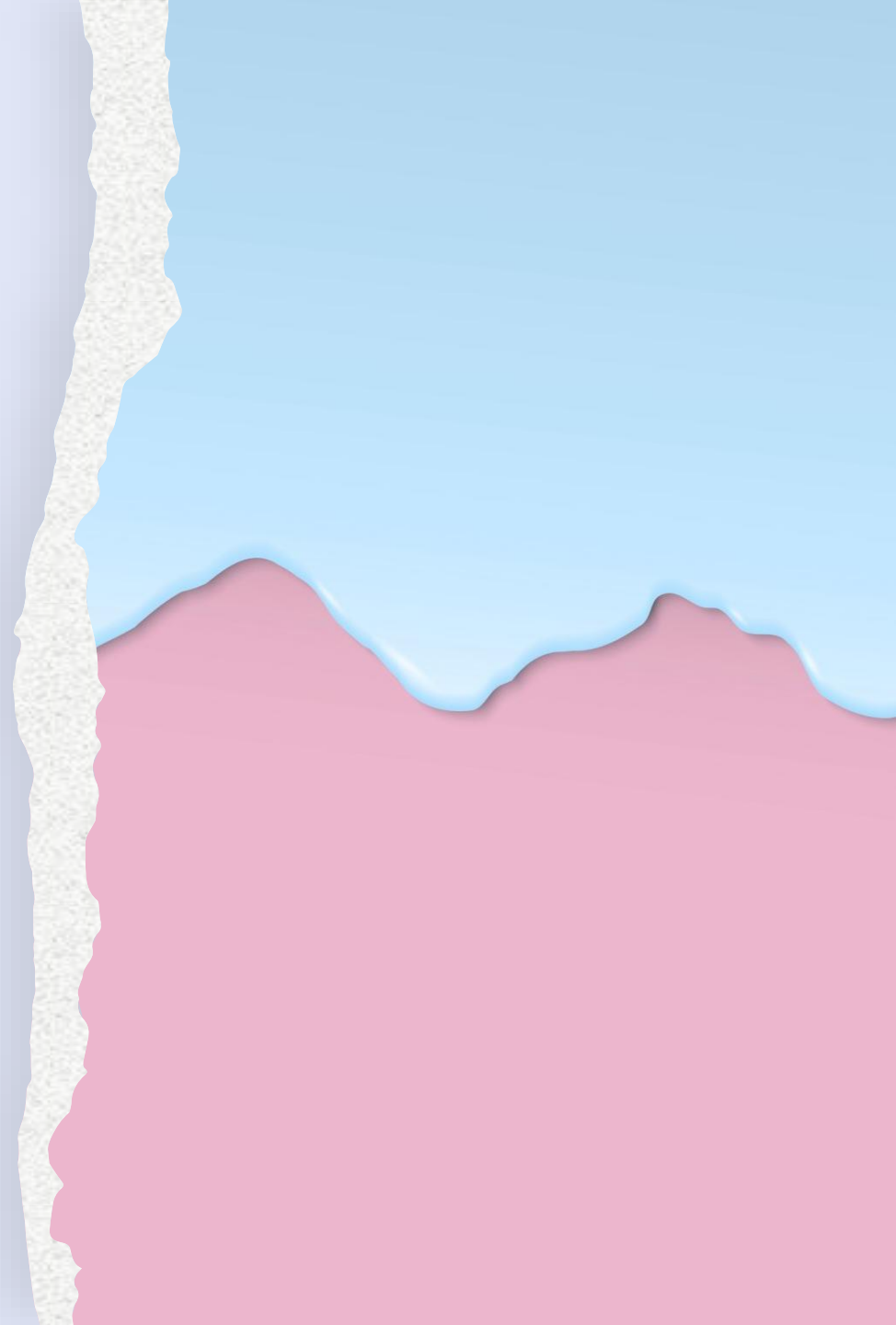


Term 3B

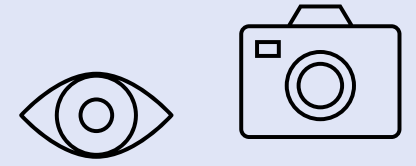
PSHE

Changing Me



Lesson 1

My Self Image





If I had an hour to spare I would rather...

- A) Spend some time doing an activity with a friend**
- B) Spend time on YouTube in my bedroom**
- C) Go outside and do something active**
- D) Go shopping for new clothes
(online or in town)**



If I had some money given to me I would rather...

A) Spend it on fashionable clothes/items to be like my friends e.g. trainers, sportswear

B) Save it

C) Buy something for a friend or relative

D) Spend it on a game or toy





It is estimated on average a woman will spend at least £12,000 (that's equal to 15,000 US dollars/ 13,000 Euros) in her lifetime on beauty products and make-up.

Men tend to spend more on fashionable clothes than women (although the gap is narrowing)

The beauty industry makes at least 500 billion US dollars every year (about £400 billion/ 450 billion euros)

It is estimated that at least 24 million cosmetic surgery procedures (e.g. face lifts, liposuction, implants) happen each year in the world and the number is rising every year. This includes men and women having the surgery.

The 'average person aged 15-30' is estimated to spend at least 8 hours a week on their appearance before they leave the house.

Many products are still tested on animals to make sure they are safe for humans.

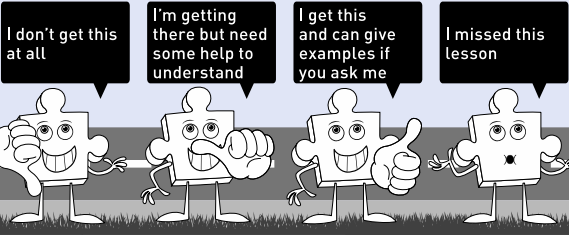
Negative/unhelpful thoughts,
feelings, behaviour when I
compare myself

Positive/helpful thoughts, feelings,
behaviour to fight off
the worry monster



Name

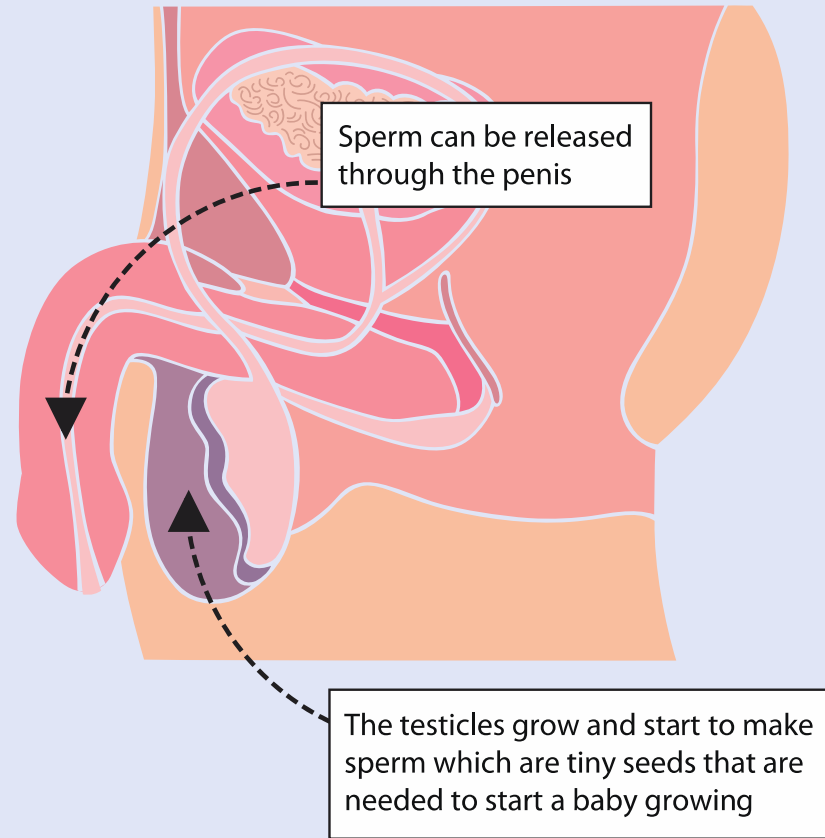
						TINT BOX - To improve next time I...
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	I know how to develop my own self esteem.					
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	I can express how I feel about the changes that will happen to me during puberty.					
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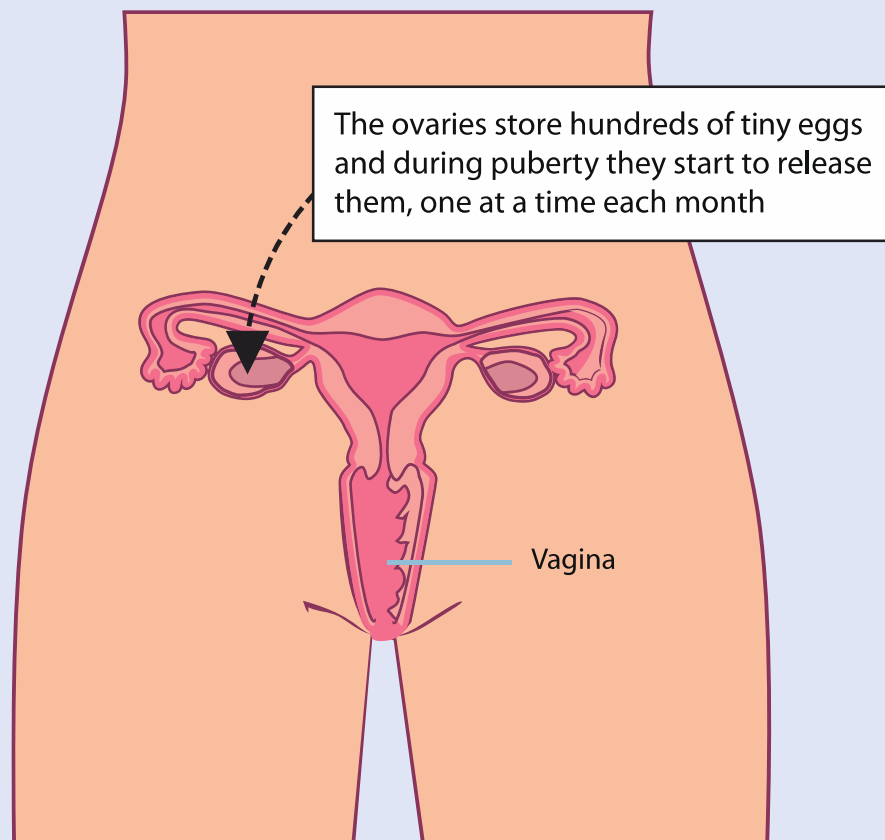
Lesson 2

Puberty

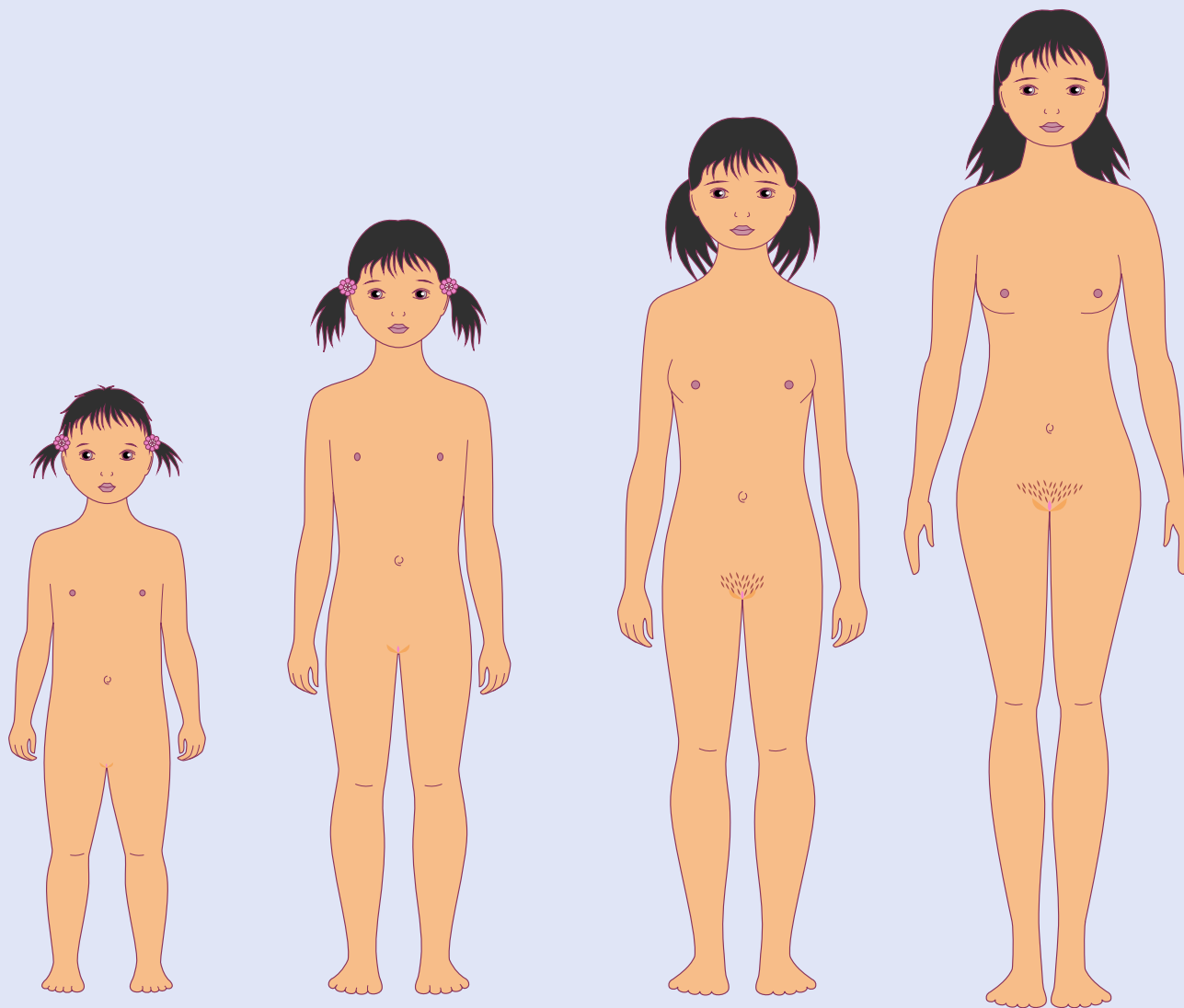
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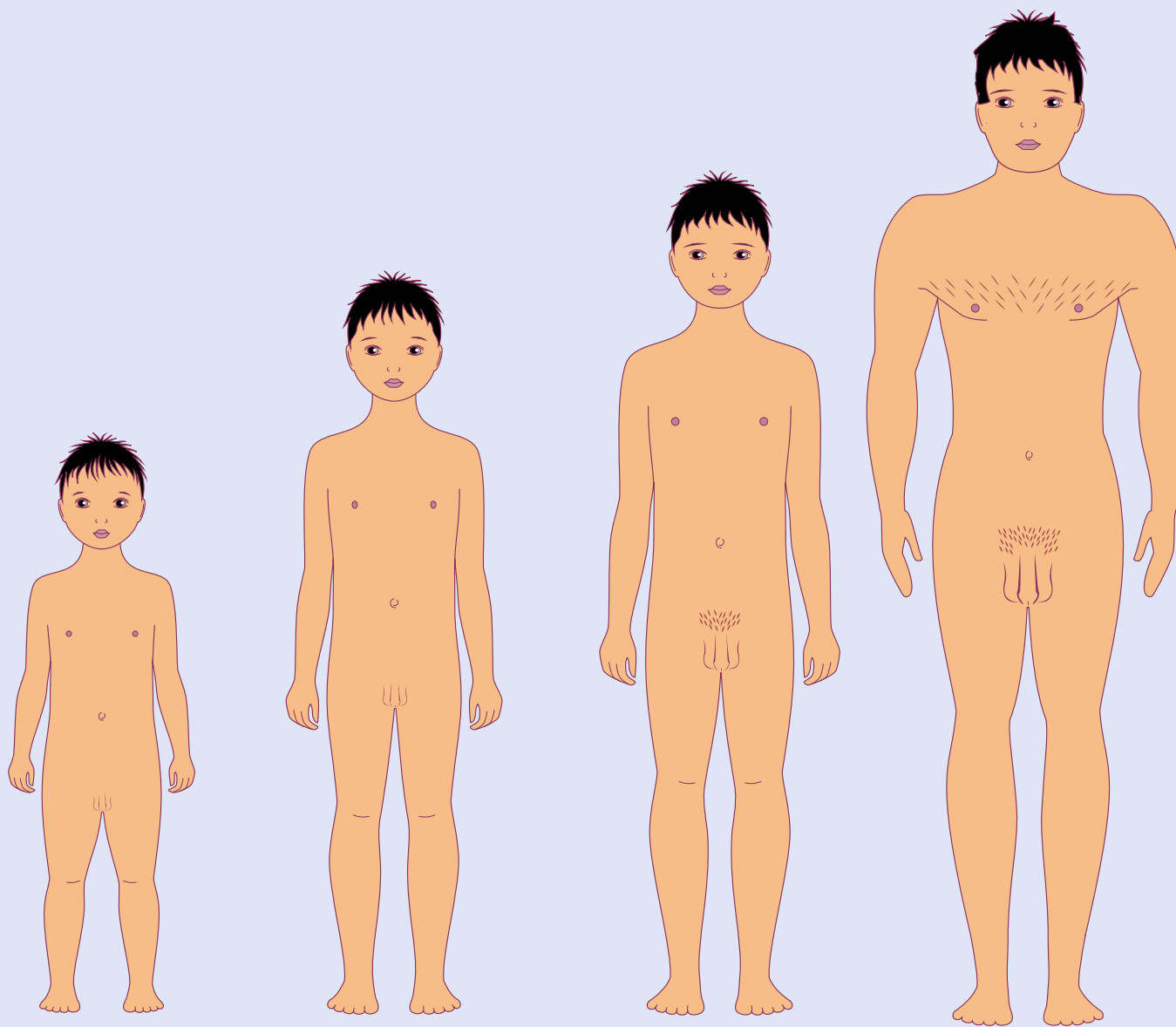
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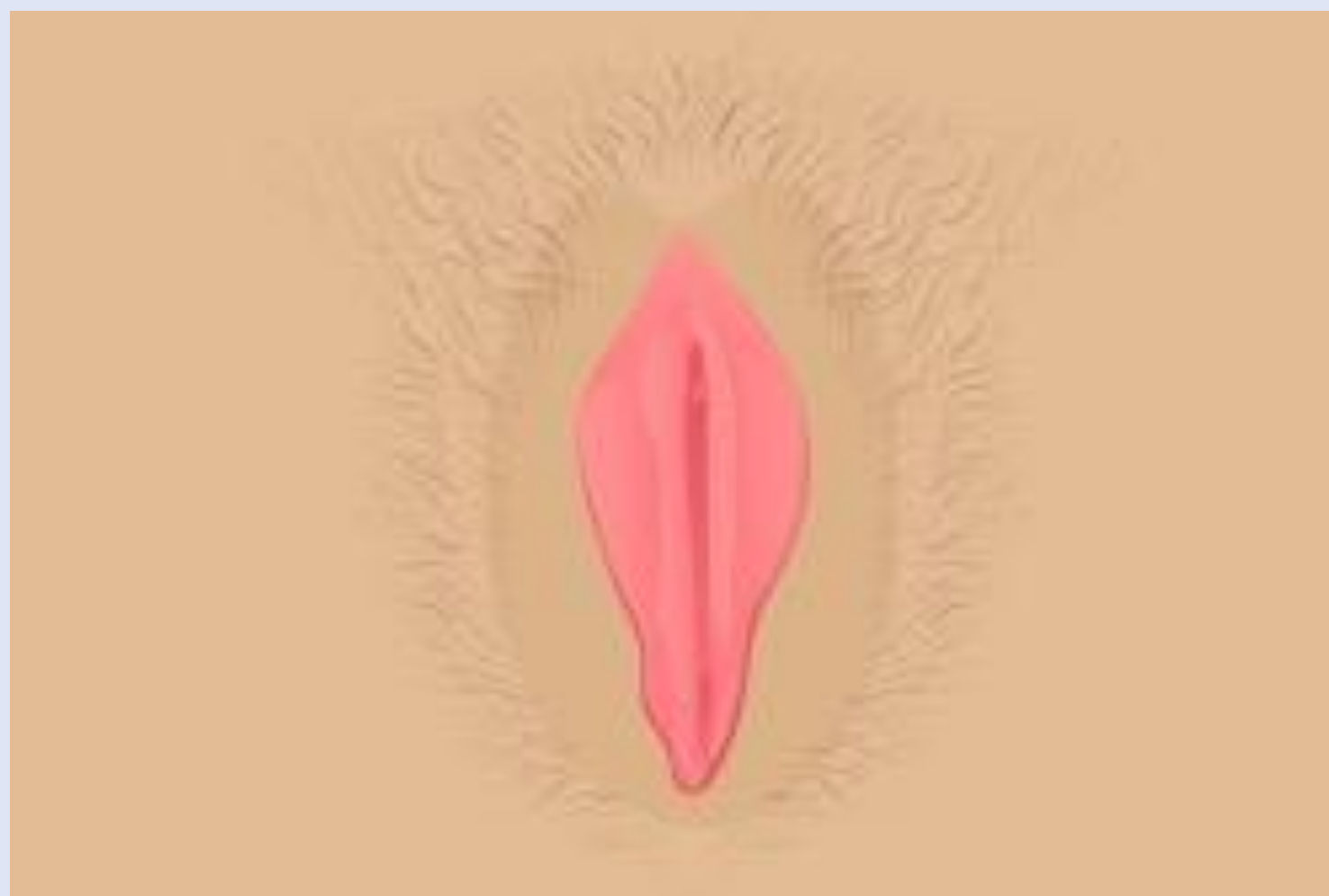
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4.







Task 1:

Truth or myth Cards- group activity.

Task 2:

girl talk/boy talk – write a question or worry down on your slip of paper, then post it into the box.

Task 3:

agony aunt – read the examples and think about the advice you would give – group activity.

Task 4:

Go through task 2 questions – we will split into gender specific groups for this.

Truth and Myth Cards

Masturbation (playing with yourself) is bad for you.

Myth! It's absolutely normal for boys and girls to discover about their bodies and what feels nice by masturbating. Lots of people do it and it isn't bad or unhealthy, although it is a very private thing.

A girl might have one breast bigger than the other.

Truth! It's not uncommon for one breast to be slightly bigger than the other - the same is true of other body parts such as feet. Always remember there's no such thing as a 'normal' shape or size for breasts, penises or anything else - everybody's different!

A girl can't get pregnant before she starts her periods.

Myth! The release of the egg from the ovary (ovulation) happens before she has a period, so it is possible there could be an egg in the fallopian tube to be fertilised just before she has her first period. If that was the case she wouldn't know about it.

There is an age limit for people to have sex.

Truth! There are laws to protect young people from being pressured or being taken advantage of. It doesn't mean that as soon as you reach the age-limit, you'll be ready to have sex.

You can't expect adults to understand what it feels like, going through puberty.

Myth! There isn't an adult alive who hasn't been through puberty themselves, so parents, carers, teachers, uncles and aunts all probably remember very well what it felt like for them...

It's normal to have rapid changes of mood during puberty.

Truth! The hormones that cause the changes at puberty can have a big effect on your moods: up one minute and down the next. It can feel a bit out of control but it will settle down after a while. Do try to talk to the adults around you about your feelings.

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Boys can always control when they get erections.

Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

Boys usually start puberty later than girls.

Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

Advice Cards

My penis doesn't look as big as other boys in my year.
Does this mean that I'm not normal?

Why do some boys have a penis where you can see the end,
and others don't?

I heard a girl say she would only ever go out with a boy who has a six-pack. I
don't have a six-pack. Will I never get a girlfriend?

I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?

I'm having more wet dreams than I should and I'm worried that
I'm not normal. It's way too embarrassing to talk to my parents about it. Shall I
try to check if I'm normal on the internet?

My moods are going up and down all the time. Am I depressed?

My breasts aren't developing in the same way as my friends?
Is there something wrong with me?

I heard a boy say he would only ever go out with a girl who had big breasts. My
breasts are quite small. Will I never get a boyfriend?

My periods aren't regular. Sometimes I get longer times between them.
It worries me there might be something wrong...

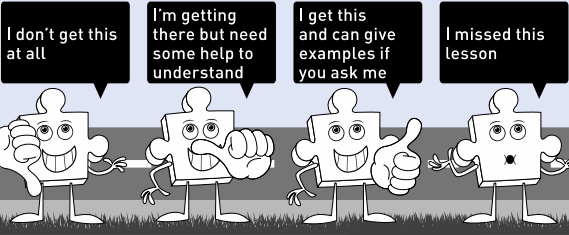
I am getting spots on my face. Under my arms I am sweating
a lot more than I used to. It's a bit smelly. Should I be doing more
to keep myself clean?

One of my breasts is a different shape and I'm worried there is something
wrong. It's way too embarrassing to talk to my parents about it. Shall I try to
check if I'm normal on the internet?

My moods are going up and down all the time. Am I depressed?

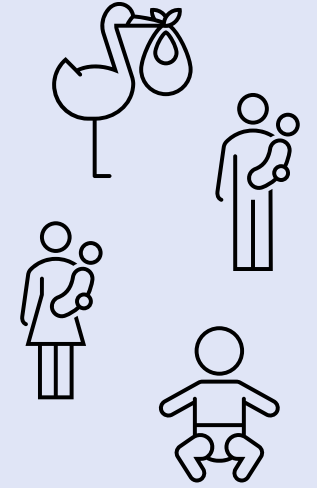
Name

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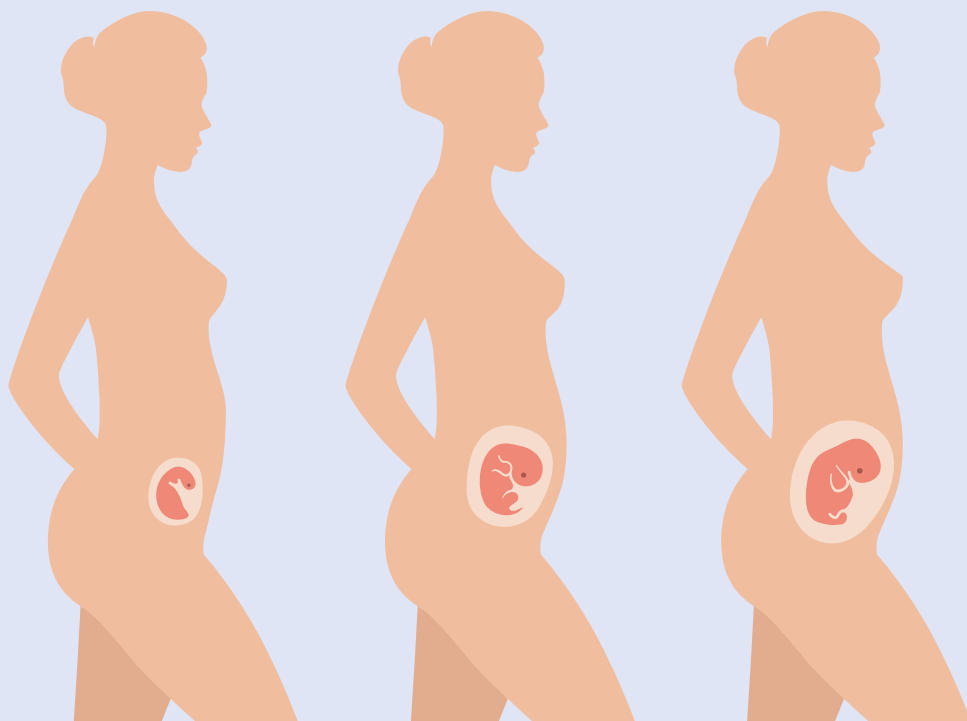


Lesson 3

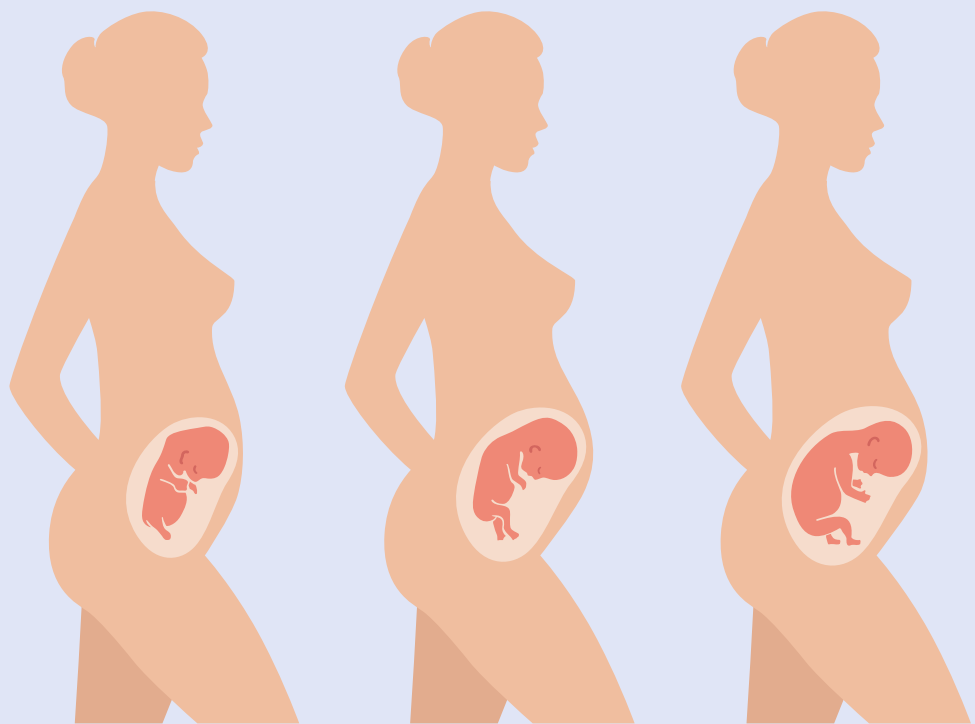
Babies: Conception to Birth



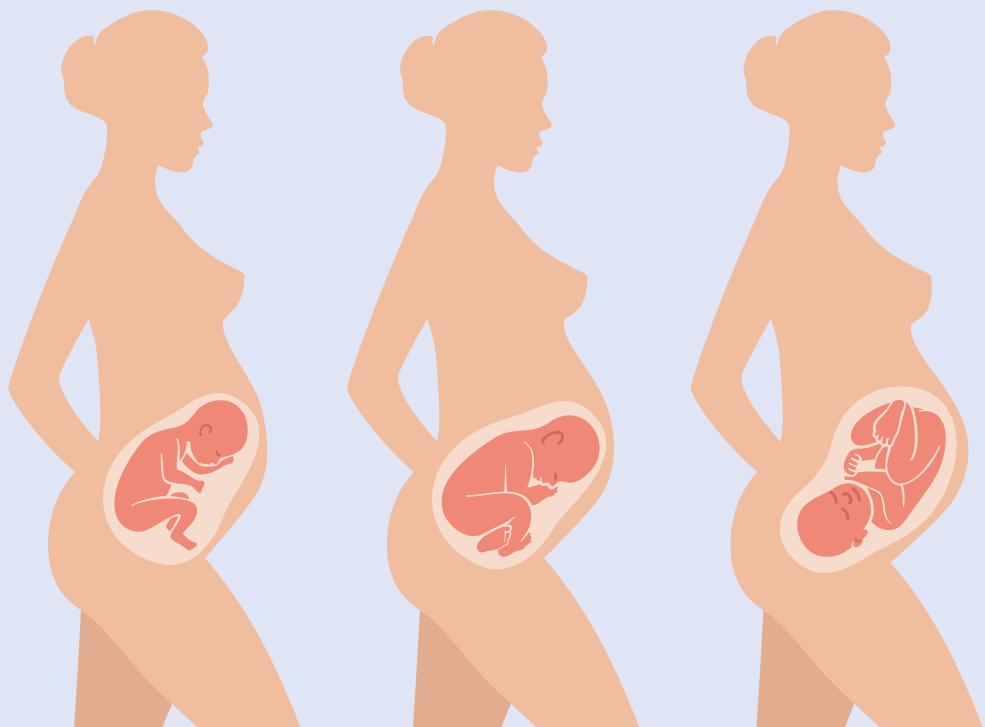
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2.



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Task 1:
Baby Can game!

Task 2:
complete the steps, from
conception to birth.

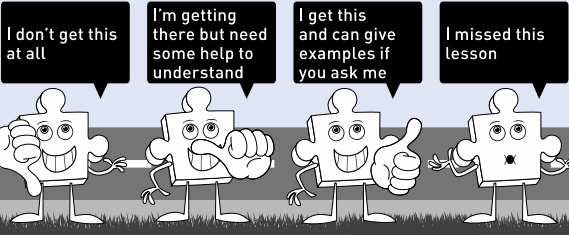
Task 3:
New life: journal entry.

4.



Name

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Lesson 4

Boyfriends and Girlfriends

Task 1:
Diamond nine

‘you might want a boyfriend or girlfriend because...’

Diamond nine cards

You are physically
attracted to them

You are the only one
in your group without
one

You want to be treated
like a grown-up

You like the attention
they give you

You enjoy their
company

You can have a laugh
together

You don't want to look
like a loser

You like doing things
together

You want to make
your friends envious

This scenario is based on a true story but names have been changed:

Asha was 12 years old when she got a crush on a boy in her year called Daz. They began seeing each other after school. Sometimes they went to the movies but mostly they would spend time together at one of their houses watching Netflix or playing video games. Everyone at school knew they were an 'item'. After a couple of months, Daz started asking Asha to kiss him because he said that's what boyfriends and girlfriends were supposed to do. Asha didn't mind holding hands with him, but she wasn't sure she was ready to start kissing just yet. Daz started getting moody with her and missed few dates. A few more weeks went by and then Daz said if she really loved him could she prove her love by sending him a photo of herself in her bra and pants. She spoke to her friends who said they had heard that lots of couples sent pictures like this, and that she should do it. Asha sent a picture to Daz. It was simple and easy and she didn't really give it a lot of thought. She felt more confident that she wasn't going to lose him as a boyfriend after sending the photo. Daz started asking for more and more photos and was texting her all the time about it. What she didn't know was that Daz had shown the photos to his friends, and they had told their friends until it had spread around the whole school. Soon everyone in school knew and people she didn't even know started to call her a loser and tease her in the corridors. Daz said he wanted to break up because he couldn't be seen with a loser like her.

Task 2:

Should I/shouldn't I? Cards.

In groups, sort these into two piles: OK and Not OK

Okay/Not Okay

Have a boyfriend/
girlfriend at the
age of 10

Text 'I love you'
to your boyfriend/
girlfriend

Sulk until you
get what you
want from your
boyfriend/
girlfriend

Make fun of
somebody's
looks and say
they'll never
get a boyfriend/
girlfriend

Chat to your
parents about
a boyfriend/
girlfriend worry

Criticise yourself
for not having
a boyfriend/
girlfriend

Send a 'sexy'
photo or text to
prove you love
somebody

Have a boyfriend/
girlfriend at the
age of 15

Tell someone that
you'll only go out
with them if they
do something you
want

Chat to a friend
about a boyfriend/
girlfriend worry

Accept other
people's
compliments
about you

Look online for
advice about
boyfriend/
girlfriend
problems

Send a horrible
message back if
your girlfriend/
boyfriend sends
you a horrible
message

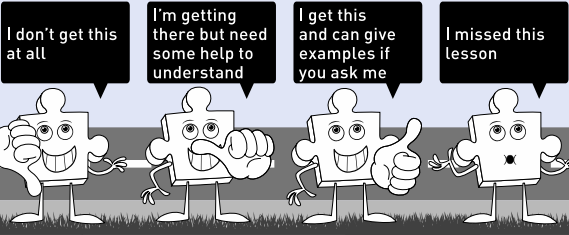
Be assertive if you
don't want to do
something that
could hurt you or
someone else

Try to be a grown
up before you are
ready

Not wanting to
have a boyfriend/
girlfriend

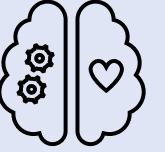
Name

						TINT BOX - To improve next time I...
Piece 4	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.					
	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and I should not feel pressured into doing something I don't want to.					
Piece 5	I am aware of the importance of a positive self-esteem and what I can do to develop it.					
	I can express how I feel about my self-image and know how to challenge negative 'body-talk'.					
Piece 6	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.					
	I know how to prepare myself emotionally for the changes next year.					



Lesson 5

Real self and ideal self





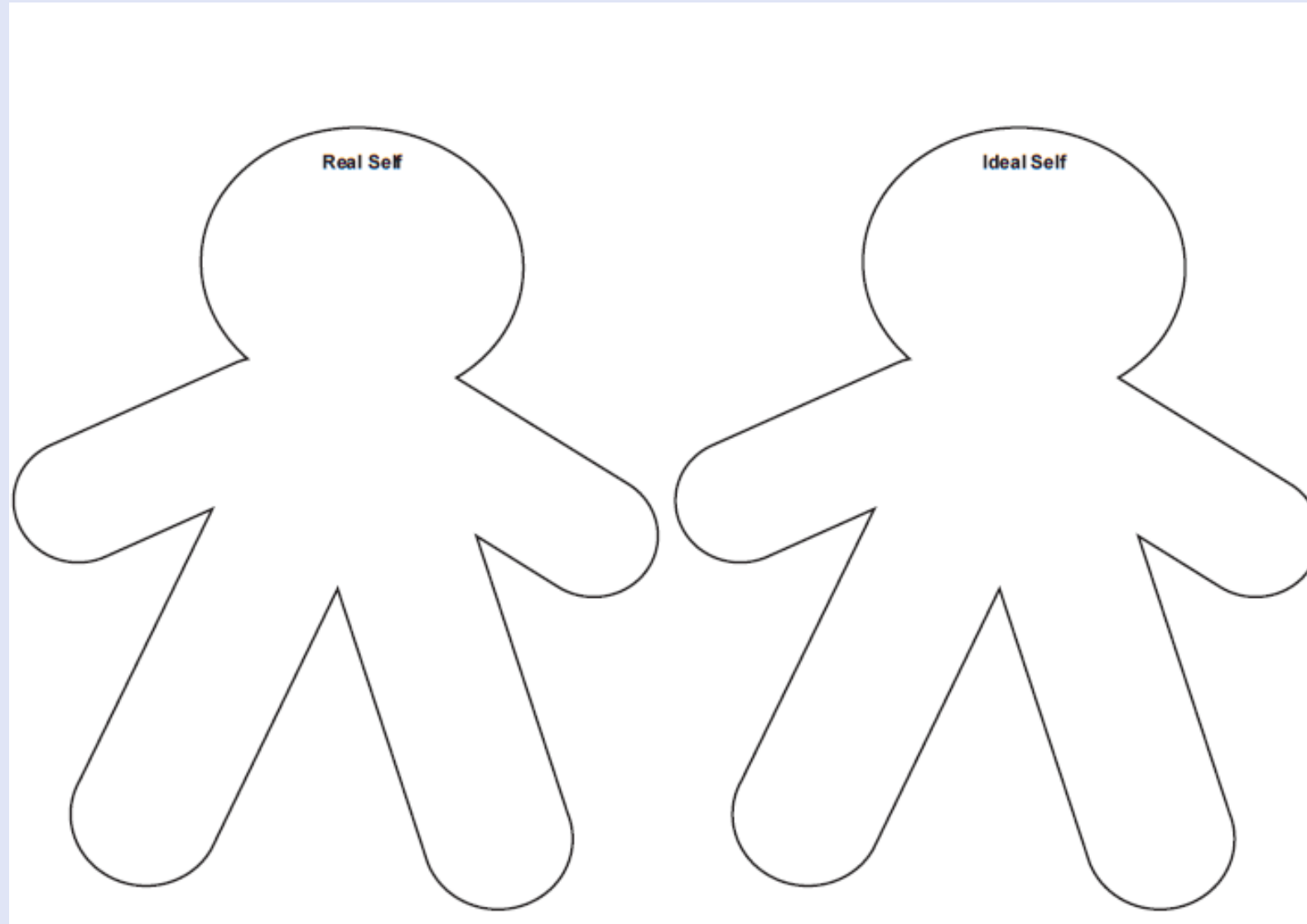








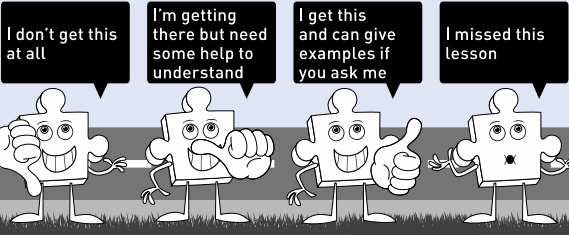
Task:





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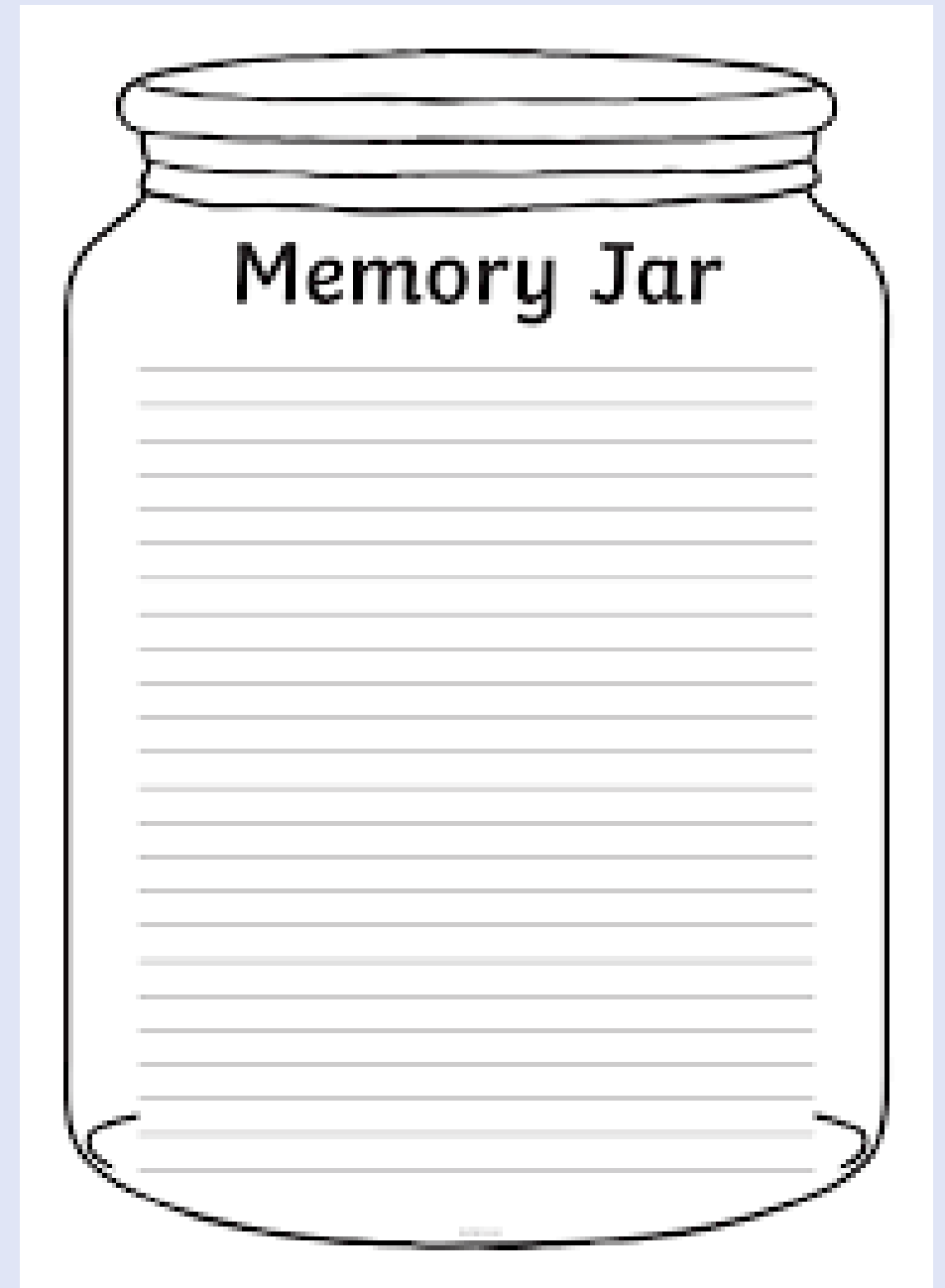
Lesson 6

The Year Ahead



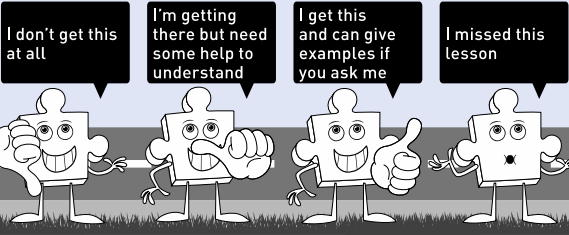
Task:

Reflect on your
best moments
through your time
at Bleak Hill.



Name

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Stand alone lesson
about friendships

Adolescent Friendships

Task 1: Mingle Bingo

My best attribute is:

**A change I am looking
forward to next year is:**

**A change I am nervous
about next year is:**

**A school subject I am
looking forward to
learning more about next
year is:**

**Something I will always
remember about this year
is:**

**My best school trip ever
was:**

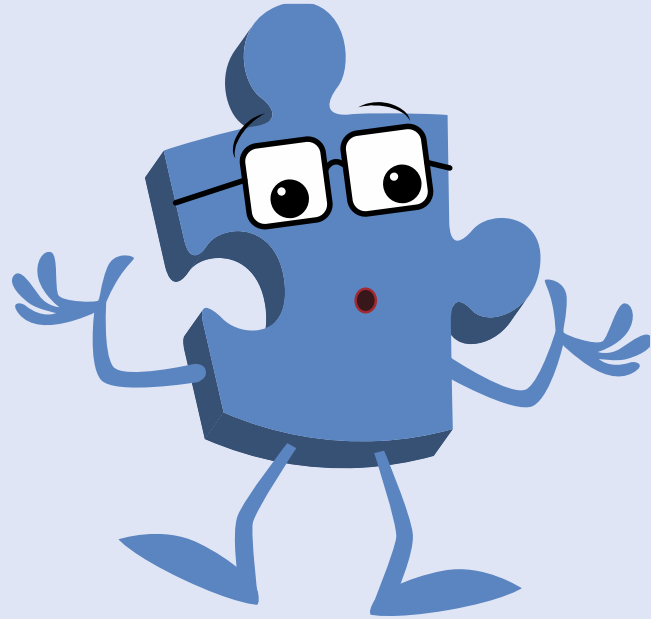
**My favourite part of the
school day is:**

My favourite hobby is:

**If I could win an imaginary
award for something, it
would be:**



Is fitting in more important
than being true to yourself?



Assertiveness

Being assertive is not being aggressive! It is stating what you think, feel or believe in without sounding like you are judging the other person.

You can acknowledge the other person's viewpoint but clearly state that it doesn't work "for you".

Keeping it about you, and not about them, means that you don't sound bossy or argumentative.

Practice being assertive in pairs. Take it in turns to follow this pattern:

Think about the thing you believed in for Open My Mind
State it Clearly to your partner.

They can disagree by saying something like “I understand why you feel like that, but that doesn’t sit right with me.”

When it is your turn to say this, try to use your Calm Me breathing techniques to stay relaxed in how you are sitting or standing, and keep your facial expression calm.

How does it feel to be disagreed with?
How does it feel to disagree?

Can it be done in a way that doesn't cause conflict, but one that still ensures you are who you want to be?

You could try to resolve the difference by starting a sentence with offering an alternative that doesn't mean too much compromise on either part. e.g. I understand why you feel like that but for me it is really important to..... Why don't we.....?

(agree to disagree, change the subject, leave it for now...)

Amit has just started secondary school and has made friends with a group of other pupils in his maths set. He finds maths quite difficult and has to work hard at it. Amit is in a lower set.

His new friends also find maths difficult and don't like the lessons. They say they are going to skip the last lesson today because they are no good at it anyway, so what is the point.

They want Amit to come to town and hang out with them. He really wants to be part of the group but he is worried he will fall further behind if he does, and doesn't want that to happen.

What should he do or say?

Runi had never really got into trouble at Primary School . She used to get told off for talking a bit, but nothing serious!

Since starting her secondary school, she has made friends with Alisha who is always getting told off for talking, and has had loads of warnings. Her chattiness is getting Runi into trouble as well and she has received a written warning in her home/school book and is worried what her mum will say when she sees it.

Alisha tells her that she knows how to hide them by rubbing the paper then writing homework over them, and then her mum never knows. She wants Runi to do the same or else Runi's mum might stop them being friends.

Runi has never lied to her mum before but doesn't want to get into trouble. She doesn't want to lose her new best friend either.

What should she do and say?

Lucy has started at a different school to many of her friends. She was feeling quite nervous about meeting other girls in her new year group. She does know a girl called Asha from a club she belongs to although she's never really been friends with her.

Now they have started school, Lucy is in the same tutor group as Asha. They only know each other so have made friends.

Asha hates the school uniform rules and tries to shorten her skirt, wear lots of make-up and not wear the right shoes. She says this is going to make her look older and prettier and that if Lucy doesn't do the same thing, they can't be friends because it will reflect badly on Asha.

Lucy doesn't think looks are that important right now because she knows things will change as they grow up, but doesn't want to lose her only friend.

What should Lucy say or do?

Joseph has been looking forward to starting secondary school as he will be able to be more independent. For example, he will travel to school on the bus rather than in a car with his brothers and sisters.

Some of the other children on the bus are quite rude and muck around a lot. Joseph has found himself getting involved and laughing when they behave badly, even though he knows he shouldn't. They have spotted this and are making him feel like one of them which he also likes.

In assembly, the head teacher asked all the children from Joseph's bus to stay behind. She has told them that she is aware of the behaviour and will be disciplining the children severely if it happens again.

Joseph is scared and doesn't want to continue, but the other children don't care.

What should he do or say next time he is on the bus?

Samir has made friends at secondary school and is really enjoying the new experiences. He and his friends are chatting in the evenings and also playing games together over the internet.

One of his friends has told him about a cool new game that he wants them all to start playing. He gives Samir and the others the access information and says they will all log-on at 8pm tonight to play. They are all joking about who is going to be the “loser”. Samir has done his homework, had his dinner and is ready to play.

He logs on and the game asks him to confirm that he is over 18. Samir is 12.

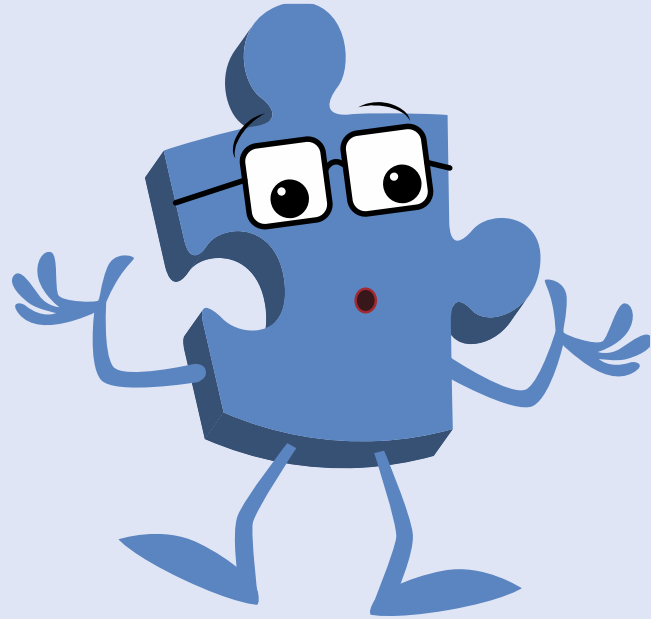
His friends start to ping him with messages asking him where he is and if he is going to be the loser.

What should he do and say?

Task:

Write down 2 assertive
statements and one problem
solving sentence starter.

Is fitting in more important
than being true to yourself?



Name

TINT BOX - To improve next time I...					
Piece 4a	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.				
	I can be assertive when appropriate.				
Piece 5	I am aware of the importance of a positive self-esteem and what I can do to develop it.				
	I can express how I feel about my self-image and know how to challenge negative 'body-talk'.				
Piece 6	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.				
	I know how to prepare myself emotionally for the changes next year.				

