

CHANGING ME

Jigsaw Jez's Journey

How can I cope positively with change?



perception
self-esteem
media influencer

puberty
teenager
growth spurt
hormones
testosterone
oestrogen
menstruation

I will explore...

- my feelings about change
- how I feel about the changes happening to my body
- ways to manage my questions, ideas and worries about puberty
- how to cope with the changes that growing up brings
- feeling positive about becoming a teenager
- feeling ready for new responsibilities as I grow up
- feeling positive about growing up
- managing feelings about the future

I will learn about...

- my self-image and self-esteem
- how girls' bodies change at puberty
- how boys' bodies change at puberty
- sexual intercourse and conception
- becoming a teenager
- moving to my next class
- planning for next year

ovaries
vagina
vulva
womb/uterus
fallopian
tube
semen

relationship
consent
sexual intercourse

conception
pregnancy
embryo
contraception