



What I should already know:

- 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.

By the end of this unit :

- Develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.
- Explain how human life is conceived.
- Show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships

Skills:

Categorising	Speaking	Identifying	Presenting
Observing	Relating	Accepting	Evaluating
Classifying	Respecting	Empathising	Researching
Listening	Reflecting	Understanding	
Questioning	Thinking	Communicating	

Key Facts at the end of the unit:

- Love is an intense feeling of deep affection.
- A natural bond of love between a man and a woman forms the basis for a family.
- The sacrament of marriage is a public sign that an individual is giving themselves totally to another person.
- Sexual intercourse is a body language through which the couple express a variety of emotions.
- The natural outcome of sexual intercourse is the conception of new life.
- Hundreds of sperm cells reach the egg cell but only one sperm can enter to fertilise it.
- A baby can arrive anytime between the 38th and 42nd week of pregnancy.
- A positive respectful relationship is one of mutual respect, trust, good communication, understanding and honesty
- Building relationships online can be positive and negative—you should be very cautious when sharing personal information on social media.