

# CHANGING ME

## Jigsaw Jez's Journey

How can I cope positively with change?

perception  
self-esteem  
mental wellbeing  
media influencer



### I will learn about...

- my self-image and self-esteem
- how girls' bodies change at puberty
- how boys' bodies change at puberty
- sexual intercourse and conception
- becoming a teenager
- moving to my next class
- planning for next year

### I will explore...

- my feelings about change
- how I feel about the changes happening to my body
- ways to manage my questions, ideas and worries about puberty
- how to cope with the changes that growing up brings
- feeling positive about becoming a teenager
- feeling ready for new responsibilities as I grow up
- feeling positive about growing up
- managing feelings about the future

puberty  
teenager  
hormones  
testosterone  
oestrogen  
menstruation

ovaries  
vagina  
vulva  
womb/uterus  
semen  
consent

# CHANGING ME

## Jigsaw Jez's Journey

Who could you talk to if you had worries about change and why?

### My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

One thing I have learned about my body or growing up is...

If I feel worried about change, I can...

Puberty can be different for different people because...

What have you learned about self-image or puberty that will help you as you grow up?

What is one change you are looking forward to? How might you could cope with the new changes?

### Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

