

Year 6 Jigsaw PSHE content Summer Term 2 Changing Me

This half term, our PSHE covers the topic 'Changing Me'. Below, details the content that will be taught in your child's year group. If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your teacher.

Please be aware that class discussion may lead to questions arising about conception outside of the planned content below. Please be assured questions will be answered in a sensitive, factual, age-appropriate manner although some questions may be directed to discussion at home.

This year, Year 6 will learn about puberty and inside and outside changes to the body, how a baby can be conceived and will begin discussions on what romantic relationships are and how they may look different to friendships.

Changing Me	
Lesson 1	Exploring self-image. How do you feel about yourself and your own body? What do you value about yourself? Children will learn to identify helpful and unhelpful thoughts about themselves and how they can reduce negative body talk.
Lesson 2	Puberty for girls – inside and outside changes This includes growth of breasts, development of underarm and pubic hair and menstruation. Children will use drawn scientific labelled diagrams of the female reproductive parts and female body to support this understanding and will use the correct scientific terms such as vulva, vagina, uterus, ovaries.
Lesson 3	Puberty for boys – inside and outside changes This includes growth of facial, underarm, and pubic hair, a deepening voice and growth in size of testicles. Children will use drawn scientific labelled diagrams of the male reproductive parts and male body to support this understanding and will use the correct scientific terms such as penis, testicles, testes, semen, sperm.
Lesson 4	Puberty – single sex sessions Children will have single sex sessions this week to enable them to ask any questions regarding puberty they may have. Girls will also learn in a little more detail about sanitary protection.
Lesson 5	Having a baby Children will learn how a baby can be conceived through sexual intercourse. This will include discussion of male and female reproductive organs, scientific labelled drawn diagrams of them and will use scientific vocabulary such as penis, testicles, testes, sperm, erection, vulva, vagina, ovary, uterus.
Lesson 6	Boyfriends and girlfriends This lesson will include discussion of how romantic relationships can be different to friendships. It will also give children the opportunities to consider scenarios that are appropriate or not in a relationship. One of these scenarios involves the discussion of a photograph of an unclothed body being sent from one person to another (sexting).
Lesson 7	The Year Ahead This lesson allows children to explore their feelings around change and transition.