

Year 5: Changing Me

Key Learning

A perception is the way in which something is regarded, understood or interpreted. We can have perceptions about different things and these can be right or wrong.



Our perceptions can change based on what we see and hear. Images in the media can be altered and improved, which does not give us a true perception of the picture.

Disliking our body-image can have a negative impact on our wellbeing and self-esteem. This could affect our mental and physical health. If we begin to feel a decline in how we feel, we should always speak to a trusted adult



When we are thirteen we turn into a teenager. As we get older our bodies begin to change.



Sanitary products are used when we have our period. We should

As we grow up into a teenager we gain more responsibilities, such as jobs within school and at home, independence with homework and learning and starting to

Key Vocabulary

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| Body-image | A person's mental image of their own body. |
| Self-image | A view of your own ability, appearance or personality. |
| Characteristics | A feature or quality of a person, place or thing. |
| Personality | The combination of characteristics or qualities that form an individual's character. |
| Perception | The way in which something is regarded, understood or interpreted. |
| Self-esteem | To have confidence in yourself. |
| Affirmation | An idea or belief that you support. |
| Comparison | Thinking about several things and thinking about how they are similar or different. |