

# How can I cope positively with change? (PSHE Y6 – Changing me)



## What I can remember

Know that becoming a teenager involves various changes and also brings growing responsibility

Recognise that puberty is a natural process that happens to everybody and that it will be OK

## Big Ws: real self and ideal self

### The purpose of adverts

To sell you their product so they make it look as good as they can

### 'Ideal bodies'

We are exposed to these images in the media and in shops

### Body talk

How we look, is very common between friends, family members and even to ourselves when we look in the mirror

### Ideal self

'Body-talk' mostly results in people feeling that appearance is more important than other things about themselves.

### Real self / ideal self

The bigger the distance between the ideal self and the real self, the greater the possibility of self-esteem being low because we are likely to feel inadequate or not good enough

## Big Ws: Boyfriend and girlfriend

### A romantic relationship

- In a romantic relationship there is usually a physical and romantic attraction, and that is what makes this type of relationship special.



### Peer Pressure

- people should only decide to enter into a relationship when they feel ready to - it is a personal choice. There is no expectation for everyone to be dating, just because others are.



### Sexting - the digital transmission of sexually explicit images

- once something has been sent online, texted or posted on social media it can NEVER be taken back. There are also ways that people can retrieve whatever has been sent, even if it has been deleted off a device.



## Vocabulary – the year ahead

### Transition

Change from one form or place to another



### Journey

The act of travelling from one place to another



### Worries

To feel uneasy or concerned about something

Bin the worry



### Excitement

The feeling of lively and cheerful joy

