



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Changing Me

Year 6: Summer 2

Key Vocabulary



Self image	What people think about themselves	
Responsibilities	Being depended upon and making good choices	
Embryo	An unborn baby in the womb	
Foetus	A baby before it is born in the womb	
Labour	The process of a baby being born	
Attraction	Being interested in someone romantically	
Relationship	A connection between two people	
Negative body talk	Saying unkind and unhelpful things about your own or someone else's body/physical features	
Mental health	Being able to understand your emotions and cope when there are problems	

Key Topics



Being aware of your self image and body		
I know bodies change during puberty		
I know how a baby develops in the 9 months from conception		
Being attracted to someone changes the nature of the relationship		
Developing positive self esteem		
Transitioning to secondary school		

Changes and Self Image



	Developing self esteem	
	Being able to express your feelings about puberty	
	Discussing feeling about the growth of a baby and birth	
	Respect is essential in relationships and not feeling pressured	
	Discussing your self image and challenging negative 'body-talk'	
	Preparing for the emotional changes of secondary school	

My Self Image

Puberty

Babies: conception to birth

Boyfriends and Girlfriends

Real self and Ideal self

The Year Ahead

