

Key Content

know how to develop my self-esteem
understand how I feel about the changes that happen to me during puberty

understand the importance of looking after yourself physically and emotionally
explain how girls and boys bodies change during puberty

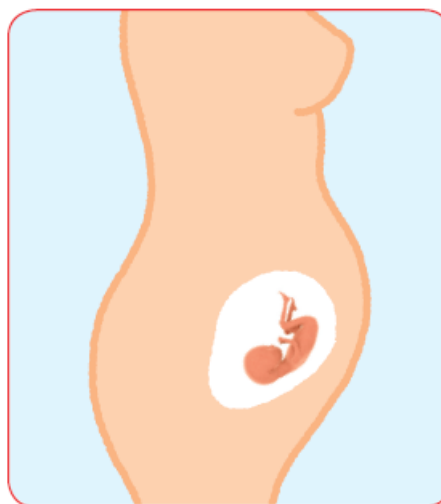
understand and explain how a baby develops from conception to birth and understand how babies are born

understand how being physically attracted to someone changes the nature of the relationship

Key Vocabulary

Self-image
Self-esteem
Real self
Celebrity
Opportunities
Freedoms
Responsibilities
Puberty
Pregnancy
Embryo
Foetus
Placenta
Umbilical Cord
Labour
Contractions
Cervix
Midwife
Attraction
Relationship
Pressure
Love
Sexting
Self-esteem
Negative body talk
Choice
Feelings
Mental Health

Knowledge



Key Information

