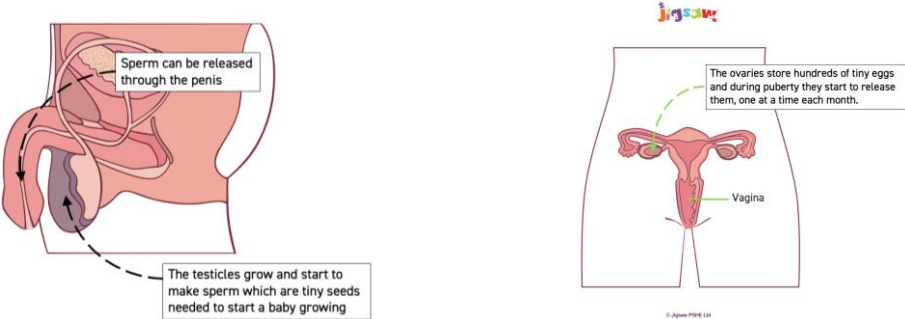
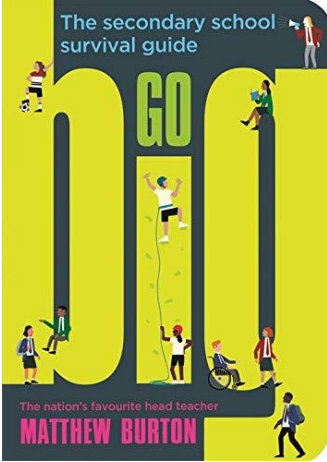




| Key Facts | | Social and Emotional Skills | |
|--|--|--|--|
| <p>I know how to develop my own self esteem.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p> <p>I can recognise how I feel when I reflect on the development and birth of a baby.</p> <p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.</p> <p>I can be assertive when appropriate.</p> <p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p> <p>I know how to prepare myself emotionally for the changes next year.</p> | |  | |
| <p>I am aware of my own self-image and how my body image fits into that.</p> <p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend.</p> <p>I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.</p> <p>I am aware of the importance of a positive self-esteem and what I can do to develop it.</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p> | <ul style="list-style-type: none">• I can understand that both a boy's and girl's body changes during puberty.• I understand puberty is a natural occurrence.• I know the terms; self-esteem and self-image and can related them to my life. |  | |

Subject Specific Vocabulary

| Key word | Definition |
|----------------------|---|
| Self-esteem | Confidence in one's own worth or abilities; self respect. |
| Opportunities | A time or set of circumstances that makes it possible to do something |
| Attraction | The action or feature of evoking interest in or liking for someone or something. |
| Relationship | The way in which two or more people or things are connected, or the state of being connected. |
| Puberty | The period during which adolescents reach sexual maturity and become capable of reproduction. |
| Transition | The process or a period of changing from one state or condition to another. Undergoing a process of transition from one place to another. |
| Consent | Permission for something to happen or agreement to do something. |
| Celebrity | The state of being well known. |
| | |
| | |
| | |