



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.