

## Grade 6: Sexual Growth and Body Image

### **Educational aims**

1. Discuss the importance of having a positive attitude towards your changing body and the variety of body formats

### **Children will:**

- Understand the importance of adopting a positive attitude to their body type
- Understand the various changes that are related to puberty.
- Understand that puberty occurs at a different rate of development for everyone.
- Understand that there is a diversity of body shapes and sizes.
- Understand that there are various factors that determine one's appearance (ex: environment, heredity, nutrition, sleep, physical activity, hygiene, etc).

**Activity:** Should help students become aware of pubertal changes and promote the acceptance of bodily changes to encourage a development of a positive body image.

- Ask students to list, from previous knowledge, the various changes during puberty both physical and psychological.
- Review the different elements that influence body image.
- Discuss strategies to develop in order to have a positive attitude towards your body image.