WHO WE ARE

An inquiry into the nature of self; beliefs and values; personal, physical, mental and spiritual health; human relationships including families, friends, communities and cultures; rights and responsibilities; what it means to be human.

Central Idea

Every individual faces changes as they grow and develop

ESSENTIAL ELEMENTS OF PYP

<table>
<thead>
<tr>
<th>What do we want students to know?</th>
<th>Knowledge</th>
<th>Every human across the world, experiences change during puberty</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do we want students to understand?</td>
<td>Concepts</td>
<td>Change Connection Function</td>
</tr>
<tr>
<td>What do we want students to be able to do?</td>
<td>Skills</td>
<td>Social Communication Self-management</td>
</tr>
<tr>
<td>What do we want students to feel, value and demonstrate?</td>
<td>Attitudes</td>
<td>Independence Tolerance Empathy Cooperation Respect Confidence Principle</td>
</tr>
<tr>
<td>How do we want students to act?</td>
<td>Action</td>
<td>Open-minded Knowledgeable</td>
</tr>
</tbody>
</table>

Lines of Inquiry

- Physical, social and emotional changes that occur during puberty
- Adolescents around the world have the same basic needs for their well-being
- Personal relationships are affected by physical and emotional changes
Knowledge
After completing this unit you will:

- Understand the physical changes during puberty for boys and girls
- Be aware of and understand the common emotional changes that young people may experience at puberty
- Understand the process of conception, foetal development & birth in the context of family relationships
- Be aware of the challenges that may arise from online social media and other pressures in social settings
- Know where to go to seek advice and help when dealing with issues

Information for Parents
About ‘Family Life’ Education

The ‘Family Life’ program has been designed to help schools implement particular aspects of the health curriculum including the physical, social and emotional changes at puberty.

The approach used is simple, straightforward and sensitive. The content of the sessions is age-specific and interactive, using a variety of audio-visual materials, discussion and games.

The program respects and supports the role of the family in sexuality education.

How you can help at home

* Continue the conversation with your child by discussing key learnings from each session
* Be available to your child and open to answer questions and offer support
* Encourage your child to gain further understanding through reading suggested books

*Suggested book list