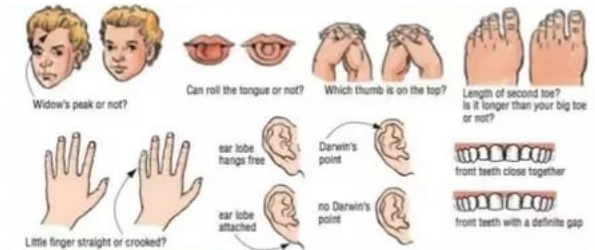


Year 4: Changing Me

Key Learning

We inherit characteristics from our parents. We might inherit things like curly hair, freckles, eye colour, hair colour and skin colour.



As we get older our bodies start to change to prepare us for adulthood. This is called puberty. During this time, girls will start their periods and will need to use products such as sanitary towels.



It is important that we wash ourselves everyday with soap and water as our bodies begin to produce more sweat.

Puberty causes changes in our hormones. Our hormones can affect how we feel.



Changes to the human body are a natural process which happen to everyone. These changes cannot be prevented or stopped as we have no control over them.

Key Vocabulary

Personal	Something that belongs to a person rather than anyone else.
Control	The power to influence or direct people's behaviour.
Acceptance	To consent to receive something or do something offered.