

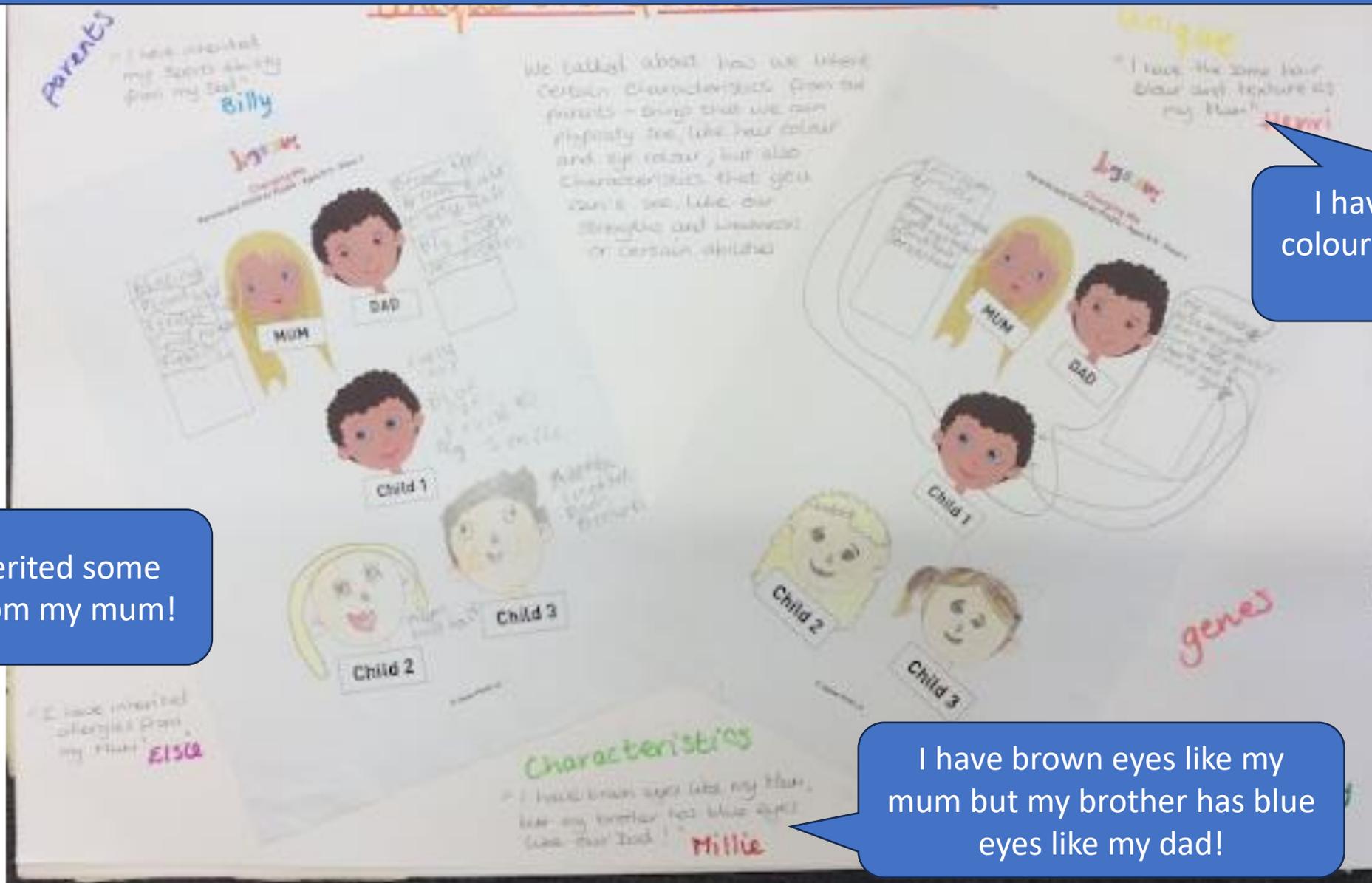
PSHE

Changing Me

Class Tamar

Summer 2 2023

We learnt that some of our personal characteristics have come from our birth parents and that this happens because we are made from the joining of their egg and sperm.



I have inherited some allergies from my mum!

I have the same hair colour and texture as my mum.

I have brown eyes like my mum but my brother has blue eyes like my dad!

We learnt that having a baby is a personal choice and expressed how we feel about having children when we are an adult. We also learnt the internal and external parts of male and female bodies that are necessary for making a baby. This was all delivered to us by the school nurse, Rachel.

Having a baby is a big responsibility!

A baby needs a lot of love and care to grow up happily.

Some have changes that are a slightly different time and rate, but it's usually between the ages of 12-16 that first changes occur.

Puberty

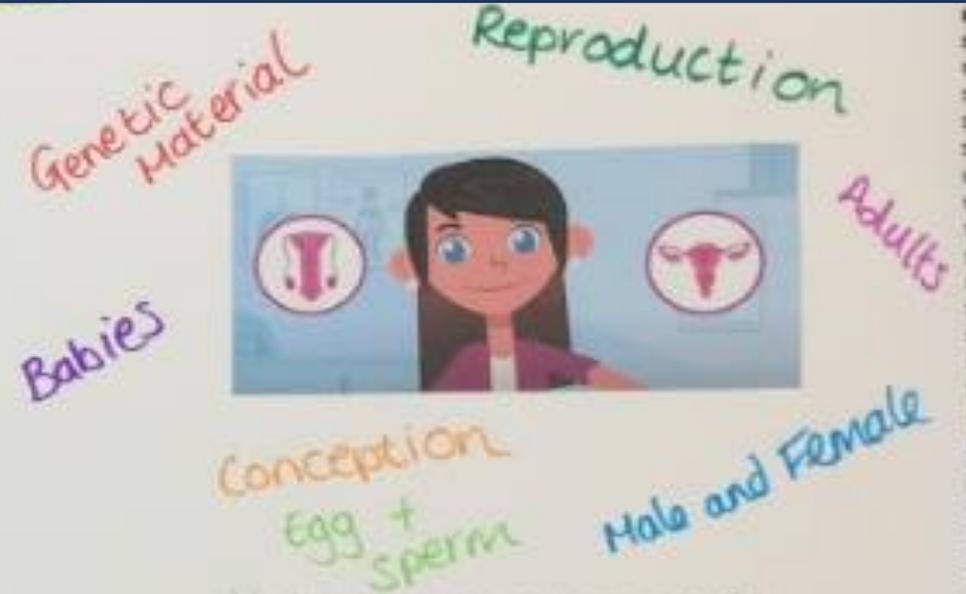


Development

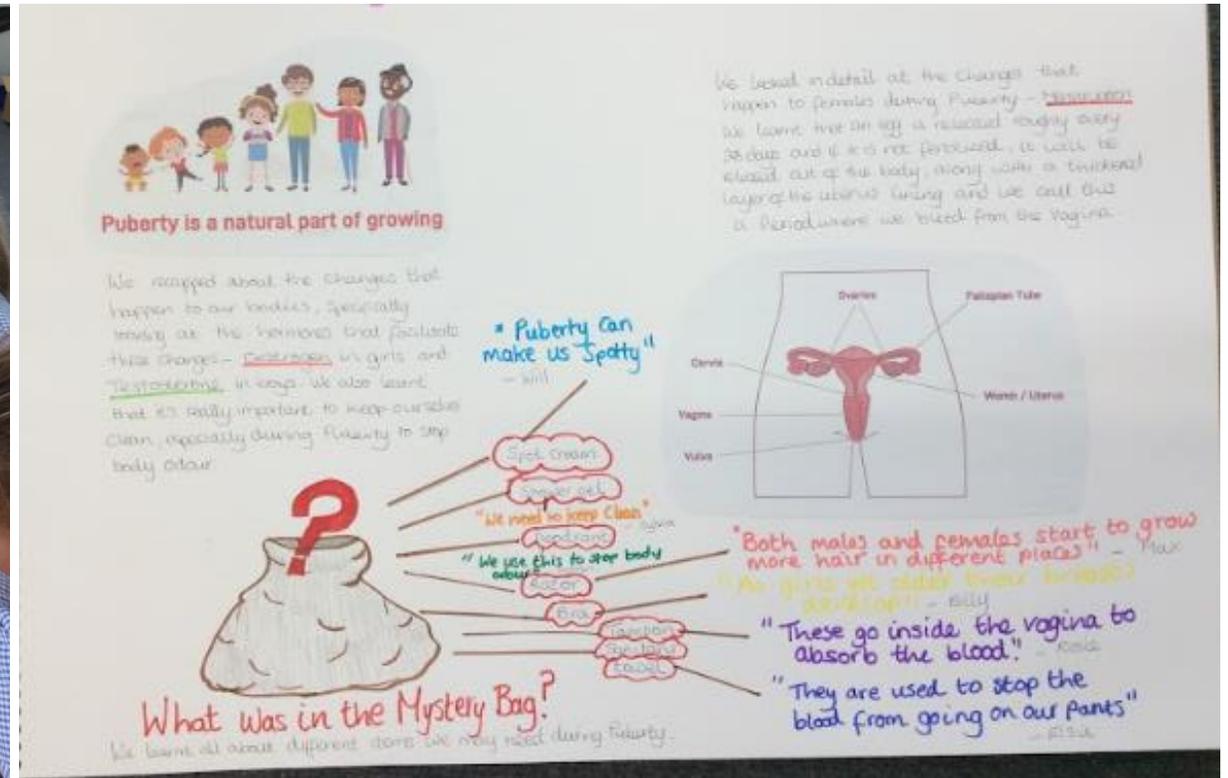
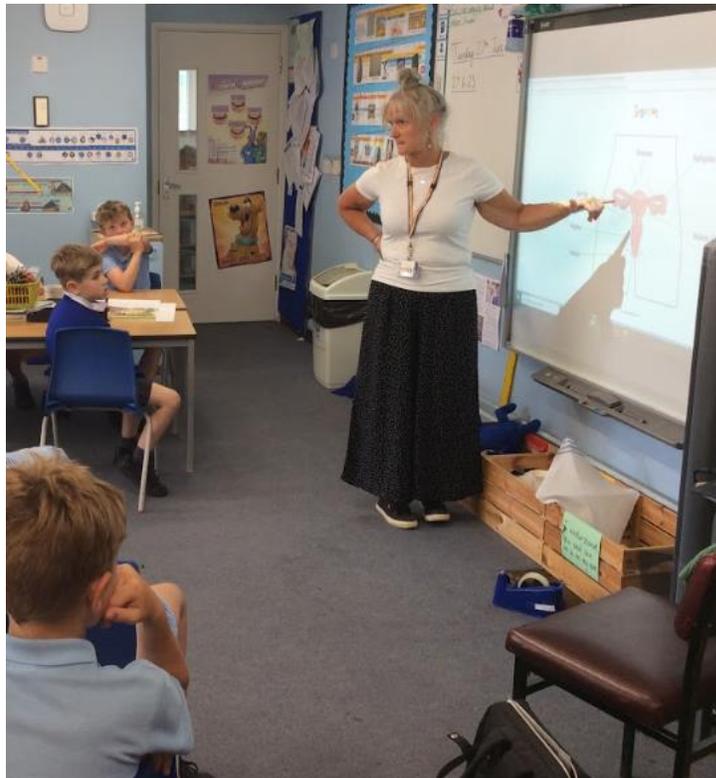
Hormones

Changes
Different rates

Teenager
Reproductive
organs



We learnt about puberty and the changes our bodies go through, we then learnt how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. This was delivered by our school nurse, Rachel.



Puberty is something that we can't control and that everyone will go through. I feel more confident now!

Our bodies are very clever making all of these changes on their own so that we can have babies in the future!