

How can I cope positively with change? (PSHE Y4 – Changing me)



What I can remember

- Know some of the outside and inside body changes that happen during puberty
- Can identify stereotypical family roles and challenge these ideas

Big Ws: Unique me

Inherited	Unique	Characteristics	Genes
<ul style="list-style-type: none"> ➤ To gain something as one's right or portion 	<ul style="list-style-type: none"> ➤ Being the only one of its kind 	<ul style="list-style-type: none"> ➤ Our characteristics come from the genes our parents pass on to us 	<ul style="list-style-type: none"> ➤ Each tiny cell that makes up our body contains 25,000-35,000 genes

Big Ws: Puberty and girls

Puberty	Everyone goes through puberty and it usually starts between 9 and 11 and carries on into the teenage years
Hormones	Our bodies know when we are growing up and start changing the balance of chemicals, called hormones
Menstruation	A monthly event – affects girls/ people who are born female
Periods/ Menstrual Cycle	The lining of the womb breaks up and, for a few days, the spare blood passes out of the body
Period pants, towels, tampons	Girls and women need to soak up the menstrual flow as it comes out of the vagina
Amount of blood leaving the body	This varies from person to person but on average about two tablespoonfuls

Vocabulary

Change	Acceptance	Control	Emotions	Fears or concerns
To cause to be different	Accepting change is an essential ingredient to be able to cope with it	You cannot stop all changes from happening- they are outside your complete control	A mental state, often accompanied with a physiological change, a feeling	Changes out of our control often cause us to feel anxious
			<p>What's the Emotion?</p>	