**Year 6 Growth and Development 2018**

Overview

 Learning about basic female reproduction system.

 Learning about basic male reproductive system.

 Reproductive cells: ovum, sperm and conception/fertilization

 The developing embryo and foetus

 Ultra sounds, checkups for the mother and baby during the pregnancy

 Birth process including the waters breaking and contractions

 Basic explanations of natural childbirth, breech and caesarean births

 Female and male physical changes, how and when

e.g. breasts grow, voices break, pimples, body odour, the menstrual cycle including pads and tampons, boys produce semen and sperm cells, wet dreams

 Hormones: oestrogen and testosterone

The weekly break down:

Week 1: The reproductive system

Week 2: Babies, foetal development and birth

Week 3: Physical puberty

Week 4: Puberty and your emotions

**Year 7 Growth and Development**

Overview

 Highs and lows of Year 7

 Preparing for transition into secondary school

 Revision of puberty issues

 Hormones: oestrogen and testosterone

 The menstrual cycle including pads & tampons explanation

 Body Image: No person’s body is perfect

 Positive and negative body image

 Eating habits; Anorexia and Bulimia

 Media impacts

 Photo shopping particularly in magazines

 Ways to improve self esteem and body image

 Influences: family, school, friends, media, and TV shows

 Peer pressure

 Decisions, choices and consequences

 Scenarios relating to drugs, alcohol, internet (chat rooms)

 Internet: safe or sorry

 Social networking - Facebook / Snapchat / Instagram

 Sexting and consequences of sexting including the LAW

 Sextortion and its effect young people’s well being

 Where to go for help

The weekly break down:

Week 1: Revision on puberty

Week 2: Self-esteem and body image

Week 3: Influences and peer pressure

Week 4: Cyber safety and social media