



What I should already know:

- “Give of your hands to serve and your hearts to love” - Mother Teresa
- We should celebrate the differences of all people in our school, home and communities regardless of race, religion or background. We can do this by accepting them and respecting their views and beliefs that may be different from our own.
- Authoritative figures in the community help us work together.
- We can contribute to society and make the world we live in a better place by speaking out about things that are unjust.
- We should be assertive and say “NO, that is not acceptable!” to those who challenge/bully others in our diverse communities.
- Pressurising somebody into doing something they are not comfortable doing is wrong.
- Every child and every person should be celebrated as a source of joy and a gift from God.

By the end of this unit :

- Show knowledge and understanding of emotional relationship changes as we grow and develop.
- Show knowledge and understanding of the physical changes in puberty.
- Celebrate the joy of growing physically and spiritually.

Skills:

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|--------------|-------------|
| • Respecting | Considering |
| • Adapting | Supporting |
| • Relating | Deciding |
| • Developing | Accepting |
| • Helping | |

Key Facts at the end of the unit:

- Basic stages of emotional development are: Infant or baby (Birth—2years old), Toddler or preschool age (2-5 years old), School age (6-12 years old), Adolescent or teenager (13-18 years old).
- Social and emotional changes that might present themselves within friendships include: feeling embarrassed, need for privacy, mood swings without warning, divided loyalty may occur between self, friends and parents, production of hormones trigger sexual desires, arousal and urge, evolving a set of moral codes, seeking independence, risk taking behaviour.
- Physical changes during puberty in girls—breasts develop, hips broaden, menstruation begins, uterus enlarges, vaginal lining thickens, first menstruation occurs approximately 12 months after breasts have begun to develop, usually start to grow hair on underarm, pubic area and legs.
- Physical changes in boys—testosterone increases in the blood stream, muscles and bones develop, voice deepens, waist thickens, shoulders broaden, wet dreams and erections, penis and scrotum enlarge, hair can grow on face, chest, back, underarms and pubic area, production of sperm and discharge of seminal fluid during ejaculation, Adam’s apple enlarges.
- We are all made in the image and likeness of God.
- Our body is a temple of the Holy Spirit and is God’s gift to us.

Vocabulary

Adolescent

In the process of developing from a child into an adult

Hormones

Hormones are special chemicals your body makes to help it do certain things – like grow up! Hormones are important when you start to go through puberty, which is when you begin developing into an adult.

Puberty

The name for the time when your body begins to develop and change as you move from kid to adult