

## Questions

Do boys and girls like different things? How does God loving us just the way we are help us change how we feel about ourselves?

When do you feel most/least confident? How can we love and accept ourselves and others?

Does our self confidence increase as we get older?

Do all girls start puberty at the same time? Why? Should you feel embarrassed about your body changing? Why? Should a boy be worried if his voice hasn't broken when his friends' voices have. Boys don't cry Do you agree/disagree Why?

Do you think it's easy or difficult being a parent? Why is sleep important?

Have you ever been embarrassed about something and tried to hide it? Do you think you get more or less embarrassed about unimportant things as you get older? Have you ever been self-conscious about how you look?

## Key Vocabulary

gifts talents unique loved child of God  
body hair growth spurt puberty breasts  
buds nipples perspiration oily skin genitals  
vagina uterus menstruation boundaries  
private voice breaking  
genitals penis urethra wet dreams  
personal hygiene screen time  
addictive

## Autumn 2

Module 1: Created and loved by God

Unit 2: Me, My body, My Health

Sessions: Gifts and Talents. Girls' bodies. Boys' Bodies. Spots and Sleep

## Outcomes:

Children will learn about:

- How similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community
- How there are many different types of family set up
- How self-confidence arises from being loved by God (not status, etc)
- How human beings are different to other animals
- The unique growth and development of humans, and the changes that girls and boys will experience during puberty
- The need to respect their bodies as a gift from God to be looked after well, and treated appropriately
- The need for modesty and appropriate boundaries
- How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc

## Sources: Life to the full-Ten Ten

[https://www.tentenresources.co.uk/units/units2\\_1-2\\_me-my-body-my-health/](https://www.tentenresources.co.uk/units/units2_1-2_me-my-body-my-health/)

## Making connections to prior learning

### LKS2-

- Similarities and differences between people arise as they grow.
- and make choices, and that by living and working together ('teamwork') we create community
- Self-confidence arises from being loved by God (not status, etc)
- They need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.

Y4

*What the term 'puberty' means*

- *When they can expect puberty to take place*
- *That puberty is part of God's plan for our bodies*
- *Correct naming of genitalia*
- *What changes will happen to boys during puberty*
- *What changes will happen to girls during puberty*