

CHANGING ME

Jigsaw **Jem's** Journey

How can I cope positively with change?

negative body-talk
 self-esteem
 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

transition
 identity
 independence
 adolescent
 puberty

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

pregnancy
 placenta
 labour
 contracts

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What are your own thoughts and feelings about the process by which a new life is formed?

My Thinking Pad

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

Having a baby is a big responsibility because ...

Puberty is a natural process and I can help myself manage the changes by...

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...

