



Lesson	Objective	British/school values	Vocabulary	Core Knowledge
1	To know how to be aware of my own self image	Within this puzzle: IL, MR, T	Self-image Self-esteem Real self Celebrity	- People feel under pressure to have their bodies look a certain way. - There is not one right way for a body to look - The media can create an 'ideal' image which is not realistic.
2	To know how girls and boys bodies change during puberty		Opportunity Freedoms Responsibilities	- Growing up gives us lots of opportunities, which can be exciting - Freedoms and responsibilities also come with being old - We should look after ourselves physically by washing, exercising and eating well. - We should look after ourselves emotionally by talking about how we are feeling and keeping a positive mindset
3	To know that physical attraction may change the nature of relationships		Attraction Relationships Pressure	- Children may choose to be in relationships - There is not a right way for a relationship to be and nobody should be pressured into doing something they do not feel comfortable with - If a relationship does not make you feel safe and happy then you should leave. Speaking to adults can help
4	To know how to keep my own identity		Identity Independence Values Adolescence	- When starting a new relationship, it is important to keep your own identity. - You and your friends do not have to all like and do the same things. Difference is good. - It is important to respect people's interests and show an interest as it helps us to learn and understand more about the world
5	To know the importance of positive self esteem		Self esteem Negative body talk Choice Challenge	- We should never comment on or talk about people's bodies in a negative way. - We should challenge or ignore negative comments and remember how it benefits the whole community to think before you speak
6	To know what I am looking forward to		Transition Secondary	- Transition to High School can be a worrying time



	and what worries me (In the transition to high school)			<ul style="list-style-type: none">- There are lots of people at High School. Adults and children to support you.- it is important to remember to oppourtunities high school has to offer.
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