

Changing Me



Year 6

Welcome to the Year 6 Changing Me – Jigsaw Overview.

This document will explain what your child will be learning about at Bilton Junior School in their “Changing Me” lessons. Changing Me is part of the Jigsaw PSHE programme which aims to educate your child about changes they may experience as they grow up. These discussions points will be listed in more detail below.

Lesson 1 – My self-image

Your child will learn to be aware of their own self-image and how their body image fits into that. They will also learn about self-esteem.

Lesson 2 – Puberty

This lesson will focus on the changes to our bodies, how our emotions may be affected and how to combat worries.

Lesson 3 – Babies

This lesson focuses on the development of babies from conception to birth.

Lesson 4– Real self and ideal self

This lesson will focus on: negative body talk, mental health and looking further at self-esteem.

Lesson 5 – The year ahead (transition to secondary school)

This lesson will focus on: worries, anxieties, hopes and dreams for transitioning to the next stage of school.

Additional information to support at home.

We at Bilton Junior understand that talking to your child about growing up may be a difficult or awkward conversation. Here are our top tips to support you at home:

- Don't dismiss your child's concerns or curiosity.
- Answer questions simply using correct terminology where appropriate and in an age appropriate way.
- Agree on the language you are going to use first - using scientific vocabulary is best.

For more information, please follow these links:

<https://www.theschoolrun.com/how-talk-your-child-about-sex>

<https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources>

Key Vocabulary:

Lesson 1: self-image, self-esteem, real self, celebrity

Lesson 2: opportunities, freedoms, responsibilities, pubic hair, menstruation, erection, tampon, breasts, hormones, ovulation, sanitary towel, testicles, sperm, penis, vagina, womb, fallopian tube, vulva, egg

Lesson 3: pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife

Lesson 5: self-esteem, negative body talk, choice, feelings/emotions, challenge, mental health

Lesson 6: transition, secondary, looking forward, journey, worries, anxieties, hopes, excitement