

Understand that everyone is unique and special	1. My Self Image • Self-image • Self-esteem • Real self • Celebrity	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Classroom labels (letter A-D) Flip chart and pens <u>Unhelpful/helpful resource</u> <u>My Jigsaw Journey</u>
Can express how they feel when change happens	2. Puberty • Opportunities • Freedoms • Responsibilities • Puberty vocabulary as represented on the flash cards (and possibly adapted for your class)	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty	<u>Growing-Up Bingo cards</u> <u>Puberty Flashcards</u> <u>Animation: Female and Male Reproductive Systems</u> <u>Puberty Truth or Myth cards</u> (enough for each working group to have one complete set) <u>Male and Female worries cards</u> <u>Teacher notes page (Boy/Girl worries)</u> Advice on personal hygiene for teens (can be from leaflets or sourced online by the TEACHER for appropriateness) Blank paper Jem's Private Post Box <u>My Jigsaw Journey</u>

Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth Assessment Opportunity - Pregnancy - Embryo - Foetus - Placenta - Umbilical cord - Labour - Contractions - Cervix - Midwife	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby	Tennis ball Set of 'Baby Can' cards (cut up and shuffled) Animations: Female and Male Reproductive Systems From Conception to Birth resource sheet Conception to Birth card sort template My Jigsaw Journey
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends - Attraction - Relationship - Pressure - Love - Sexting - Consent	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend	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	Should I / Shouldn't I? resource Diamond 9 Cards My Jigsaw Journey
Know who to ask for help if they are worried about change	5. Real self and ideal self - Self-esteem - Negative body-talk - Choice - Feelings/emotions - Challenge - Mental health	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'	Cosmetic items: a tube of toothpaste, a hair product for men, an item of make-up 'Real' self/'ideal' self templates (2 copies per child) Different coloured pens My Jigsaw Journey
Are looking forward to change	6. The Year Ahead - Transition - Secondary - Looking forward - Journey - Worries	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.	I know how to prepare myself emotionally for the changes next year.	Paper and pens Optional: Blank T-shirts, Optional: Fabric pens Certificates My Jigsaw Journey