

PCSHE Booklet – Year 7

Topic 4 – Your Changing Body

Name: _____

Class: _____

Teacher: _____

Year 7 Curriculum					
Topic 1: Resilience and Self-Esteem	Topic 2: Political Systems	Topic 3: Diversity and Relationships	Topic 4: Your Changing Body	Topic 5: Building relationships	Topic 6: Financial decision making
Personal identity, positive thinking, confidence, self-esteem and resilience.	Political system in the UK, Parliament, voting and elections, liberty.	Diversity, prejudice, and bullying	Puberty, body image, unwanted contact, and FGM	Self-worth and sexting, romance and friendships (including online) and relationship boundaries	Saving, borrowing, budgeting and making financial choices

Who can you turn to for help and support:

- Parents or trusted family member
- Teachers or school staff
- Safeguarding Team – Mr Ogden, Mrs Aston, Mrs Jones, Mrs Loveridge, Mr Jones
- NSPCC: Helpline: 0808 800 5000 (24 hours, every day)
- [nspcc.org.uk](https://www.nspcc.org.uk)
- ChildLine: Helpline: 0800 1111(24 hours, every day) <https://www.childline.org.uk>
- NHS Live Well Website: [www.NHS.UK/Livewell](https://www.nhs.uk/livewell)
- CEOPS - <https://www.ceop.police.uk/safety-centre/>
- Youth Access - www.youthaccess.org.uk
- The Mix - www.themix.org.uk Freephone: 0808 808 4994 (13:00-23:00 daily)
- B-eat - www.b-eat.co.uk Helpline: 0808 801 0711 (Daily 3pm-10pm)
- Men Get Eating Disorders Too - [.mengetedstoo.co.uk](https://www.mengetedstoo.co.uk)
- Anorexia & Bulimia Care - [exiabulimiare.org.uk](https://www.exiabulimiare.org.uk) Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

<p>KPI1 - Key words:</p> <ul style="list-style-type: none">Puberty: The process of physical maturity in a person that takes place in adolescenceMenstruation: Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.Hormones: A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.Wet dream: An involuntary ejaculation that occurs whilst a person is asleep.Body Image: The perception that a person has of their physical self and the thoughts and feelings that result from that perception.Body Confidence: Body confidence is feeling comfortable with your appearance and accepting your body for how it looks and what it can do.Appearance Ideals: The way our society tells us is the ideal or 'best' way to look at a certain point in time.Female Genital Mutilation (FGM): Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.Cellulite: A skin condition that causes dimpling on an area of body.	<p>KPI2: Puberty</p> <p>What is puberty?</p> <p>Puberty is when a child begins to change into an adult. In biological females this is about 8-14 years of age (average 11) and lasts about 4 years. In <u>biological males</u> puberty starts around 9-14 years but takes around 6 years to reach sexual maturity.</p> <p>During this time many changes happen to your body...<u>physically</u> and <u>mentally</u>. Puberty starts when extra amounts of chemicals called hormones start to be produced in the body. The body produces the sex hormones OESTROGEN, PROGESTOGEN and TESTOSTERONE which are responsible for many different changes in the body.</p> <p>What changes do our bodies go through during puberty?</p> <ul style="list-style-type: none">Biological Males: Growing Facial Hair, Voice Breaking, Erections, Wet Dreams, Widening of chest and Shoulders.Biological Females: Starts between 9 and 11 years of age. Menstruation / Periods begin. Breast growth, Stretch Marks, Cellulite, Hips widenBoth: Grow taller, Sweat more, Changes to hair and skin, Spots and Pimples.	<p>KPI3: Body Image</p> <p>Body image is the idea that someone has of their physical self (i.e. body) and the thoughts and feelings that they develop about their body.</p> <p>Factors affecting body image:</p> <ul style="list-style-type: none">Puberty and the changing body.The MediaPeers and Family <p>Ways to promote positive body image:</p> <ul style="list-style-type: none">Accept Your Body.Remember Nobody's perfect.Don't body-shame yourself.Build a better habit.Like Your Body - Find things to like about your looks.Take Care of Your BodyEat healthy foods.Get a good night's sleep.Be active every day.Keep to a healthy weight <p>Pressure to look a certain way comes from the world around us. It is important to remember images of people that we see in all types of media aren't always real. It is unfair for people to compare themselves to this media.</p>	<p>KPI 4: FGM</p> <p>Female Genital Mutilation (FGM): Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.</p> <p>What are the effects of FGM?</p> <p>Physical Effects</p> <ul style="list-style-type: none">BleedingUrinary tract infectionsShock and painPregnancy complicationsDifficulty during childbirthMenstruation problemsPainful sexInfertilityTetanus infectionsLoss of bladder control <p>Emotional Effects</p> <ul style="list-style-type: none">PTSDAnxietyTrust IssuesAnger Issues <p>FGM and the Law</p> <ul style="list-style-type: none">Over 24,000 girls under the age of 15 living in the UK are at risk of undergoing the most severe form of FGM at any one time.Female Genital Mutilation Act 2003 makes it illegal for FGM to be performed in the UK or anywhere in the world on UK citizens or permanent residents of any age.If you carry out or help in carrying out FGM or if you arrange for someone to undergo FGM you face up to 14 years in prison.It is also illegal to take a British national or permanent resident abroad for FGM or to help anyone trying to do this.	<p>Who can you turn to for help and support:</p> <ul style="list-style-type: none">TutorTrusted family member or friendSafeguarding team: Mr. Ogden, Mrs Jones, Mrs Loveridge.Pastoral Team: Mrs Toulson, Mr HaywardNSPCC: Helpline: 0808 800 5000 (24 hours, every day)nspcc.org.ukChildline: Helpline: 0800 1111(24 hours, every day) https://www.childline.org.ukNHS Live Well Website: www.nhs.uk/LivewellCEOPS - https://www.ceop.police.uk/safey-centre/Youth Access - www.youthaccess.org.ukThe Mix - www.themix.org.ukFreephone: 0808 808 4994 (13:00-23:00 daily)B-eat - www.b-eat.co.ukHelpline: 0808 801 0711 (Daily 3pm-10pm)Men Get Eating Disorders Too - mengetedstoo.co.ukAnorexia & Bulimia Care - exibulimiacare.org.uk Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)
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Knowledge Organiser

Low Stake Quiz

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Sliding Scale – Lesson 1

My Changing Body

Task: Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

Sliding Scales

I can describe the physical and emotional changes that happen during puberty.



I can evaluate how emotional changes affect relationships.



I can develop strategies for managing the emotional changes experienced during puberty



Key words: Puberty, emotions, parents, family, relationships, adolescence, independence

What is Puberty?

Task 1: Using the cards, arrange the changes that might occur during puberty into those which are ‘biologically male’, ‘biologically female’, and ‘can happen to anyone during puberty’.

Voice changes to get deeper	Period starts	Sometimes nipples become fuller or darker
Moods seem to change a lot	Some people begin to masturbate	A white liquid (discharge) starts coming out of the vagina
Hair starts to grow under arms	Hair starts to grow on face	Hair starts to grow around the genitals (external organs of reproduction)
Start to sweat more and smell differently	The body starts to change shape and size	Shoulders become wider
Hips grow wider	Feeling intense emotions	Sexual feelings may begin
The penis and testes grow	Breasts begin to grow	May have spontaneous erections (penis becomes stiff and swollen) and wet dreams
Sperm starts being produced	Eggs start to mature	Hair may become greasy
Confusion about maturity	Can feel teary or angry for no reason	Spots might start appearing

Task 2:

Write a letter explaining the changes the body as someone goes through puberty.

Dear writer, these changes are absolutely normal and all part of something called puberty. It happens because...

You need to include:

- ✓ Physical changes to the body
- ✓ Emotional changes
- ✓ WHY we go through these changes

[illegible]

[illegible]

Low Stake Quiz

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Sliding Scale – Lesson 2

Body Image

Task: Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

Sliding Scales

I can describe what we mean by body confidence.



I can explain how to improve body confidence



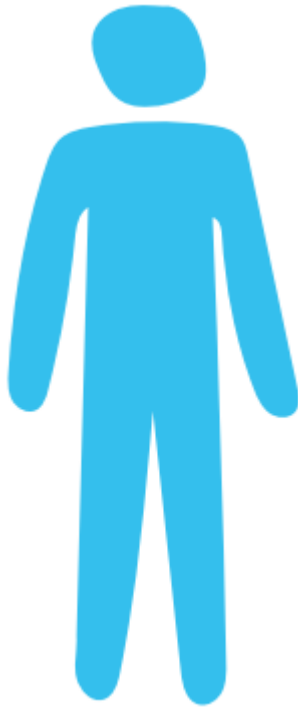
I can describe what appearance pressures young people face and explain where these come from.



Key words: Body Confidence, appearance, pressures, appearance ideals, editing, manipulation

Task 2: Label the body below with as many features as you can make up today's appearance ideals.

What are the appearance ideals for males?



What are the appearance ideals for females?



Where might young people find out about appearance ideals?

Task 4: Complete the mind map in your booklet to show where appearance ideals come from.



We are now going to think about how young people can challenge appearance pressures they see in the media.

Task 7: Complete the following task in your booklet independently.

What could you do to show that you don't agree with the way professional media emphasises an unrealistic 'ideal' way to look?

Feeling stuck? – How could you let companies know that you are unhappy with the unrealistic images they use to sell products? Could you use social media to let others know you are unhappy? How would you do this?

What could you or others do differently on social media when creating or sharing pictures, films and messages?

Feeling stuck? – Think about what you could do differently when you comment on your friends' photos? Could you change the type or style of photos you choose to upload?

How could changing your behaviour help people to feel better about the way they look?

Feeling stuck - How might it feel to see more realistic, unedited photos on social media? Would this reduce the appearance pressures people face?

Low Stake Quiz

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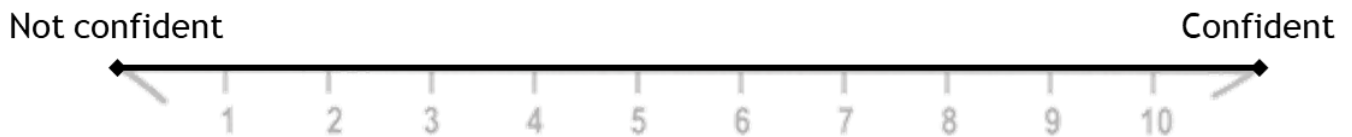
Sliding Scale – Lesson 3

FGM

Task: Complete the sliding scales below by circling a number to demonstrate your confidence level with each learning objective.

Sliding Scales

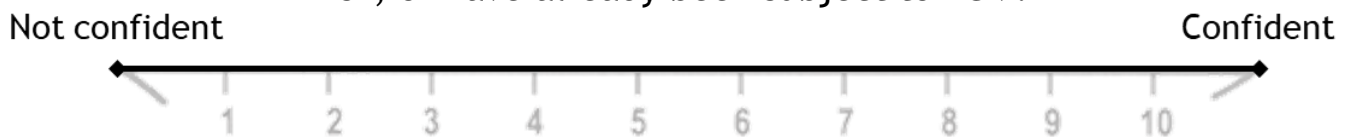
I can explain what is meant by FGM.



I can identify the risks, myths and facts associated with FGM.



I can describe how to safely access support for myself or others who may be at risk, or have already been subject to FGM.



Key words: Body, rights, human, female, genital, genitalia, mutilation, abuse, harm, harmful, illegal

Questions (to be answered at start of lesson):

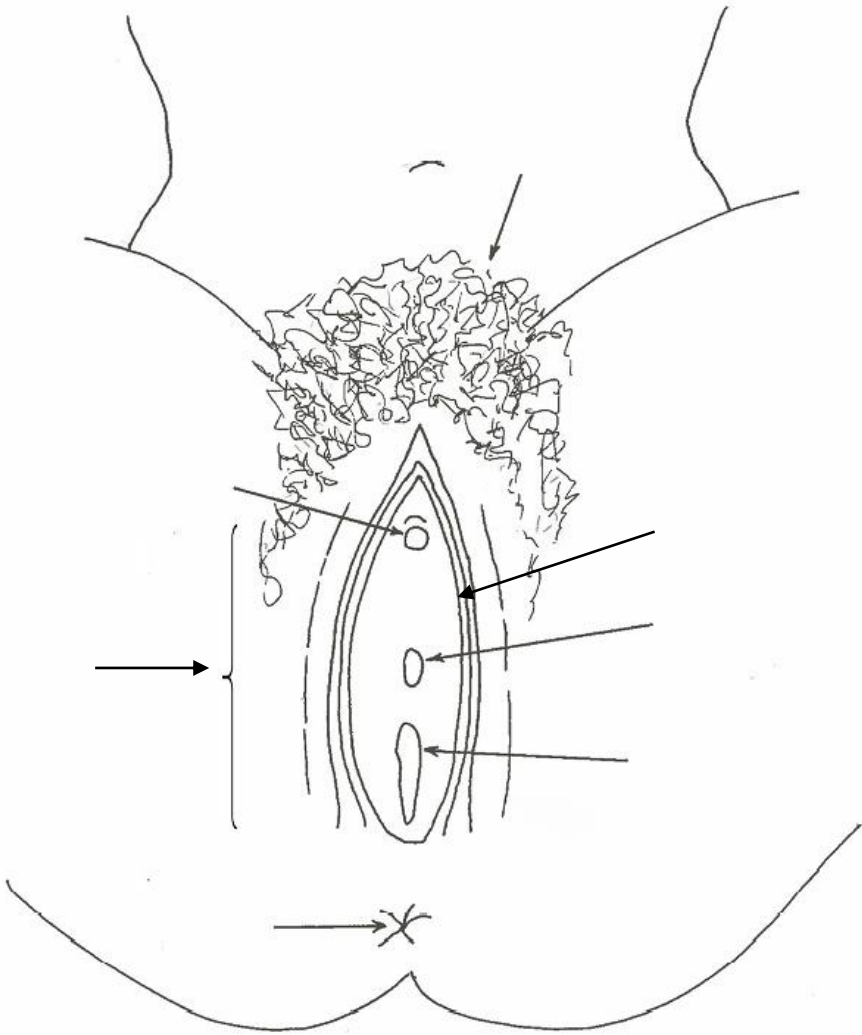
What do you know or have you heard about FGM?

Why might Amira not want to talk about it?

What could Oliver do?

Oliver just had a lesson on FGM in school. It's got him thinking about a conversation he had with his friend Amira recently. Amira was telling him that she went on holiday last year, and had to take part in a special ceremony. Amira said her little sister would go to the same ceremony next year, but then she got a bit upset and didn't want to talk about it anymore. Oliver wasn't worried at the time - he thought that if Amira and her sister were with their family everything must have been fine - but now he's not so sure. He doesn't know what to do.

Task: With the person next to you try and add in the missing labels.



What is FGM?

FGM means that someone changes or removes parts of the female genitals, such as the clitoris or labia. This is very harmful.

Discuss, Which rights in particular do you think FGM goes against?

The United Nations Convention on the Rights of the Child

Article 1

Everyone under 18 has all these rights.

Article 2

You have the right to protection against discrimination. This means that nobody can treat you badly because of your colour, sex or religion, if you speak another language, have a disability, or are rich or poor.

Article 3

All adults should always do what is best for you.

Article 4

You have the right to have your rights made a reality by the government.

Article 5

You have the right to be given guidance by your parents and family.

Article 6

You have the right to life.

Article 7

You have the right to have a name and a nationality.

Article 8

You have the right to an identity.

Article 9

You have the right to live with your parents, unless it is bad for you.

Article 10

If you and your parents are living in separate countries, you have the right to get back together and live in the same place.

Article 11

You should not be kidnapped.

Article 12

You have the right to an opinion and for it to be listened to and taken seriously.

Article 13

You have the right to find out things and say what you think, through making art, speaking and writing, unless it breaks the rights of others.

Article 14

You have the right to think what you like and be whatever religion you want to be, with your parents' guidance.

Article 15

You have the right to be with friends and join or set up clubs, unless this breaks the rights of others.

Article 16

You have the right to a private life. For instance, you can keep a diary that other people are not allowed to see.

Article 17

You have the right to collect information from the media – radios, newspapers, television, etc – from all around the world. You should also be protected from information that could harm you.

Article 18

You have the right to be brought up by your parents, if possible.

Article 19

You have the right to be protected from being hurt or badly treated.

Article 20

You have the right to special protection and help if you can't live with your parents.

Article 21

You have the right to have the best care for you if you are adopted or fostered or living in care.

Article 22

You have the right to special protection and help if you are a refugee. A refugee is someone who has had to leave their country because it is not safe for them to live there.

Article 23

If you are disabled, either mentally or physically, you have the right to special care and education to help you develop and lead a full life.

Article 24

You have a right to the best health possible and to medical care and to information that will help you to stay well.

Article 25

You have the right to have your living arrangements checked regularly if you have to be looked after away from home.

Article 26

You have the right to help from the government if you are poor or in need.

Article 27

You have the right to a good enough standard of living. This means you should have food, clothes and a place to live.

Article 28

You have the right to education.

Article 29

You have the right to education which tries to develop your personality and abilities as much as possible and encourages you to respect other people's rights and values and to respect the environment.

Article 30

If you come from a minority group, because of your race, religion or language, you have the right to enjoy your own culture, practise your own religion, and use your own language.

Article 31

You have the right to play and relax by doing things like sports, music and drama.

Article 32

You have the right to protection from work that is bad for your health or education.

Article 33

You have the right to be protected from dangerous drugs.

Article 34

You have the right to be protected from sexual abuse.

Article 35

No-one is allowed to kidnap you or sell you.

Article 36

You have the right to protection from any other kind of exploitation.

Article 37

You have the right not to be punished in a cruel or hurtful way.

Article 38

You have a right to protection in times of war. If you are under 15, you should never have to be in an army or take part in a battle.

Article 39

You have the right to help if you have been hurt, neglected, or badly treated.

Article 40

You have the right to help in defending yourself if you are accused of breaking the law.

Article 41

You have the right to any rights in laws in your country or internationally that give you better rights than these.

Article 42

All adults and children should know about this convention. You have a right to learn about your rights and adults should learn about them too.

This is a simplified version of the United Nations Convention on the Rights of the Child. It has been signed by 191 countries. The convention has 54 articles in total. Articles 43 – 54 are about how governments and international organisations will work to give children their rights.

The official text of the Convention can be obtained from Save the Children, Education Department, 17 Grove Lane, London SE5 8RD.

Task: Decide if each statement about FGM is a fact or myth.

Write down your answers in the boxes provided.

Statement	Myth or Fact?
1. FGM is part of becoming a woman	
2. FGM is illegal	
3. FGM makes the vagina more hygienic	
4. FGM can lead to medical problems	
5. If it is not cut, the clitoris will continue to grow	
6. FGM is child abuse	
7. FGM is a religious requirement	
8. FGM is an unsafe procedure	
9. If a girl or woman consents to FGM, the person performing the procedure can't get in trouble	
10. If a girl or woman has undergone FGM, nothing can be done to help her	

Barriers to reporting FGM

In your groups, note down any ideas you have about what might prevent somebody from reporting FGM – either before or after FGM has taken place.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Questions (to be answered at end of lesson):

What do you now know about FGM?

What help could Amira get for herself?

What help could Amira get for her sister?

What could Oliver do?

This image shows a full page of white paper with horizontal black ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a logo for 'Greenshaw Learning Trust'. The logo includes a stylized green leaf icon to the left of the text 'GREENSHAW' in a bold, sans-serif font, with 'LEARNING TRUST' in a smaller font size below it.

[illegible]

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