



Changing Me Year 5

The following is an overview of what the children in Year 5 will study over the Summer Term in their PSHE lessons in accordance with the statutory guidance for SRE.

Lesson Overview	Lesson Content
<p>1. Self and Body Image Being aware of their own self-image and how to develop self-esteem.</p>	<p>Pupils will look at airbrushed images and compare these to 'real' images. Discuss the impact of celebrity and body image expectations.</p> <p>Pupils will focus on their own self-image by identifying words that best describe them. They will then look at the link between a happier self image and a better self-esteem. Using affirmations is a simple technique to help transform negative self-image into positive self-image, which in turn, raises self-esteem. Pupils will identify negative statements and turn them into positive ones.</p>
<p>2. Puberty for Girls Understanding how girl's bodies change during puberty and the importance of looking after themselves physically and emotionally.</p>	<p>To be delivered by Mrs K. Walker</p> <p>A discussion will be steered towards puberty and the reasons why we can feel embarrassed about some of the changes and experiences is because it affects parts of the body that we don't usually talk about. We will have a mutual understanding that the changes which take place are natural, affect everyone and it's ok to be a little anxious .</p> <p>The girls will talk about menstruation, the female reproductive system, sanitary products and changes to the female body. Biological terms will be used and the discussion will be dealt with in a child-friendly manner. There will be a fun quiz at the end and any further questions discussed.</p>

<p>3. Puberty for Boys Understanding how boy's bodies change during puberty and understanding the changes that will happen to them.</p>	<p>To be delivered by Mr A. Houston The boys will start the session with a range of statements - they should decide whether they think it is true or false. They will then look at diagrams of the male organs and reproductive system. Correct terminology will be used at all times. They will then look at the changes which take place to the body during puberty including deeper voices, body hair and testosterone. There will be a fun quiz at the end and any further questions discussed.</p>
<p>4. Girl's/Boy's Talk Understanding how girl's and boy's bodies change during puberty and understanding the changes that will happen to them.</p>	<p>This will be an opportunity for the children to come back together after having their separate sessions. They will look at some statement cards and identify whether the changes mentioned happens to girls, happens to boys or happens to both. Opportunities for discussions, questions and answers will take place throughout the session.</p>
<p>5. Looking ahead Identifying what they are looking forward to about being a teenager and understanding that this brings growing responsibilities.</p>	<p>The children will discuss what it might be like to turn 13 years old - what might this be an important milestone? The children will look at different statement cards about being 13 and discuss their content. Do they reflect reality or are they unrealistic? They will identify statements they best think reflect what being a teenager means to them. They will then move on to look at understanding that growing up brings increased responsibilities. They will look at the responsibilities that might come with some of the aspects they are looking forward to.</p>
<p>6. Looking ahead to Year 6 Identifying what they are looking forward to about being in Year 6 and thinking about the changes they will make in Year 6.</p>	<p>As they approach their final year at primary school, the children will be given the opportunity to reflect upon what they are looking forward to about being the eldest students in the school and what they are perhaps a little worried about. They will generate some questions for the current Y6 staff and pupils to answer to hopefully deal with any anxieties or concerns before they move up into Y6.</p>

- Throughout all of these sessions, the pupils will have access to post-it notes on their tables. They can write any questions that they wish to ask but do not feel comfortable asking in front of the class. At the end of each session, the teacher will go through the questions (without identifying who has asked it) and will discuss appropriate answers.