# Lesson 1 – Unique Me

Parents

Changing Me

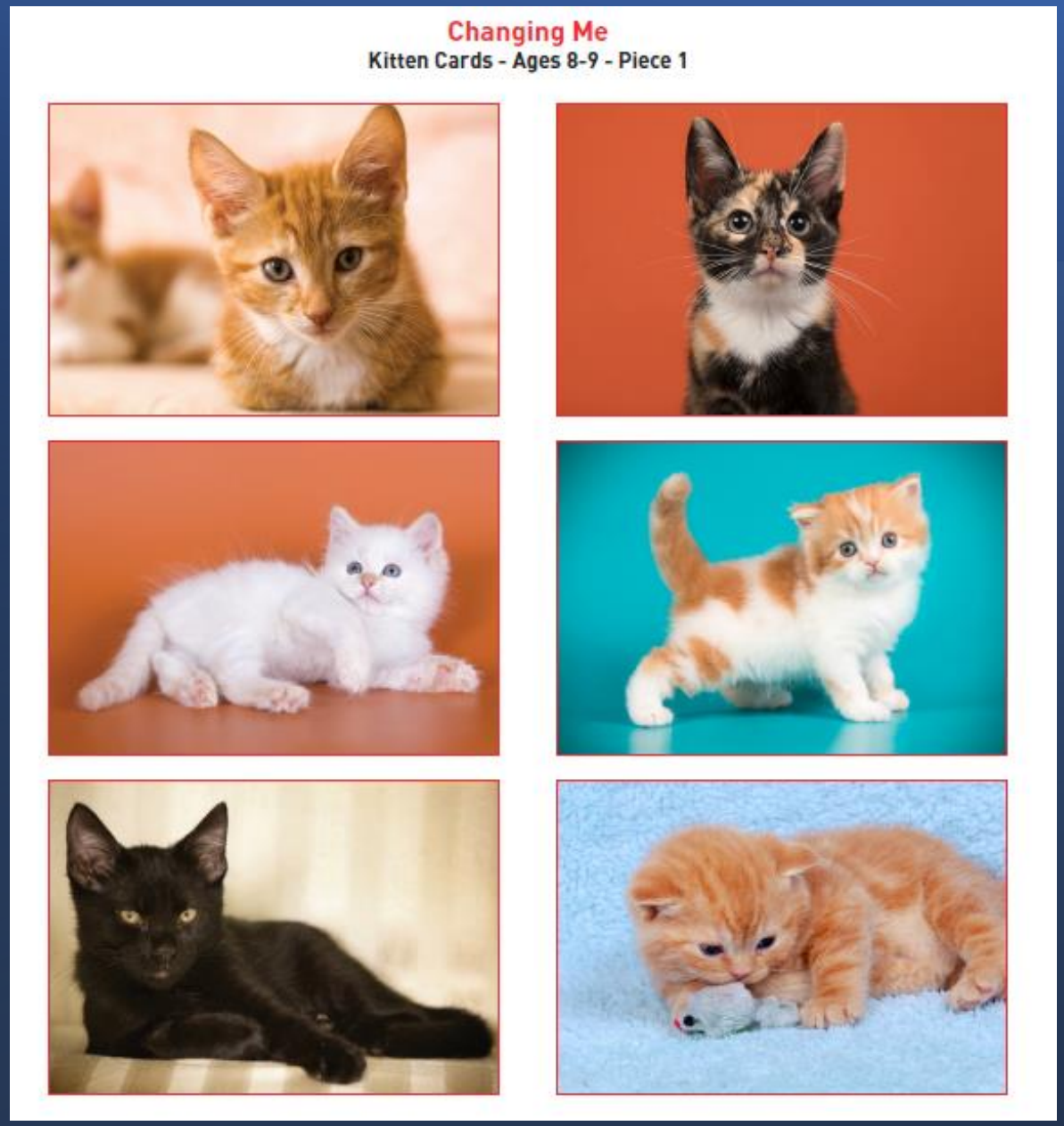
Bella, Maisy and Poppy - Ages 8-9 - Piece 1

Can you match the parents to their kittens?

Offspring

Changing Me

Kitten Cards - Ages 8-9 - Piece 1




How might the parents of these offspring look?

Why did you make these choices?

Some characteristics are from our parents, and some are unique to us. Characteristics come from the genes our parents pass down to us.

Let's look at the spelling of genes –
Can you match the spelling to the image?

Genes

Jeans

## What are genes?

Here is an amazing fact about genes.

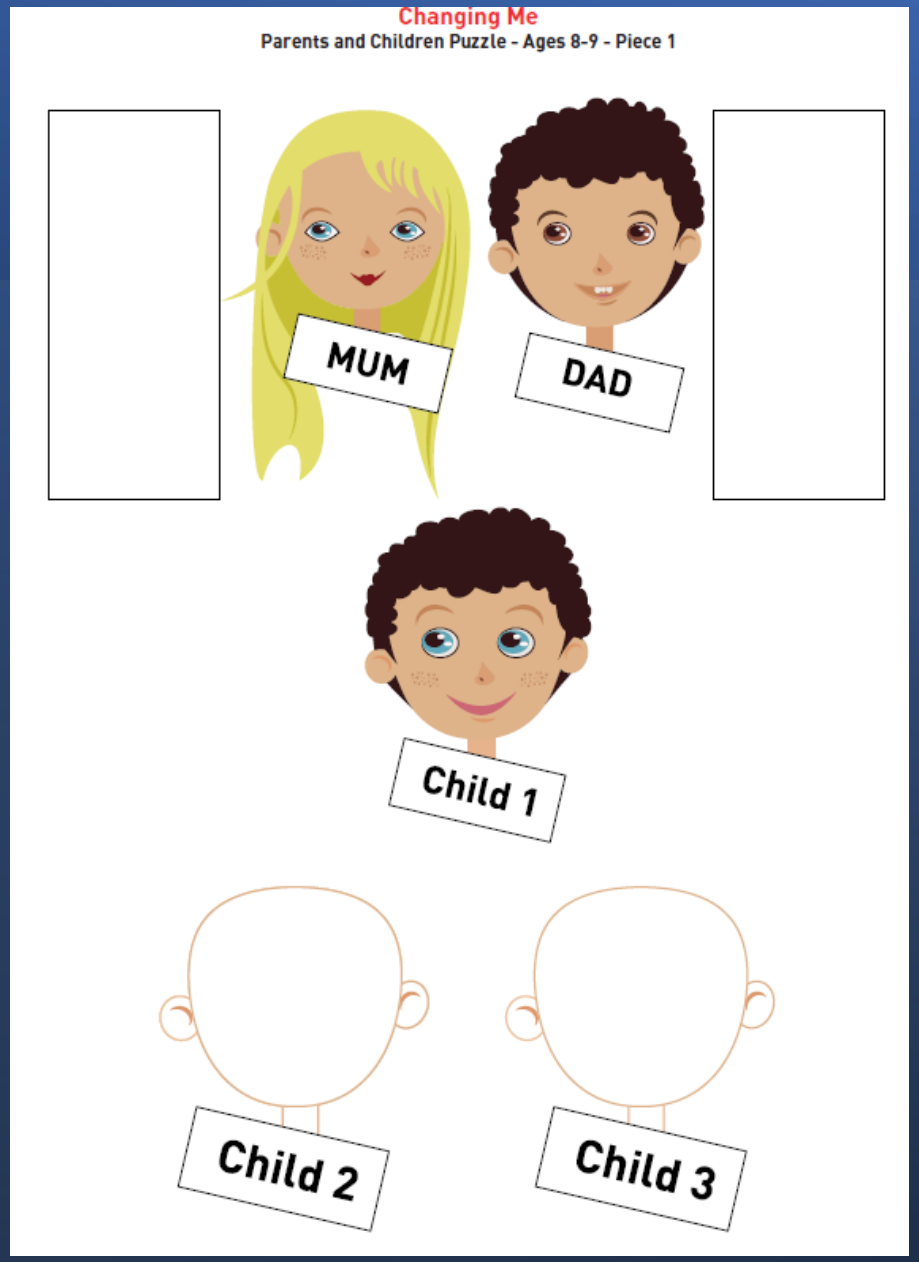
Each tiny cell that make up our body contains 25,000- 35,000 genes. Our bodies have many trillions of cells. Genes carry the information that give us our characteristics (traits). We get half our genes from our birth mother and half our genes from our birth father. The father's genes decide whether the baby will be male of female.

How do the genes come together?

We get half our genes from our birth mother and half our genes from our birth father.
This happens when the genes combine from the mother and the father.

We are going to learn more about this next lesson.

Can you describe the characteristics of the parents here?




Things to consider-

- Eye colour
- Hair colour
- Curly/straight hair
- Personality
- Freckles

Can you complete the images to show the characteristics 'child 2' and 'child 3' might have?

# Lesson 2 – responsibilities of parenthood

# Matching task…

- Move around and compare your cards with other people's, find the connections, and eventually form yourself into groups containing one finished article.

Answers…
How did we do?

Changing Me

Making Things Cards - Ages 8-9 - Piece 2

| A cake | An oak tree | A new car |
|---|---|---|
| Flour, eggs, sugar, butter and other ingredients | An acorn | Wheels, an engine and a metal body |
| A baking tin | Rich soil full of nutrients and water | A factory full of machinery |
| A hot oven | Space to grow and spread its branches | Workers to make the parts and put them together |
| A cook with a recipe | Warmth and light from the sun | A driver to buy it |

This glass of milk is like a blank canvas.

Let's demonstrate.

What has happened?

The addition of something new has changed the milk.

What do you think will happen when we add blue food dye to this same glass?

- What do you think will happen when we add red food dye?

That colour now exists in its own right, but what would happen if something else was added like more milk?

(It will go paler so dilute what was there.)

At the moment the milk is still, calm and cool in the container.

What would happen if we boiled it?

Would the milk stay still and calm like it is now?

What else could influence the blank white canvas of the milk?

The white milk is like the blank canvas of a new life. Sometimes it is made and then influenced by the people who made it (so, in this case the “purple” was made by mixing something from the “red” with something from the “blue”) but then other things might be added to the mix later.

Sometimes, two people make the serious decision to have a baby and then that baby is made and looked after by its birth parents. Sometimes other people look after the baby, such as step-parents, carers and grandparents. Sometimes, other people may look after the baby.

They will also influence the way it grows up and how it develops, just as the milk will change if we add more colours to it or change its temperature. It's fantastic how we can learn skills, characteristics, behaviours and even languages from the people we live with and who care for us.

Can you name or describe people who have looked after them and say how they influenced their lives or made them like they are.

Let's take some gentle deep breaths and think about how we feel in this moment.

What do you think are the reasons why people might choose to have a baby?

What do you think might be the greatest responsibility about looking after a new baby?

# Lesson 3 – Puberty

If you would like to share we the group, finish one of these sentence starters.

# Changing Me

## How Do I Feel About Puberty? - Ages 8-9 - Piece 3

One way my body will change during puberty is...

I'm looking forward to being a teenager because...

Something that worries me about getting older is...

What I like about being the age I am now is...

The trouble with being the age I am now is...

Compared with my friends, I think the rate at which I'm growing is...

When something's bothering me I can always talk to...

When I start growing hair in new places, I might feel...

One way I can look after my body as I get older is...

Girls

# Menstruation-

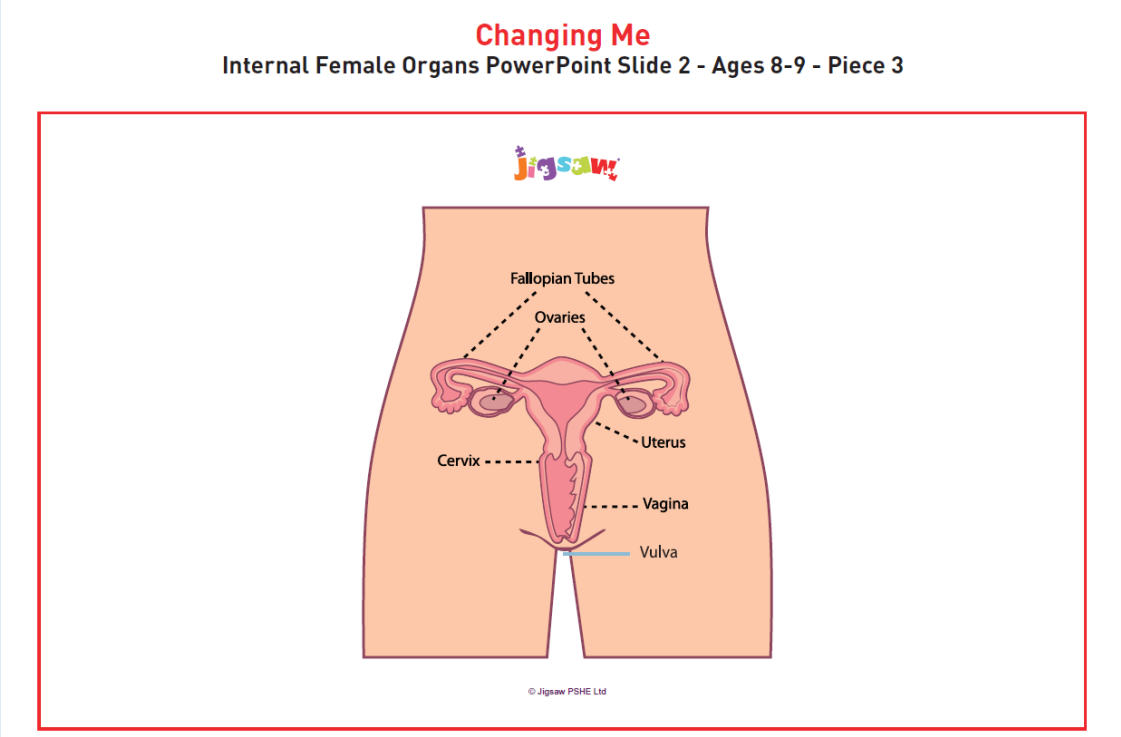
meaning a monthly event

This is a special part of puberty that affects girls/ people
who are born female; and to understand it we have to think back to
what we were learning about last lesson…

When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.

- Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/ uterus.

- Every month the womb/ uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.
- If an egg is fertilised it settles into this soft lining of the womb/uterus and develops into a baby.
- If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.



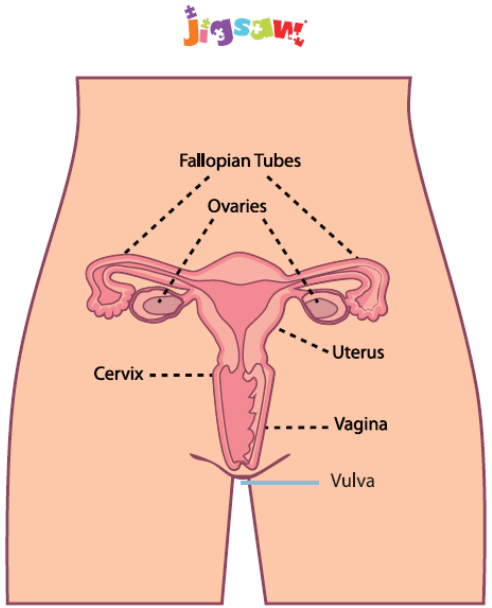
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/ woman's body is working as it should.

- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, a tampon or mooncup which they insert into the vagina, or period pants. It is important that these are changed regularly.

- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

## Changing Me

**Internal Female Organs PowerPoint Slide 2 - Ages 8-9 - Piece 3**

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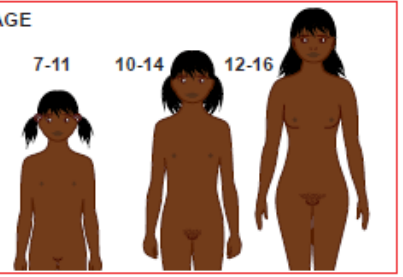
Activity time...

In pairs, shuffle the cards and then match the pictures to the statements. Then, try to sort them into a correct sequence.

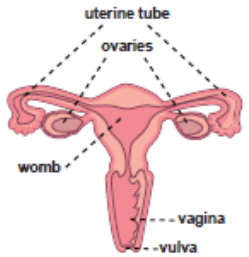
## Changing Me

**Menstruation Cards - Ages 8-9 - Piece 3**

AGE

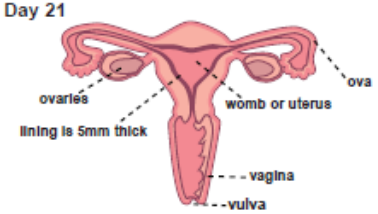



A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



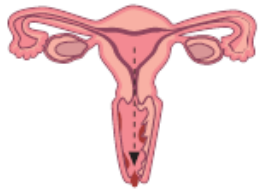

Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

Day 21



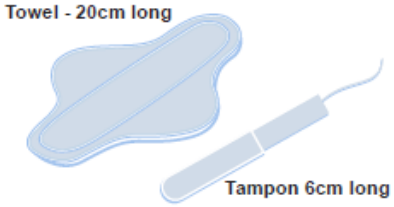

However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Menstrual Flow



If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

Towel - 20cm long




Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.

The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.



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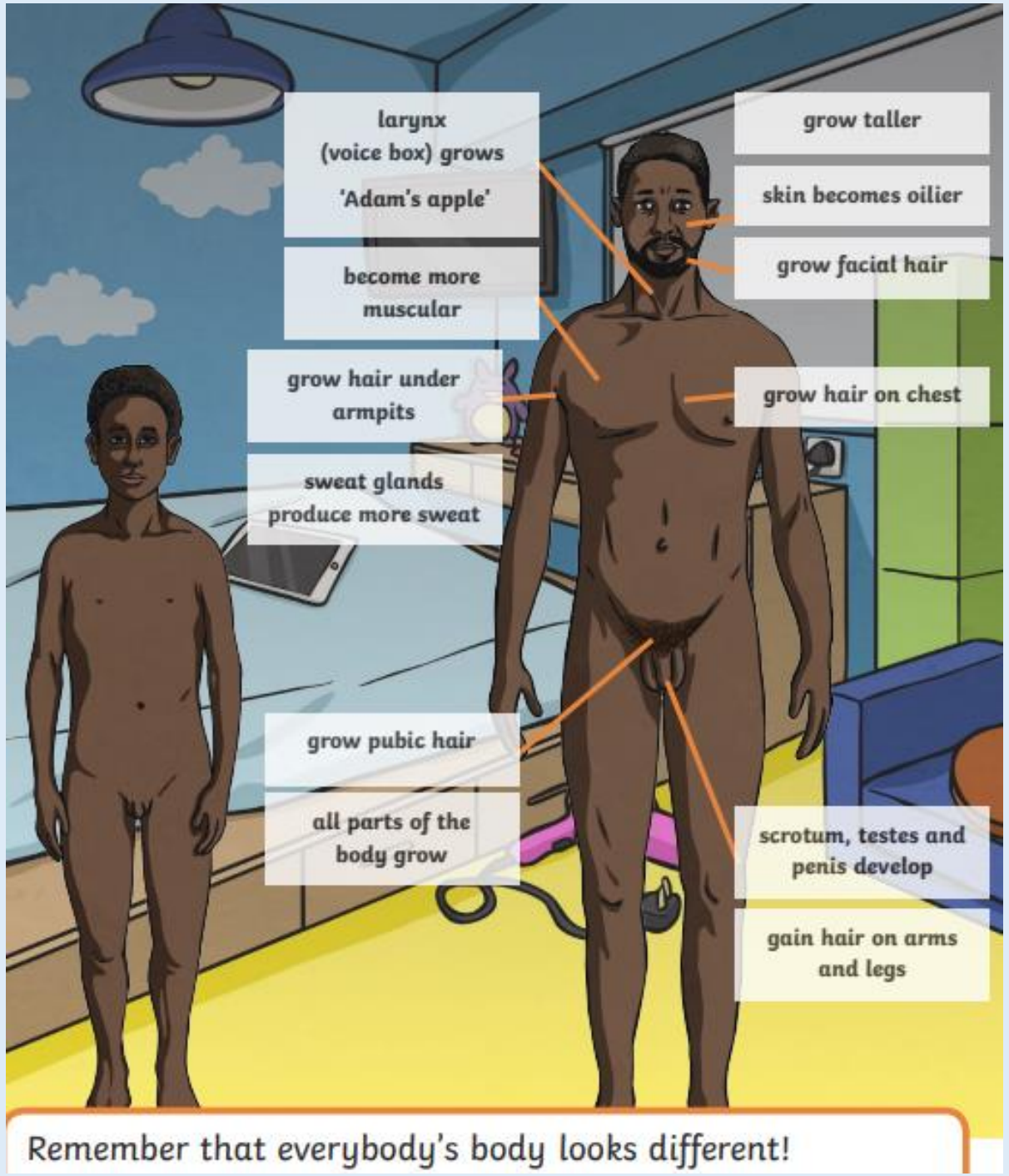
# Boys


larynx
(voice box) grows
'Adam's apple'
become more
muscular
grow hair under
armpits
sweat glands
produce more sweat
grow pubic hair
all parts of the
body grow
grow taller
skin becomes oilier
grow facial hair
grow hair on chest
scrotum, testes and
penis develop
gain hair on arms
and legs
Remember that everybody's body looks different!

There are lots of signs that a boy is growing up. Most boys begin puberty somewhere between the ages of 9 and 14 – but it's different for everyone. Your body will start to change when it is ready and everyone grows at their own pace!

**Hormones**

Puberty starts when your brain tells your body to start releasing new hormones into your blood. These hormones travel around your body and cause lots of changes to happen.

**Emotions**

The extra hormones may cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

**Penis, Scrotum and Testicles**

Your penis and testicles will grow. They may sometimes feel uncomfortable and, due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!

**Larynx - Voice**

Your voice will gradually deepen but until this settles down you could sound croaky and produce some interesting sounds! This is your voice breaking.

**Growth**

During puberty, boys go through a growth spurt and can grow up to 8cm in one year. Your body keeps growing until you reach a height that you will stay at. You may become more muscular too. Boys' breasts might swell slightly. This is due to hormonal changes and is completely normal. It is only temporary.

**Hair**

Armpits, legs, arms, face, chest and the pubic region all become more hairy.

**Sweat**

Hormones can make you sweaty and spotty – good personal hygiene (washing and deodorising) is very important.

**Questions?**

Remember...

puberty is not a secret! Every adult or older teenager has already experienced it. So, if there's anything you feel worried about, they will probably understand.

# Lesson 4 – Circles of Change

# Let's reflect…

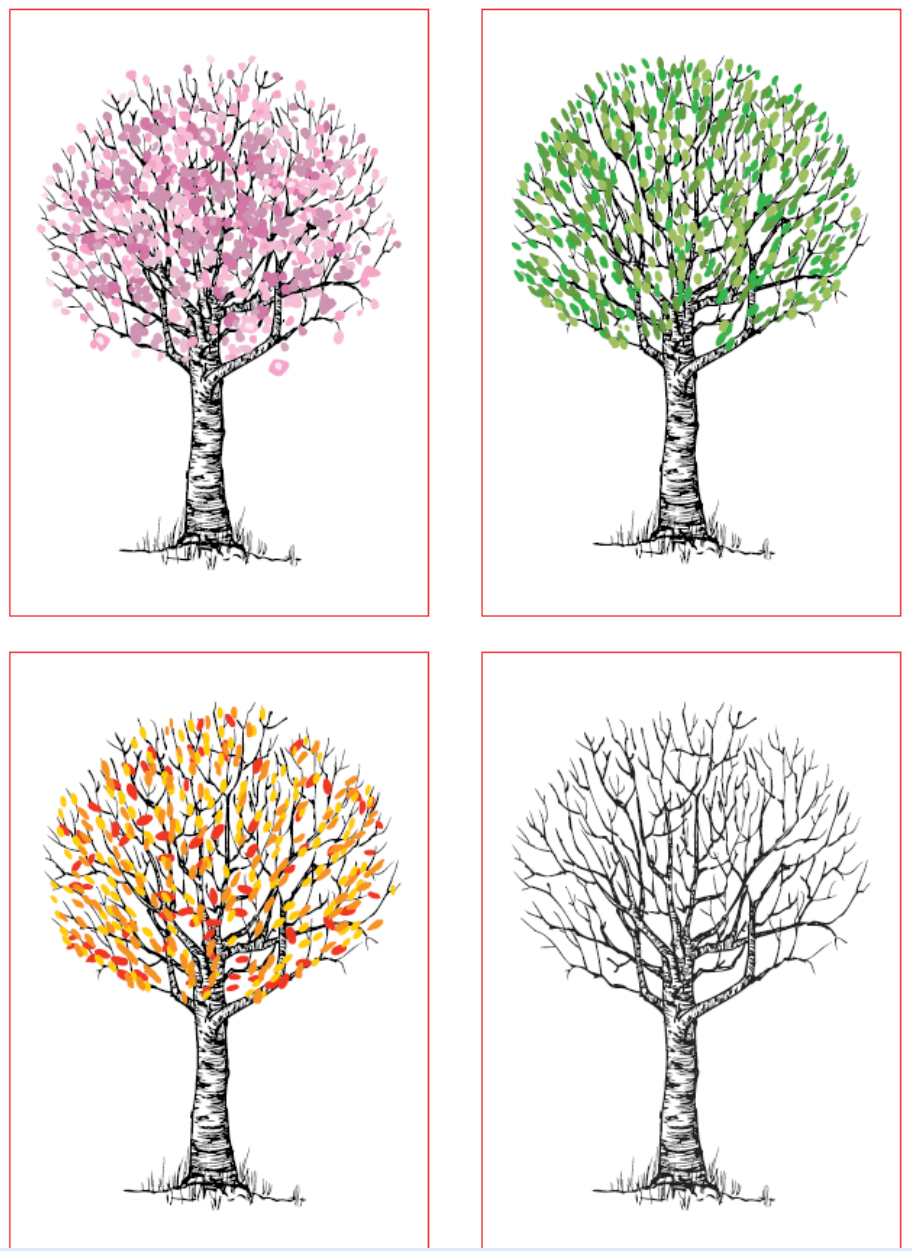
- How might you change to become the person you want to be?

Let's Calm Me

Time to calm our minds so we feel ready to learn.

If you would like to, in pairs, briefly discuss a change that has happened to you already. Did you have any control over the change?

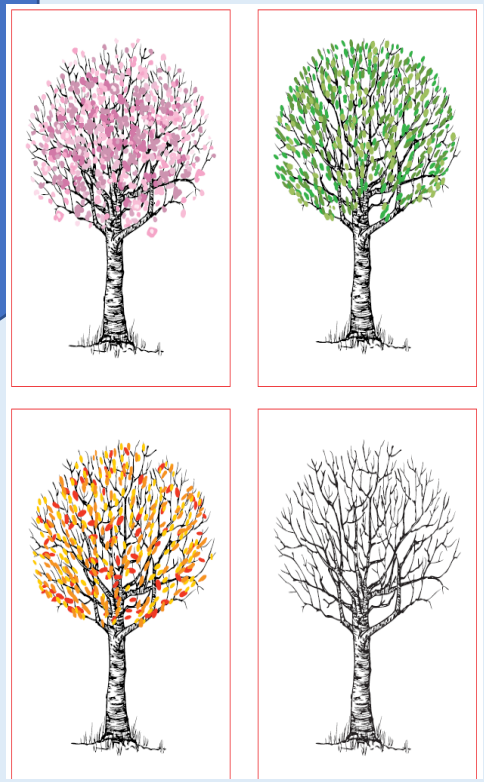
Is change always bad?



Can we ever stop change?

# Let's discuss …

- What started the process of change for the tree?
- What happened in each stage of the change?
- Did the tree have any control over the changes that were happening to it?



Change is a natural part of life and something that we will all experience. Some changes we can control and some we can't. Many people find change difficult, especially when the change is something unpleasant or unwanted.

We can do things to help us manage change so that we cope with the change better.

# Changing Me

## Sofia and Levi PowerPoint Slides 3-7 - Ages 8-9 - Piece 4

One day after school, Sofia and Levi were called into the kitchen by their Dad who wanted a chat. Their Dad said he had met a new girlfriend and he wanted to get married to her. Their mum had left when they were little, so Dad had always looked after them on his own. Dad said his girlfriend was called Maria and she also had two children, so they would be one big happy family. Levi and Sofia weren't so sure. They liked having Dad to themselves. Dad said he didn't want to rush anything and said for now he just wanted them to get used to the idea and **think about it** for a while.

# Changing Me

## Sofia and Levi PowerPoint Slides 3-7 - Ages 8-9 - Piece 4

A week or two went by and Dad asked the children how they were feeling about Maria and her children. He asked if they were ready to meet them. Levi and Sofia thought they may as well get it over with and **decided** to say yes. Dad asked where they would like to go for a special day out, and suggested a theme park. Later that day Sofia said to Levi at least they would get to go somewhere cool even if Maria was going to be there.

# Changing Me

## Sofia and Levi PowerPoint Slides 3-7 - Ages 8-9 - Piece 4

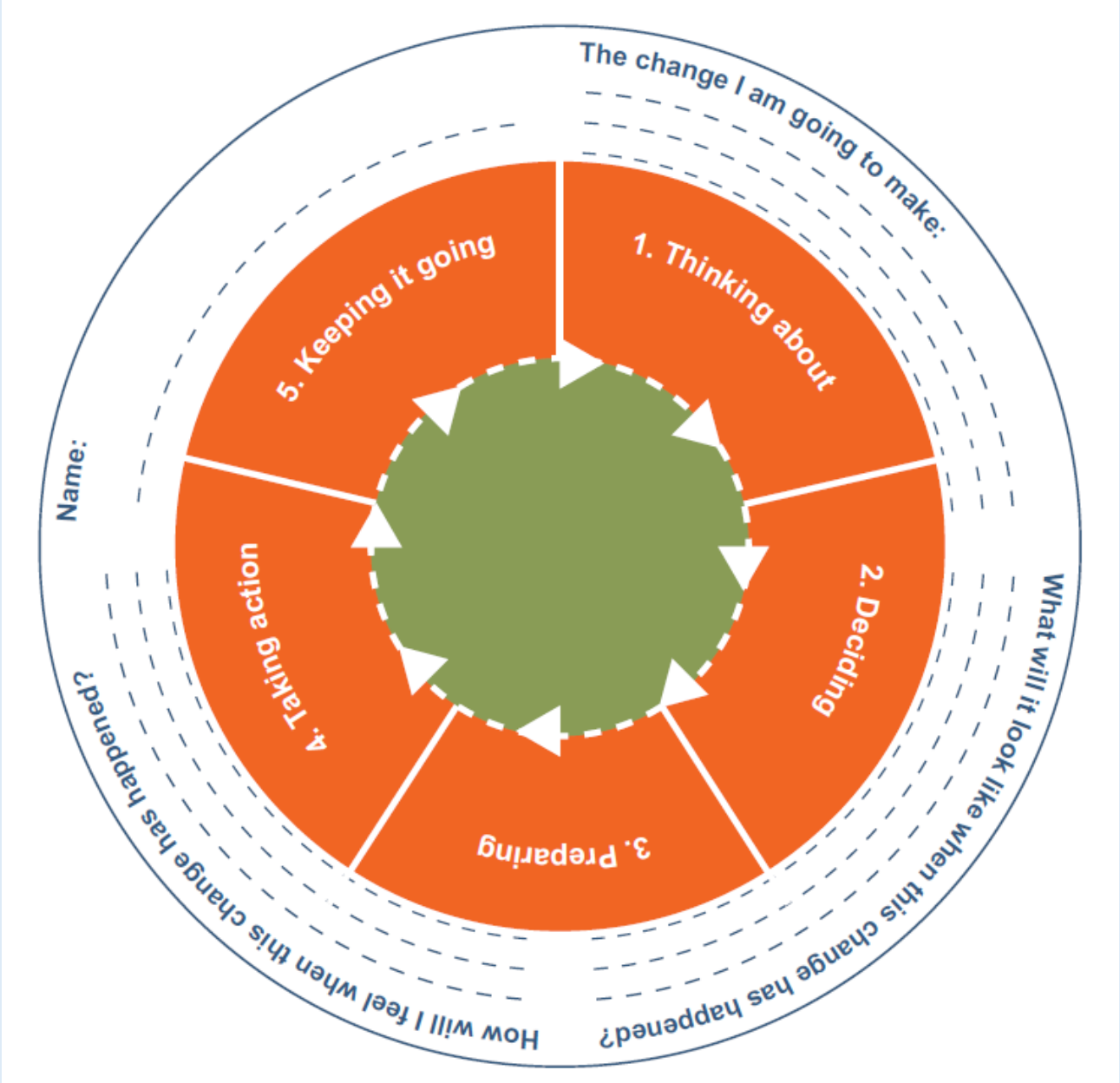
The day of the trip arrived. The families met up. Maria and her children were very nice. Maria's teenage children who were called Sam and Olivia, enjoyed taking Levi and Sofia on the scarier rides that their parents didn't want to go on. Sam said that when they moved into the same house, he would teach Levi how to play basketball. Olivia said she was really looking forward to having a younger sister to share things with. Olivia was a blackbelt in Karate and she asked Sofia if she would like to start coming to classes with her. Sofia thought that would be great.

# Changing Me

## Sofia and Levi PowerPoint Slides 3-7 - Ages 8-9 - Piece 4

Over the next few weeks the two families met every weekend and slowly they began to change into one family. By the time of the wedding, it didn't seem to Sofia and Levi at all strange their family had changed, and even though they sometimes felt a little nervous about having a new Mum, it didn't seem anywhere near as scary compared to when their Dad had first told them.

What did Sofia and Levi do to help them deal with the change in their lives?



Can you think of a change you want to make in the next academic year?

How can we cope with change?