

# CHANGING ME

## Jigsaw **Jem's** Journey

How can I cope positively with change?

negative body-talk  
 self-esteem  
 mental health  
 self-conscious  
 anxious  
 awkward  
 conflicted



### I will explore...

- how to develop my own self-esteem
- how to express how I feel about change, including those during puberty
- how I feel about pregnancy and birth
- the importance of having respect for other people
- being assertive
- challenging negative body-talk
- how to prepare myself emotionally for the changes next year

### I will learn about...

- my self-image and how my own body-image can fit into that
- puberty for boys and girls and how our bodies change
- how babies develop and are born
- attraction, relationships and consent
- the importance of looking after myself physically and emotionally
- why positive self-esteem is important
- ways to feel ready for the changes that may come next year

love  
 attraction  
 relationship  
 compromise  
 assertive

transition  
 adolescent  
 puberty

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How could a person challenge negative thoughts about themselves or their body?

### My Thinking Pad

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

Puberty is a natural part of growing up and I can help myself manage the changes by...

If I start to think negatively about myself, I can...

I can develop and look after my self-esteem as I grow older by...

What responsibilities are you looking forward to as you become a teenager?

Who and what can help you to manage change positively as you grow older?

### Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

