

opportunities

# Jigsaw **Jem's** Journey

## Changing Me

How can I cope positively with change?



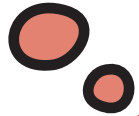
relationship

**I will learn about...**

- My self-image and how my body fits into that
- Puberty for boys and girls and how our bodies change
- The importance of looking after myself physically and emotionally
- Boyfriend and girlfriend relationships
- The importance of positive self-esteem
- How to identify what worries me about my transition to next year



sexting

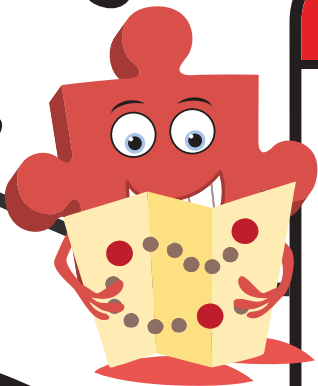


## I will explore...



- How to develop my own self-esteem
- How to express how I feel about changes during puberty
- What I can look forward to as I grow older and become a teenager
- The importance of having respect for other people, especially in a boyfriend/girlfriend relationship
- My self-image and how to challenge negative 'body-talk'
- How to prepare myself emotionally for the changes next year

attraction



adolescent



negative body-talk

assertive

mental health



love

real self

# Jigsaw **Jem's** Journey

What responsibilities are you looking forward to as you become a teenager?

Who and what can help you to manage change positively as you grow older?

## My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

Having a baby is a big responsibility because...

Puberty is a natural process and I can help myself manage the changes by...

I can develop and look after my self-esteem as I grow older by...

Changing Me

