boys and girls have similar changes like growing taller and getting pubic hair I understand that wet dreams are normal and I don't need to be embarrassed about them. changes in the larynx in boys is when our voice will get deeper.

## conception and that is how babies are usually made. I also understand that sometimes people need IVF to

I appreciate how amazing it is that human bodies can

reproduce in these ways

help them have a baby

I know that relationship can come in different forms such as: mother and daughter; husband and wife; boyfriend and boyfriend. The way to bring up a child is down to the family – as long as they are safe. know that it's a big decision to create a new life, we thought about the important things couples may need to think about be before, but appreciated all peoples 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.