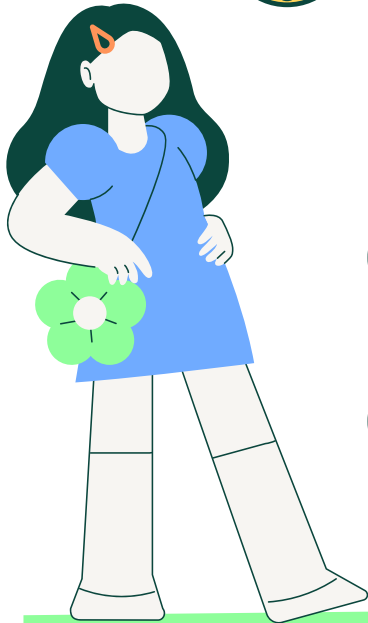




! AM ME!

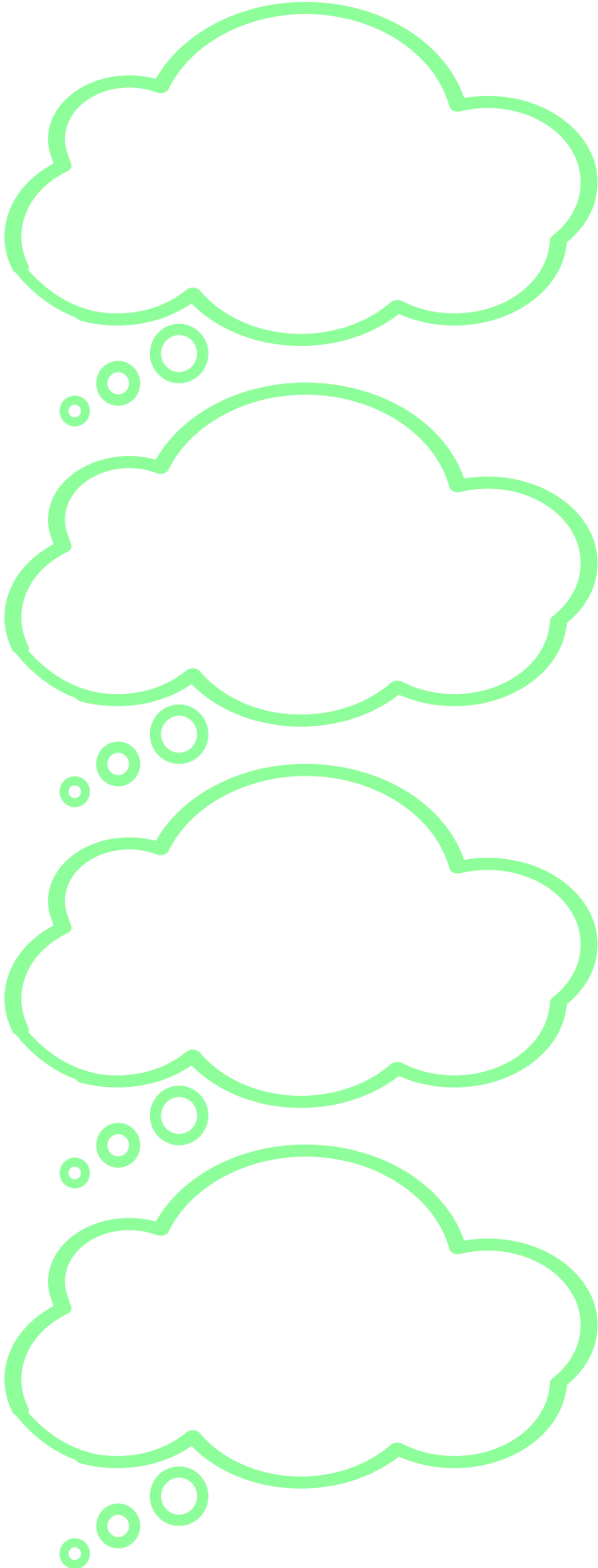


My name is:

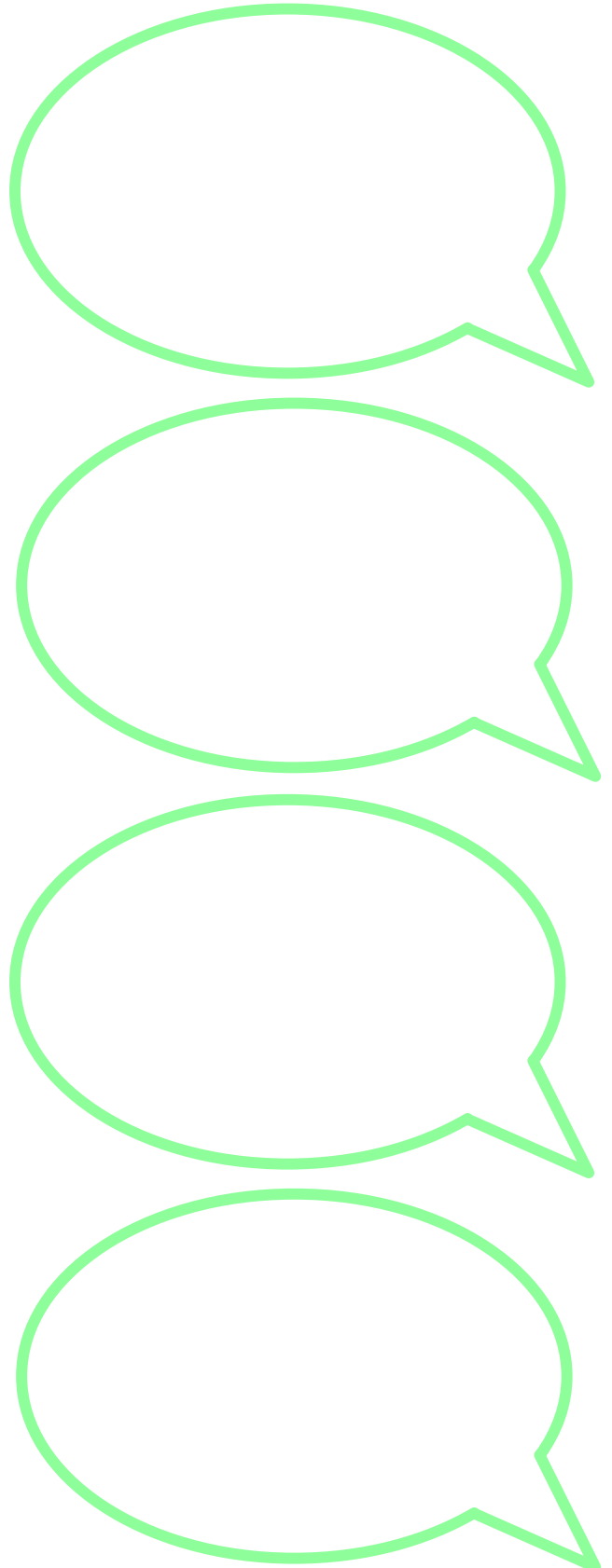
My Worries and Questions

Worries

Questions



Four thought bubble outlines arranged vertically, each with three smaller bubbles leading to it from the bottom left. The bubbles are empty for writing.

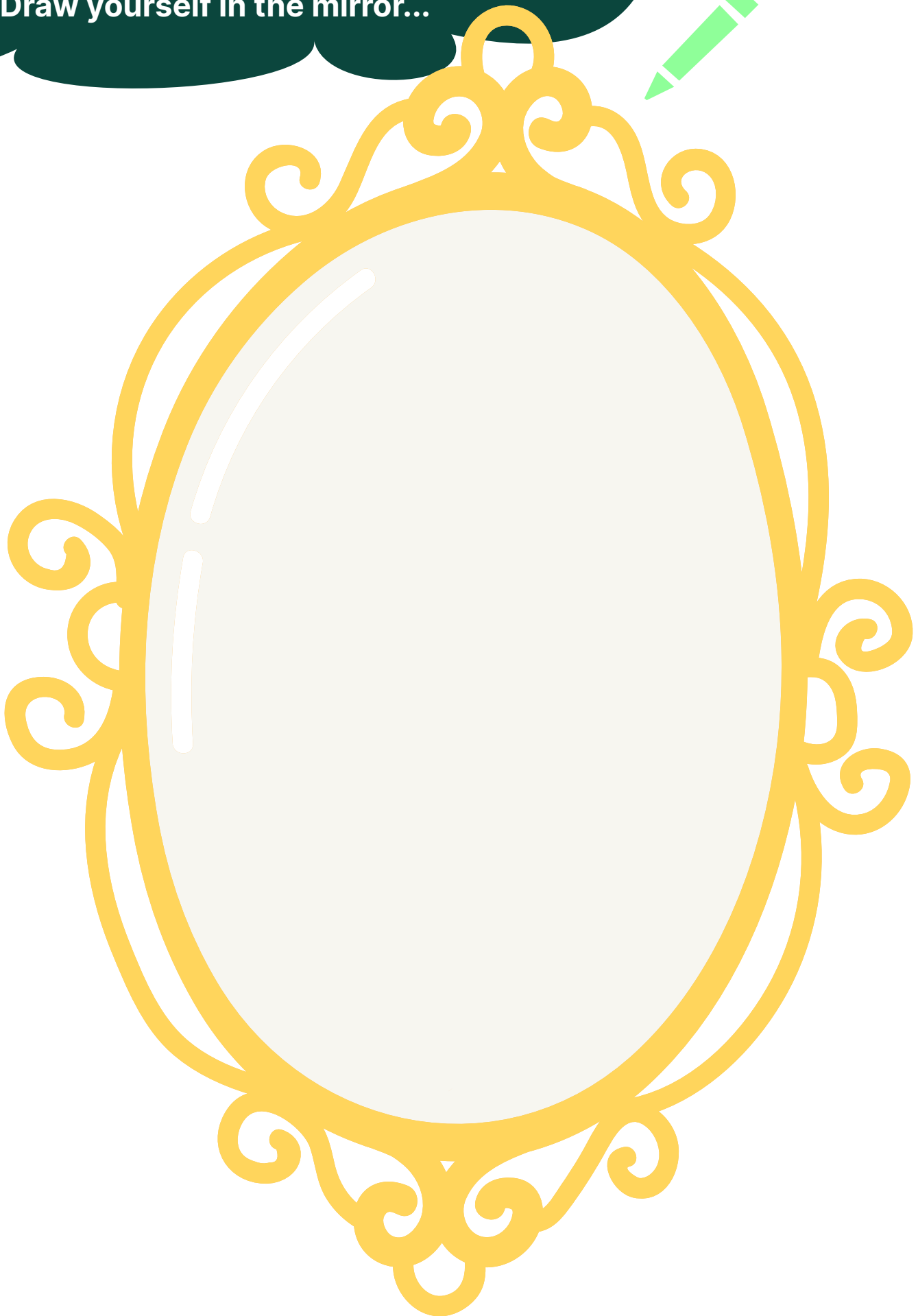


Four speech bubble outlines arranged vertically, each with a tail pointing to the right. The bubbles are empty for writing.

My Name Anagram

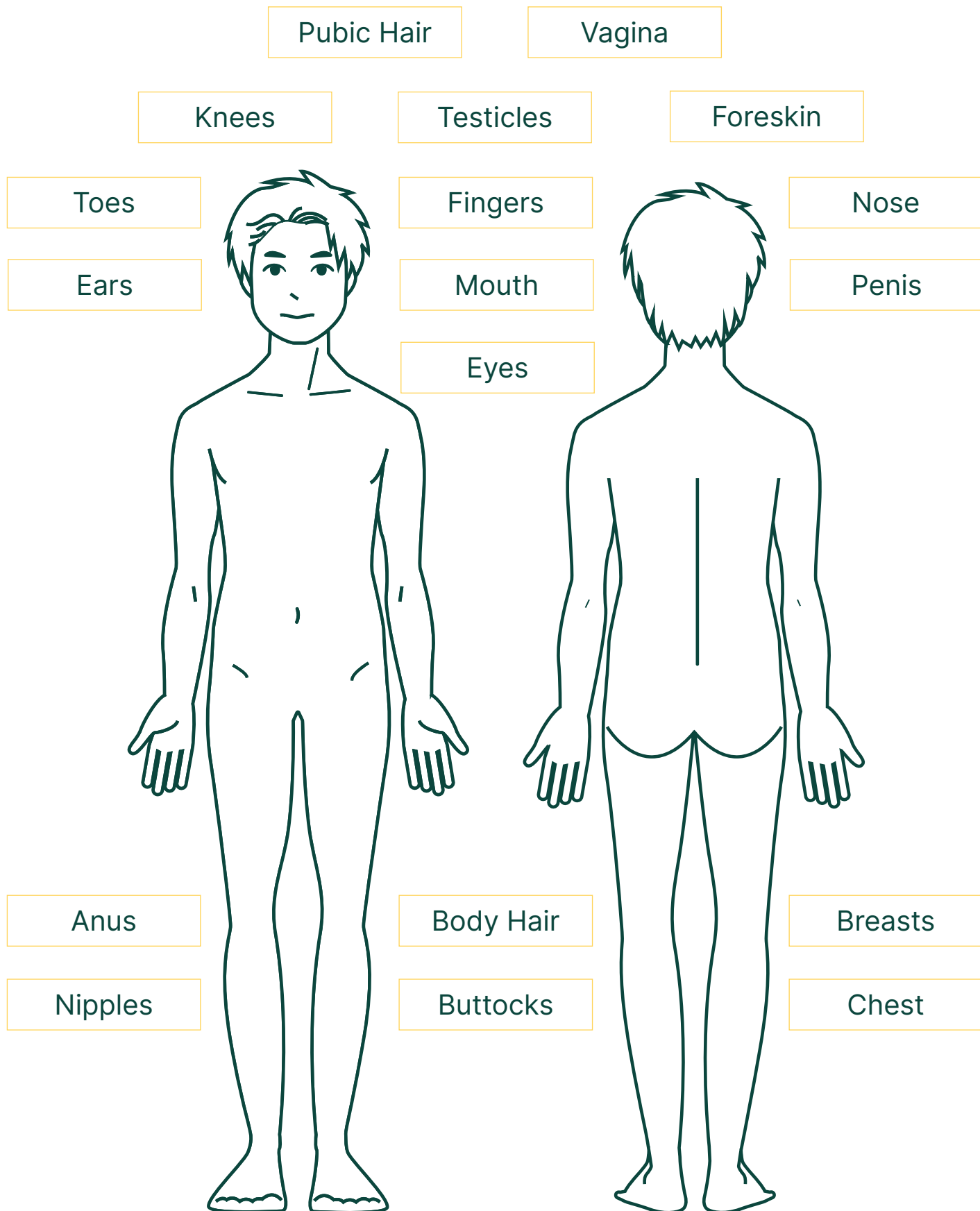
Who Am I?

Draw yourself in the mirror...



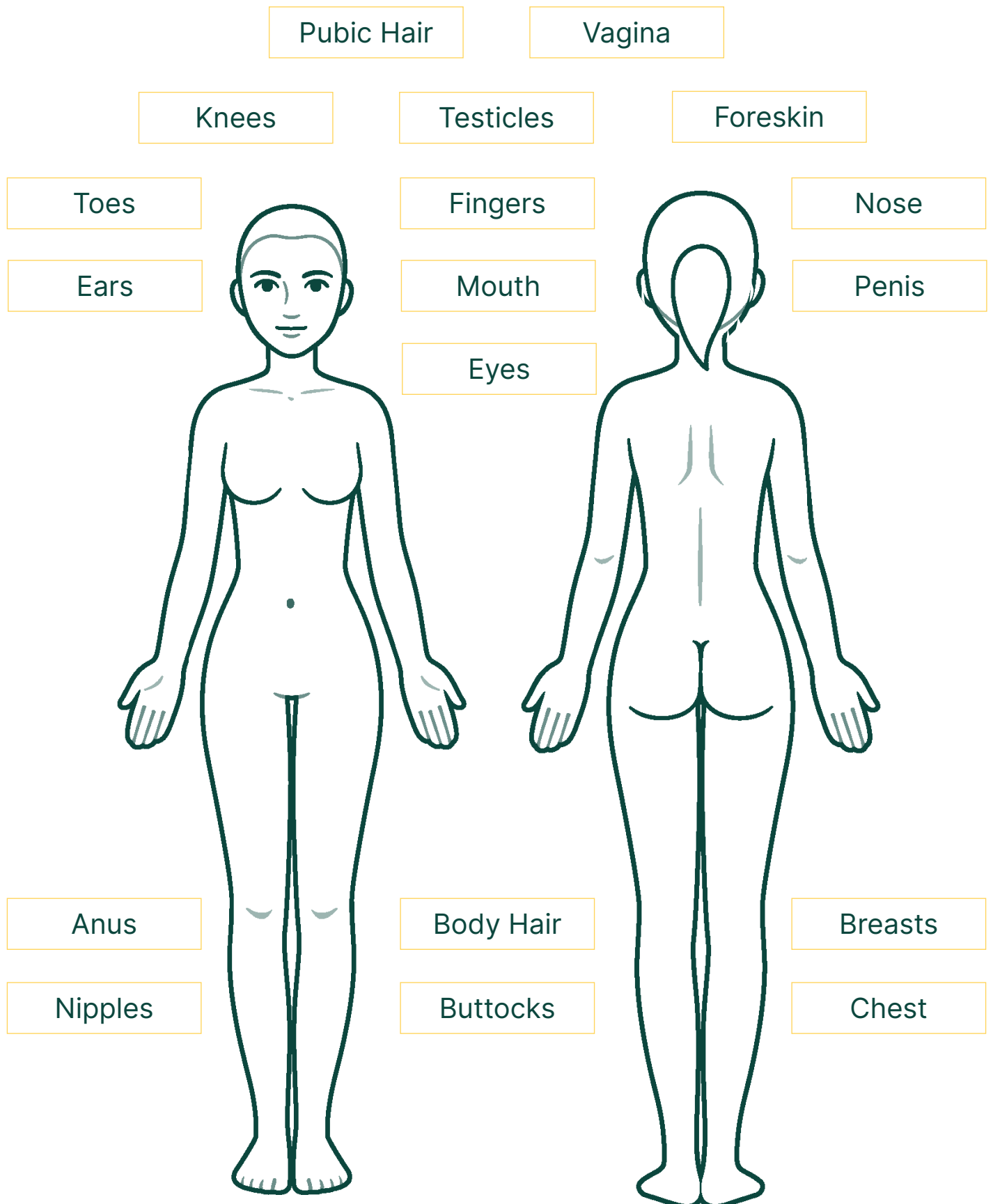
My Body

What makes me 'Me'?



My Body

What makes me 'Me'?



My Body

Privacy

Why is privacy important?



Why is privacy important?



What is OK?



What is not OK?



Rules around Privacy Online



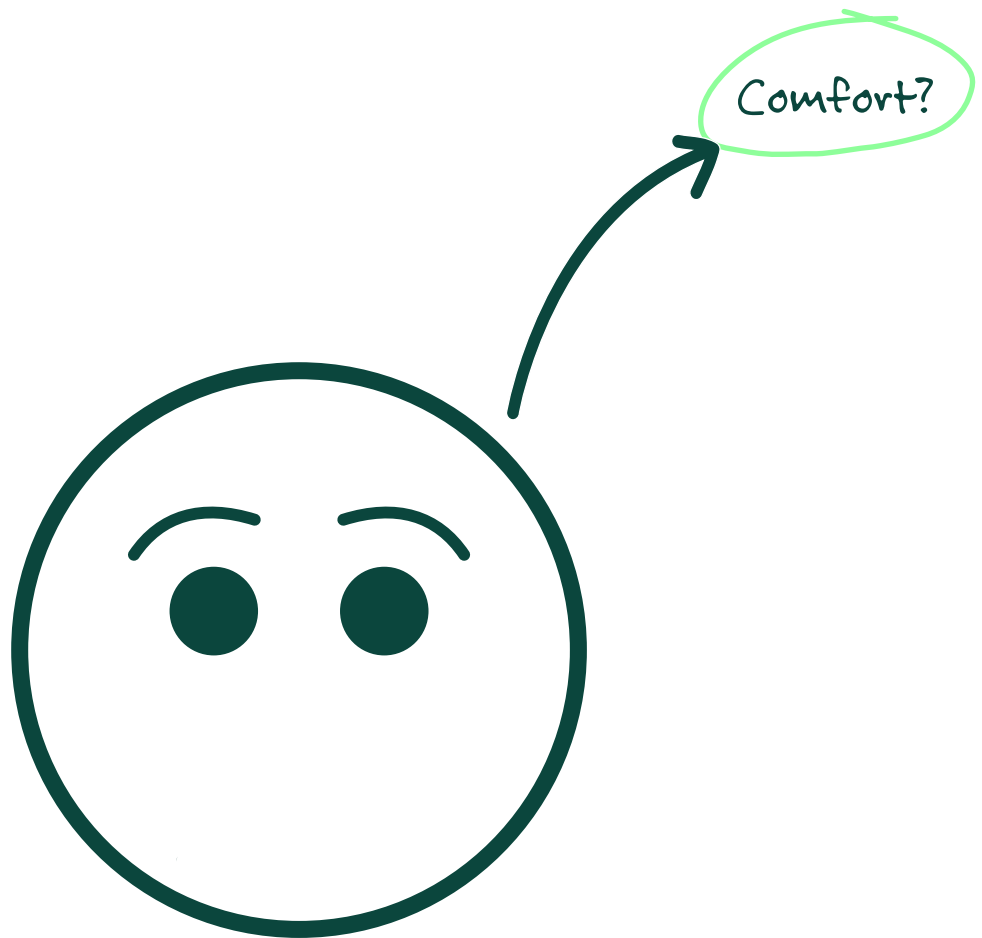
What worries me?



My Body

Touch

Why would someone want to touch another person?
Complete the Spider Diagram



**How do I feel about
being touched?**



Things I want to remember from this lesson:



A large, empty white rectangular box intended for writing notes or reflections.

My Development

Body Development

'The Human Lifecycle'



How old do you think the people on the next page are?

Write the ages next to them...

Things I want to remember from this lesson:



A large, empty white rectangular area intended for writing notes.

Place a number and age in the boxes to show the order of human development:



Age: <input type="text"/>



Age: <input type="text"/>



Age: <input type="text"/>



Age: <input type="text"/>



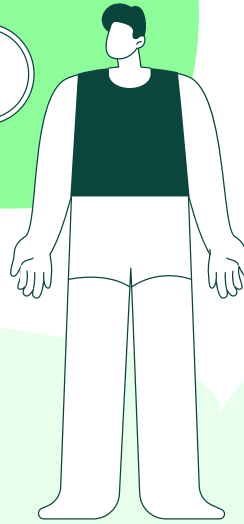
Age: <input type="text"/>



Age: <input type="text"/>

My Development

Physical Differences



How am I different now
to when I was younger?



My Development

My Brain

Emotional

Survival



Thinking

Things I want to remember from this lesson:



Facts about the Brain

You Actually have about 7000 thoughts a day!

Exercise can make your brain work better.

Your brain controls your emotions.

If not ok things happen, or we remember not ok things, certain parts of our brains switch off – the thinking part of our brain and the part that will remember time and date details. This can make it difficult if someone asks us to tell them what happened and in what order.

As a young person you are more likely to take a risk if you are with a friend or a group of friends...think about how friends might persuade you to do things you might not do on your own? Think about how this might be online, did you take part in the ice bucket challenge?

Young people may explore more risks than adults – this is part of your brain developing and growing.

Your brain is still working even when you ...are ...asleep ZZZ...

Your brain can release oxytocin, a “love hormone” where you might feel all warm and fuzzy. Things that might release oxytocin...a hug with someone you care about, caring for animals, spending time with someone important to you, giving a gift, listening to calming music or watching a lovely film.

Your brain is so powerful it can create enough electricity to power a lightbulb.

Adults often worry about what could have happened, you will too as your brain develops, but as a young person you are more likely to focus on how it feels now.

Alcohol affects brains in lots of ways, it can affect a person’s ability to make decisions. It can switch off the parts of the brain that remembers things, and it can affect brain development.

The brain doesn’t fully develop until you are 25, the last part of your brain to develop is your pre-frontal cortex... the thinking part of your brain. This doesn’t mean that you can’t think... you can, but how you think is still developing.

Which of the below reactions are Fight, Flight or Freeze?



Not responding

Pale face

Numb

Hear rate faster

Hear rate slower

Being still

Fidgety

Frozen

Physical fight

Clenched fists

Can't move

Shouting

Looking blank

Running away

Constantly moving arms and feet

Argumentative

Feeling cold

Can't stay focused on anything

Face flushing


Avoiding a situation


My Development

Thoughts, Feelings and... Action

This is a game to help you learn the difference between thoughts, feelings, and actions.

Put a 
by the items that
are thoughts.

Put a 
by the items that
are thoughts.

Put a 
around items
that are actions.

Happy

Running

I'm Smart!

Hitting

Sad

Playing

Mad

I can do it!

Safe

They Don't like me

Worried

Hiding

Crying

Singing

Lonely

She's mad at me

Eating Ice Cream

Taking a Walk

Excited

I'll be OK

Scared

Taking a
deep breath

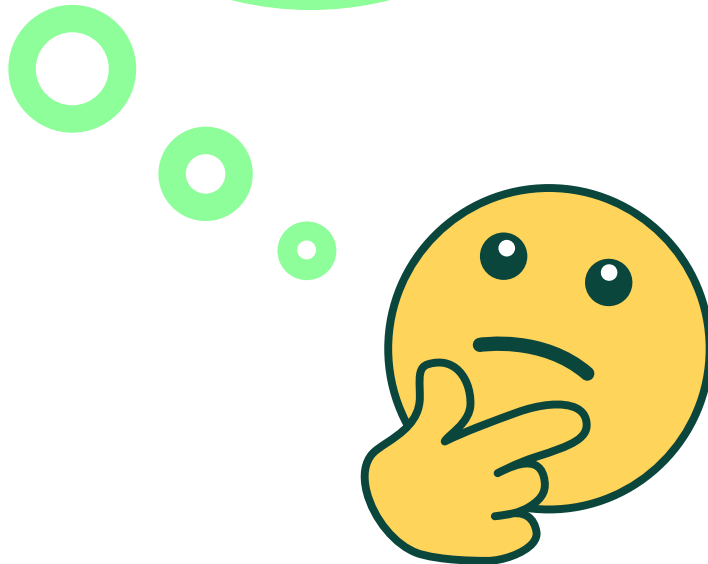
Hopping on
one foot

Brave

Talking to a friend

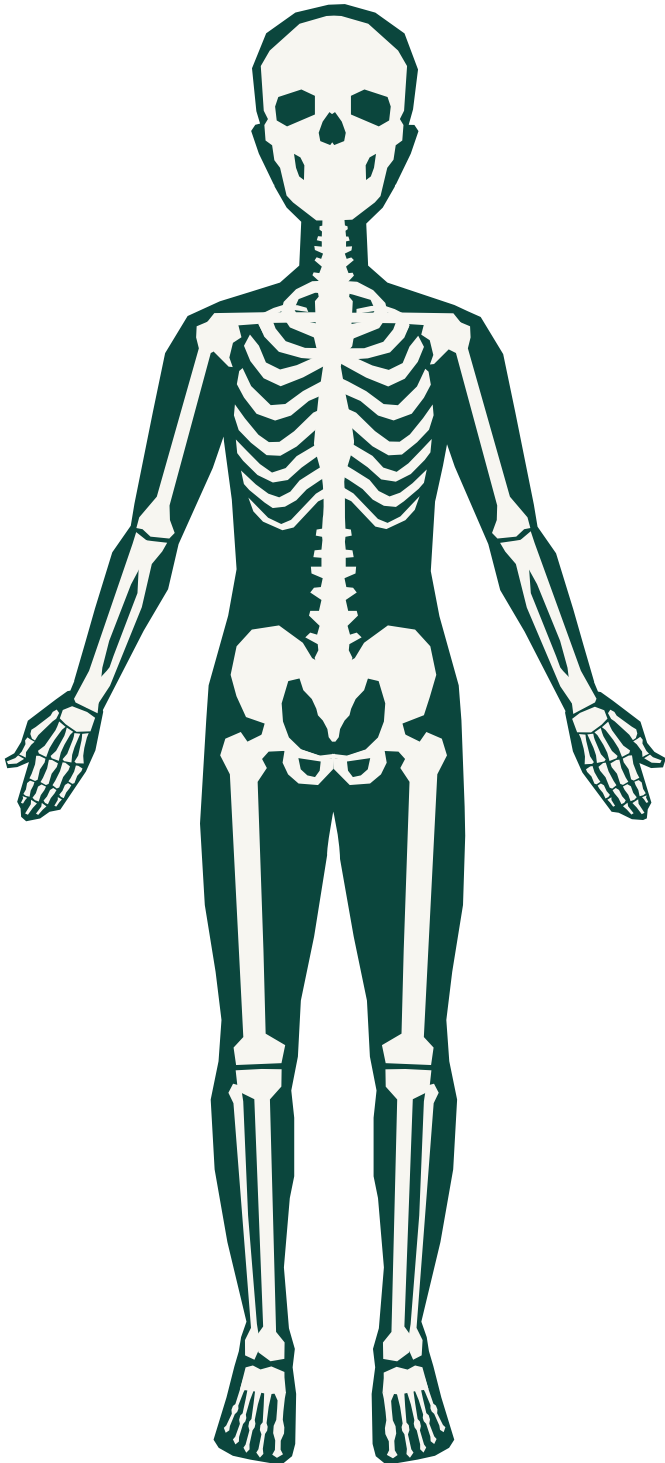
It's my fault

How would I feel?

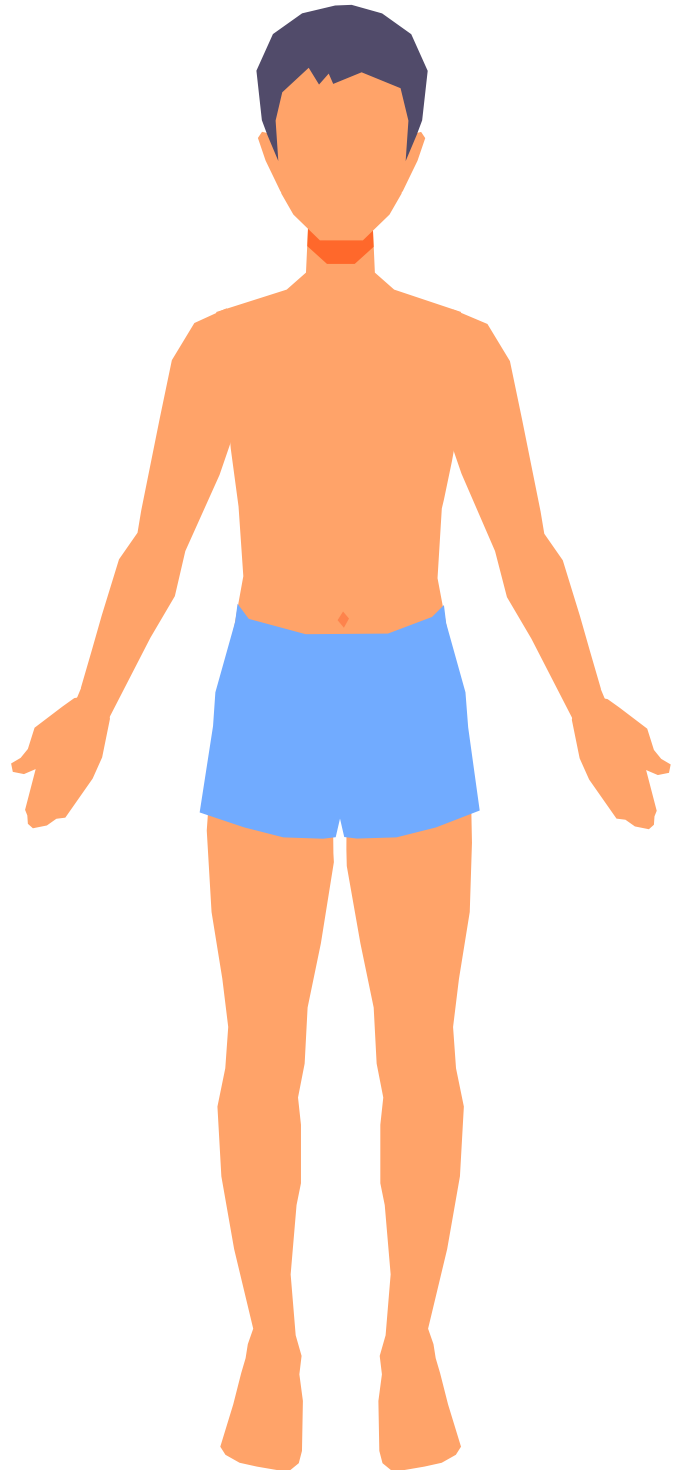


Responses of the Body

Inside



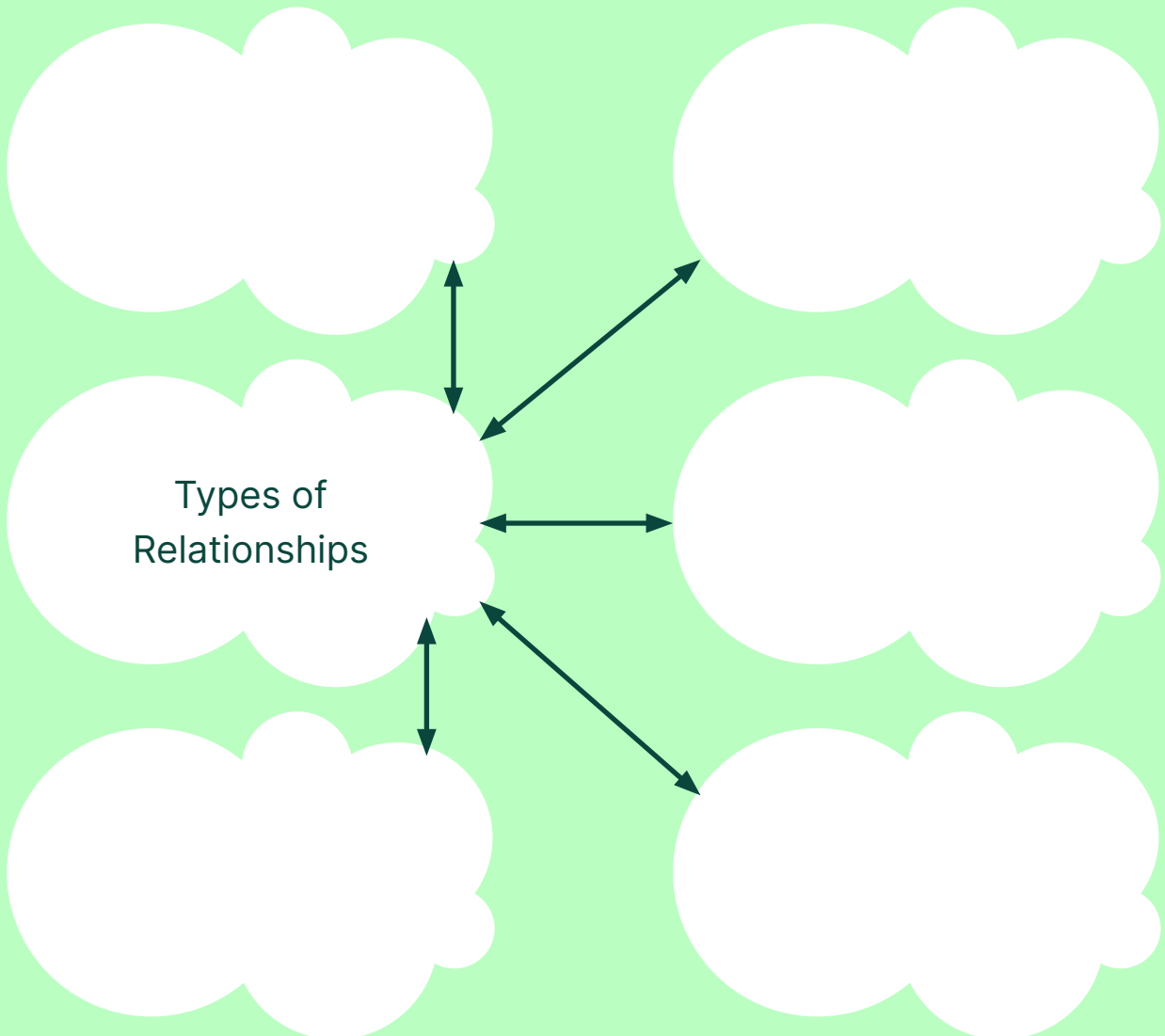
Outside



My World

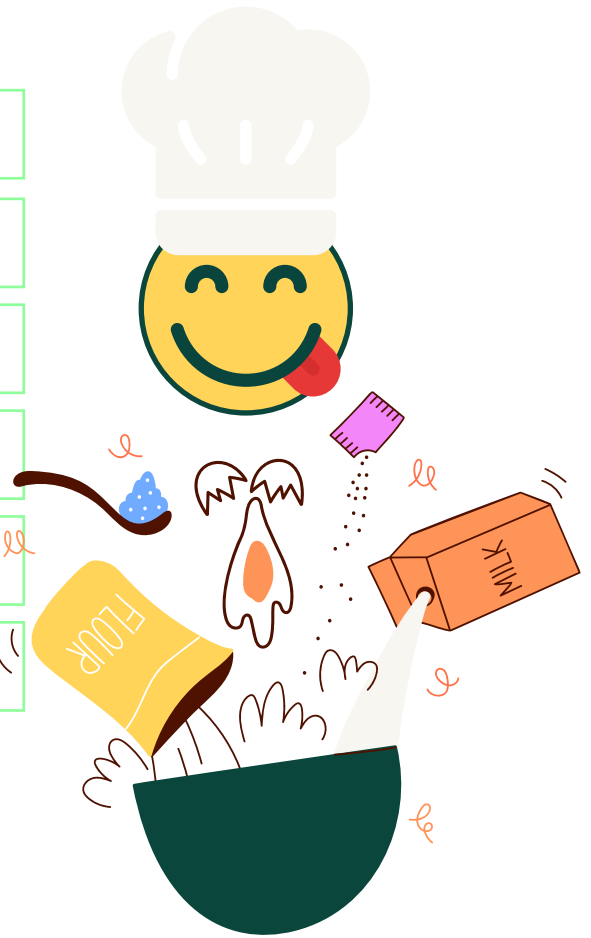


Who is in my World?:



The Friendship Recipe

Funny	Sharing	Rude
Name calls	Leaves me out	Hugs
Fights	Hits	Cruel
Playful	Respect	Kindness
Smart	Fun	Accepting
Includes me	Mean	Listening
Shouts	Bullies	



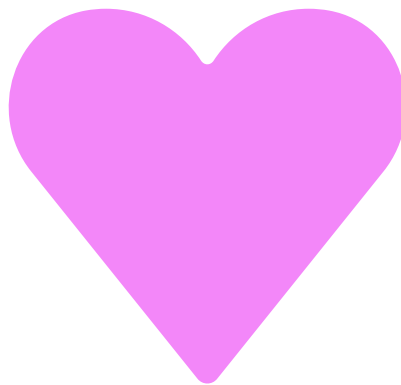
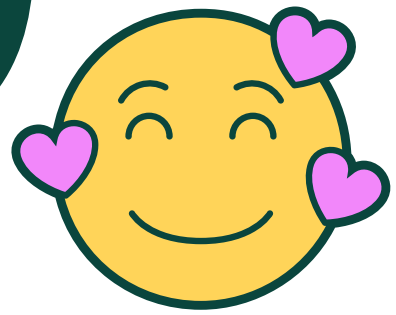
Qualities I have that make me a good friend:

- ✓ 1 Pinch of
- ✓ 2 Spoons of
- ✓ 3 Cups of
- ✓ 4 Slices of
- ✓ 5 Packets of
- ✓ 6 Jars of
- ✓ 7 Sprinkles of
- ✓ 8 Jugs of
- ✓ 9 Cubes of
- ✓ 10 Stirs of

Added Ingredients for an 'Intimate' Relationship

My World

My Relationships



What I want to remember from this lesson:



A large, empty white rectangular box intended for writing a reflection on the lesson.

Hands of Support



What have I Learned?

Who do I go to if I have any questions?



Who can give me support if I need it?

