

# How can I cope positively with change? (PSHE Y5 – Changing me)



## What I can remember

- Know that change can bring about a range of different emotions
- Can appreciate their own uniqueness and that of others

## Big Ws: Puberty and Boys

<b>Puberty</b>	Puberty usually starts around the age of 12 for a boy, although can be earlier or later
<b>Testosterone</b>	When a boy reaches puberty, his testicles start making a hormone called testosterone
<b>Sperm</b>	Boy's testicles grow in size and start making sperm
<b>Testes</b>	Inside the testes there are many tiny tubes which make the sperm
<b>Wet dreams</b>	It is quite normal for boys and men to have 'wet dreams' at night where a tiny amount of sperm leaks out
<b>Larynx</b>	Boy's voices will get deeper because of changes in their Adam's Apple ( Larynx)

## Big Ws: Self and body image

Self-image	Self esteem	Perception	Affirmation
<ul style="list-style-type: none"> <li>➤ The internal picture you hold of yourself</li> </ul>	<ul style="list-style-type: none"> <li>➤ The happier you are with your self-image, the better your self-esteem will be</li> </ul>	<ul style="list-style-type: none"> <li>➤ Some images online have been altered to look better. What we see online may not always be a true perception</li> </ul>	<ul style="list-style-type: none"> <li>➤ A simple technique to help transform negative self-image into positive self-image</li> </ul>

## Vocabulary - looking ahead

Teenager	Mood swings	Responsibility	Consent	Opportunity
A person between 13 and 19	Changing hormones affect how we feel and can be confusing	Growing up brings increased responsibilities and it is ok to ask for help	To give your permission, agreement or approval for an action planned by another to happen	A favorable or advantageous circumstance