

Year 6

Parent Booklet

Lesson 1

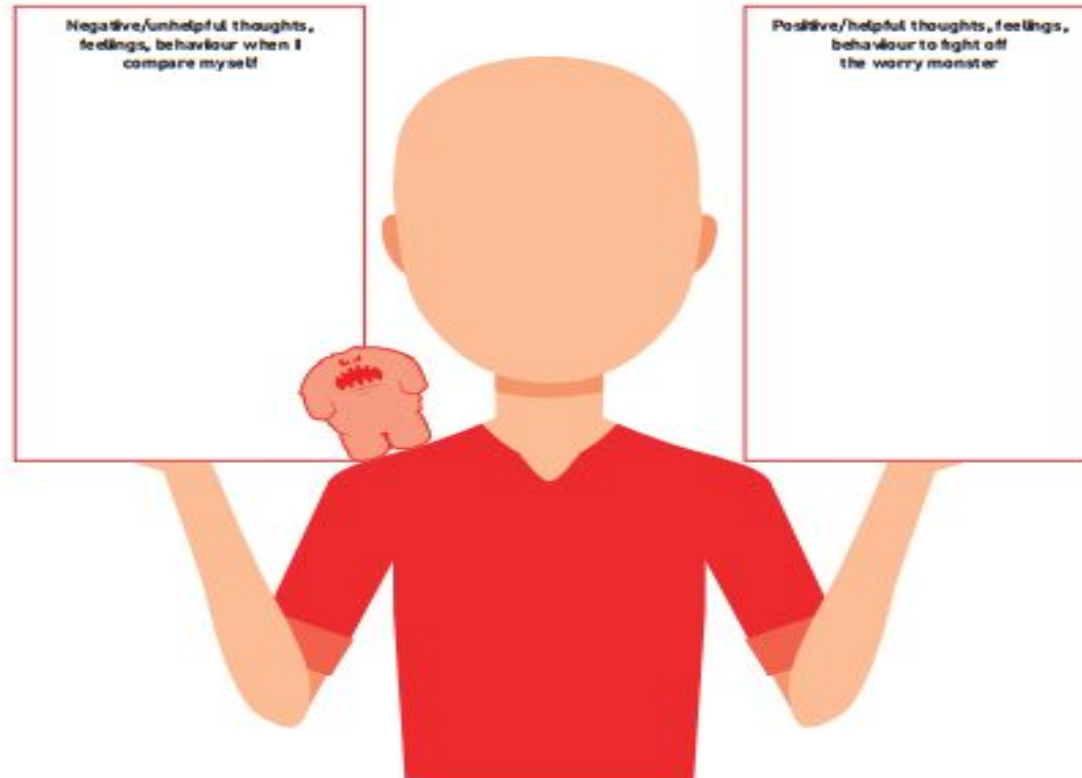
Learning Objective:

Please teach me to...

aware of my own self-image and how my body image fits into that

know how to develop my own self-esteem

Unhelpful and helpful resources



Lesson 2

Learning Objective:

Please teach me to...

explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally

express how I feel about the changes that will happen to me during puberty

Puberty

Pubic Hair

Voice Breaks

Menstruation

Semen

Growing Taller

Hips Widen

Facial Hair

Erection

Tampon

Breasts

Hormones

Wet Dream

Ovulation

Masturbation

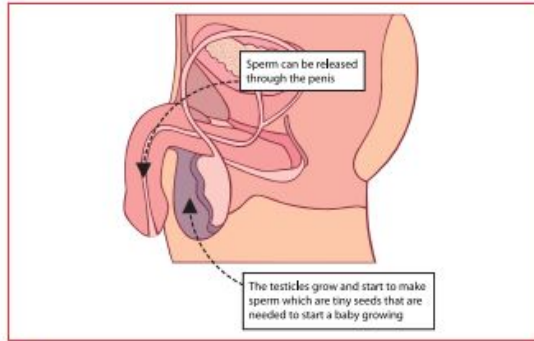
Sanitary Towel

Clitoris

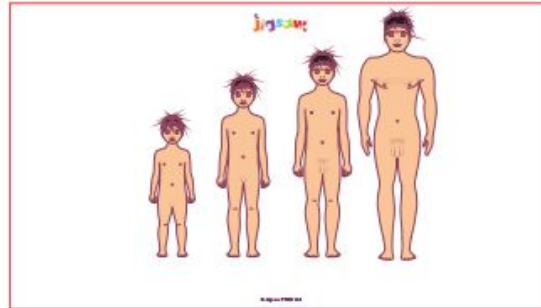
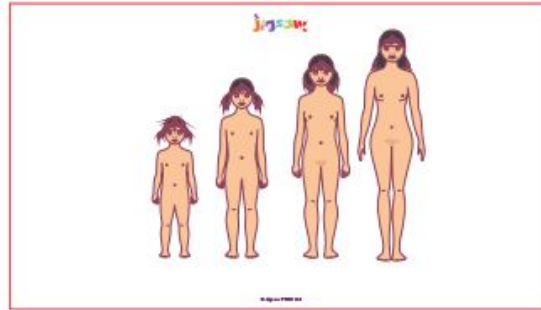
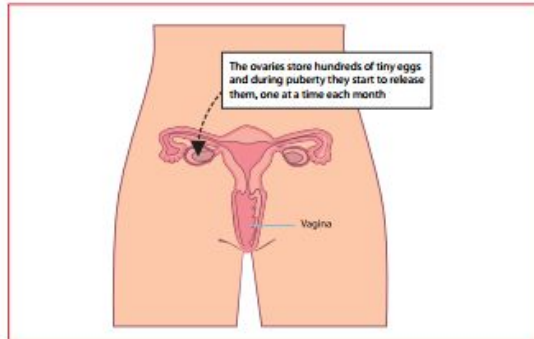
Testicles

Sperm

Puberty



Slide 2



Puberty

My penis doesn't look as big as other boys in my year.
Does this mean that I'm not normal?

Why do some boys have a penis where you can see the end,
and others don't?

I heard someone say that masturbation can make you gay?

I heard a girl say she would only ever go out with a boy who has a six-pack. I
don't have a six-pack. Will I never get a girlfriend?

I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?

I'm having more wet dreams than I should and I'm worried that
I'm not normal. It's way too embarrassing to talk to my parents about it. Shall I
try to check if I'm normal on the internet?

My moods are going up and down all the time. Am I depressed?

My breasts aren't developing in the same way as my friends?
Is there something wrong with me?

Someone said if you fancy a girl it means you are gay?

I heard a boy say he would only ever go out with a girl who had big breasts. My
breasts are quite small. Will I never get a boyfriend?

My periods aren't regular. Sometimes I get longer times between them.
It worries me there might be something wrong...

I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?

One of my breasts is a different shape and I'm worried there is something
wrong. It's way too embarrassing to talk to my parents about it. Shall I try to
check if I'm normal on the internet?

My moods are going up and down all the time. Am I depressed?

Lesson 3

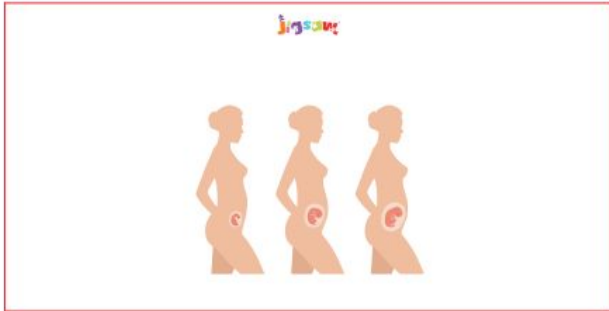
Learning Objective:

Please teach me to...

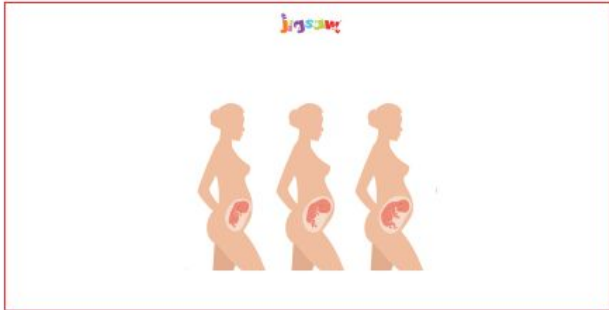
describe how a baby develops from conception through the nine months of pregnancy, and how it is born

recognise how I feel when I reflect on the development and birth of a baby

Conception and pregnancy



Slide 2



When I was a baby in the womb I could wave my hands about
TRUE

When I was a baby in the womb I could smile and laugh
FALSE

When I was a baby in the womb I could kick my feet
TRUE

When I was a baby in the womb I could breathe
FALSE

When I was a baby in the womb I could suck my thumb
TRUE

When I was a baby in the womb I could make gurgling noises
FALSE

When I was a baby in the womb I could get hiccups
TRUE

When I was a baby in the womb I could cry
FALSE

When I was a baby in the womb I could

When I was a baby in the womb I could

Lesson 4

Learning Objective:

Please teach me to...

understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend

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

Discussing Relationships

Have a boyfriend/
girlfriend at the
age of 10

Text 'I love you'
to your boyfriend/
girlfriend

Sulk until you
get what you
want from your
boyfriend/
girlfriend

Make fun of
somebody's
looks and say
they'll never
get a boyfriend/
girlfriend

Chat to your
parents about
a boyfriend/
girlfriend worry

Criticise yourself
for not having
a boyfriend/
girlfriend

Send a 'sexy'
photo or text to
prove you love
somebody

Have a boyfriend/
girlfriend at the
age of 15

Tell someone that
you'll only go out
with them if they
do something you
want

Chat to a friend
about a boyfriend/
girlfriend worry

Accept other
people's
compliments
about you

Look online for
advice about
boyfriend/
girlfriend
problems

Send a horrible
message back if
your girlfriend/
boyfriend sends
you a horrible
message

Be assertive if you
don't want to do
something that
could hurt you or
someone else

Try to be a grown
up before you are
ready

Not wanting to
have a boyfriend/
girlfriend

You are physically
attracted to them

You are the only one
in your group without
one

You want to be treated
like a grown-up

You like the attention
they give you

You enjoy their
company

You can have a laugh
together

You don't want to look
like a loser

You like doing things
together

You want to make
your friends envious

Lesson 5

Learning Objective:

Please teach me to...

be aware of the importance of a positive self esteem and what I can do to develop it

express how I feel about my self-image and know how to challenge negative 'body-talk

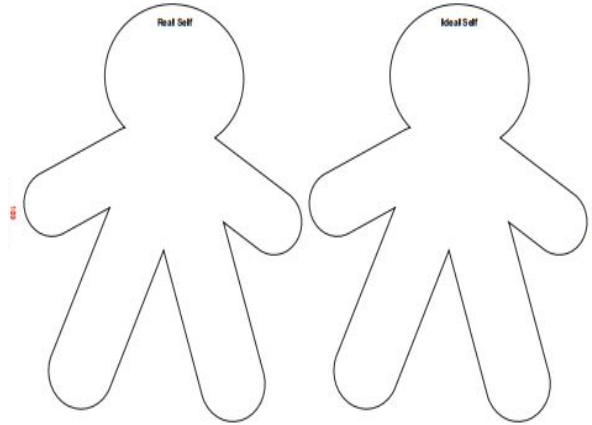
Ideal Bodies



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Real Self and Ideal Self - Ages 10-11 - Page 5

Jigsaw



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Jigsaw



Lesson 6

Learning Objective:

Please teach me to...

identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class

know how to prepare myself emotionally for the changes next year