

YOUR ACCESS TO PSHE ASSOCIATION MATERIALS AND INTELLECTUAL PROPERTY RIGHTS

PSHE education is the school curriculum subject designed to keep children and young people safe, healthy and prepared for life, and work, in modern Britain. The best PSHE education is a partnership between parents/carers and schools — and this includes transparency regarding curriculum content and materials.

We are therefore delighted to provide parent/carer copies of all PSHE Association member materials that cover RSE (Relationships and Sex Education).

This is an example of such a resource. It has been shared with you as a parent/carer by the school or individual who is a PSHE Association member.

We are happy to grant access on this basis of giving you full, personal access to the resource contents, but appreciate your adherence to the following requirements regarding intellectual property rights given the resource is otherwise only accessible to schools and individuals that subscribe to PSHE Association membership.

INTELLECTUAL PROPERTY RIGHTS

We are the owner or the licensee of all intellectual property rights in the materials. These works are protected by copyright laws and treaties around the world. All such rights are reserved.

You may print off one copy, and may download extracts, of any page(s) for your personal use as a parent/carer of a pupil at your child's school.

You must not modify the paper or digital copies of any materials you have printed off or downloaded in any way, and you must not use any illustrations, photographs, video or audio sequences or any graphics separately from any accompanying text.

Our status (and that of any identified contributors) as the authors of the materials must always be acknowledged. You must not use any part of the materials for commercial purposes without obtaining a licence to do so from us or our licensors.

You are not permitted to copy, share — electronically (including social media) or otherwise — any part of our materials in breach of these terms of use. Your right to use such materials will cease immediately upon such a breach and you must, at our option, return or destroy any copies of the materials you have made.



Puberty: Change and becoming independent

Y6 Lesson 2

© Medway Council 2022

© M.edway Council 2022

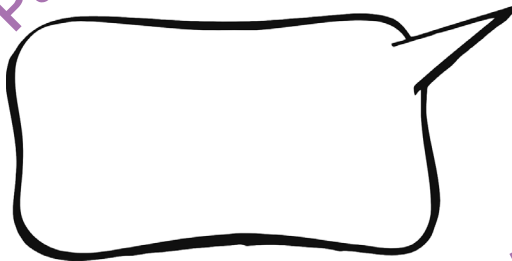
Learning objective

- We are learning about managing change and becoming more independent

Learning outcomes

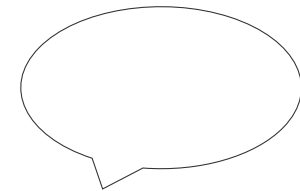
- I can describe some of the changes that occur as someone grows up.
- I can identify the range of feelings associated with change, transition to secondary school, and becoming more independent.
- I can describe practical strategies to cope with growing up, becoming more independent and taking on new responsibilities.

Ground rules



Becoming Independent

What does it mean to become independent?



© Medway Council 2022

© Medway Council 2022

Life stages



In your groups, add ideas to the sheet about what someone of each life stage might like to do, the roles or responsibilities they might have, and what they might achieve.

© Medway Council 2022

Feelings about change



Starting secondary school



Moving away from home



Starting a new job



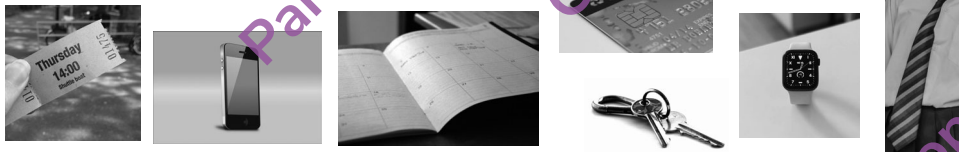
Having a family

How might someone feel about these changes?

Are there any feelings in common?

© Medway Council 2022

Sami's bag



What change does this object signify?
How might Sami feel about this change?
Are there any new responsibilities that come with this change?
What will help Sami manage the change?

© Medway Council 2022

Reflection

Reflecting on change

Some things I think and feel about change are....



© Medway Council 2022

What has been learnt?

Go back to your mind map from the beginning of the lesson.

- Make any changes to your ideas that you want to.
- Add your new learning from the lesson.

Include any life changes you have learnt about and about becoming more independent.

Use a different colour pen or pencil.



© Medway Council 2022

Signposting support

If you have any questions or worries about puberty or becoming more independent, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



© Medway Council 2022

More activities

Growing up survival guide

Create a 'growing up survival guide' for other pupils about to start secondary school. Aim to include:

- What significant changes there might be
- Items that might be useful
- How to manage becoming more independent including how to get help when appropriate



© Medway Council 2022