

opportunities

Jigsaw **Jem's** Journey

love

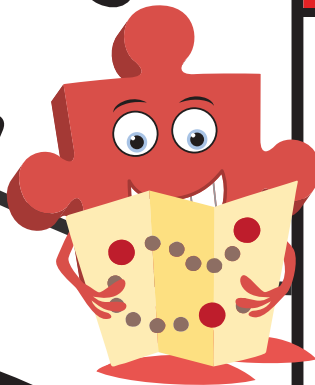
Changing Me

relationship

How can I cope positively with change?

sexting

attraction



I will explore...



- How to develop my own self-esteem
- How to express how I feel about changes during puberty
- What I can look forward to as I grow older and become a teenager
- How I feel about the development and birth of a baby
- The importance of having respect for other people, especially in a boyfriend/girlfriend relationship
- My self-image and how to challenge negative 'body-talk'
- How to prepare myself emotionally for the changes next year

I will learn about...

- My self-image and how my body fits into that
- Puberty for boys and girls and how our bodies change
- The importance of looking after myself physically and emotionally
- How a baby develops from conception to birth
- Boyfriend and girlfriend relationships
- The importance of positive self-esteem
- How to identify what worries me about my transition to next year



adolescent real self

assertive

mental health

negative body-talk

placenta

contracts



pregnancy

labour

Jigsaw **Jem's** Journey

What responsibilities
are you looking
forward to as you
become a teenager?

What are your own
thoughts and feelings
about the process by
which a new life is
formed?

My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

Having a baby is a big responsibility because...

Puberty is a natural process and I can help myself manage the changes by...

I can develop and look after my self-esteem as I grow older by...

Who and what can
help you to manage
change positively as
you grow older?

Changing Me

