

Changing Me

Year 7 Term 6

The Big Question

How do I feel about becoming an adult?

The 'Changing Me' theme covers the following topics;

Puberty

Having a baby

Family relationships and choices

Image and self-esteem

My changing feelings.

Piece 1 - Puberty

This topic discusses changes that happen to people's bodies during puberty and how these changes can affect feelings and emotions and the importance of looking after oneself physically and emotionally.

Piece 2 - Having a baby

This topic discusses ways a baby can be conceived, different feelings and choices that people may have and make about conception, pregnancy and having a baby as well as understanding how a baby develops and is born and that having a baby comes with responsibilities.

Piece 3 - Family relationships and choices

This topic discusses different types of committed stable relationships, that people may choose to have children or not, links between positive, healthy family relationships and effective parenting as well as identifying some of the roles and responsibilities of being a parent.

Piece 4 - Image and self-esteem

This topic discusses the media and how it can have a positive or negative impact on a person's self-esteem or body image as well as signposting where to go for help and understanding strategies which will help to build self-esteem and image.

Piece 5 - My changing feelings

This topic discusses changes in the brain and emotional changes during puberty and where to access support if worried about adolescence.

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