



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PSHE: Changing Me

## Year 5: Summer 2

Key Vocabulary		✓
Body image	The way you feel about your body	
Self esteem	How you feel about yourself and the things you do	
Sanitary towels and tampons	Products which girls use during their periods	
Oestrogen	A female hormone which helps girls grow during puberty	
Erection	When the penis fills with blood and hardens	
Ejaculation	When semen comes out of an erect penis	
Wet dream	When a boy ejaculates while he is sleeping	
Fertility treatment	Medications which can help couples to conceive	
Milestones	Reaching an important stage of your life	

### Key Topics ✓

I know how my body image fits into my image of myself		
I know how a girl's body changes during puberty		
I know how a boy's body changes during puberty		
To know that sexual intercourse can lead to conception		
Being confident to cope with changes		
Thinking about changes for Year 6		

### Changes and Self Image ✓

	Developing self esteem	
	Looking after your physical and emotional health	
	Discussing how you feel about puberty	
	Being confident to make changes to benefit your life	
	There are different ways that people can have a baby	
	What am I looking forward to about becoming a teenager?	

