

Growing and Changing Knowledge Page Year 6

Key questions

- How can I deal with change?
- Why is self-respect important?
- How can the media influence me?
- What pressures can I feel online?
- What is 'normal' when going through puberty?
- What is a safe or unsafe secret?
- When do I need to talk to someone?

media manipulation puberty Wellbeing
sexual intercourse discuss confidential
self esteem right to privacy age of consent
stereotype online safety peer pressure
uncomfortable physical changes in confidence
sharing online

Lesson Progression

Wk	Lesson
1	Helpful or unhelpful? Managing change
2	I look great!
3	Media manipulation
4	Pressure online
5	Puberty Workshop—Making babies
6	Is this normal?

Resources

Coram Life Education