



Created and Loved by God

Me, My Body, My Health

In this unit the children will consider their personal gifts and talents as well as learn about the differences between boys bodies and girls bodies.

Lord, I believe in you: increase my faith.

I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.
Make me wise in planning,
Courageous in taking risks.
Make me patient in suffering, unassuming
when I'm doing well.
Keep me Lord, attentive at prayer,
Balanced in food and drink,
Diligent in my work, firm in my good
intentions.

Key Knowledge

- As people grow up, similarities and differences arise and that by living and working together we create a community.
- Learn about the unique growth and development of humans and the changes that boys and girls will experience during puberty.
- Learn about the need to respect their bodies as a gift from God which is to be looked after and treated appropriately.
- The need for modesty and appropriate boundaries.
- How to make good choices that have an impact on their health and wellbeing.

Key Vocabulary

Similarities: being the same or nearly the same as something.

Differences: being not the same to something or someone.

Self-confidence: having faith or trust in yourself or your abilities.

Respectful: being considerate, courteous and polite.

Puberty: the stage or age when a person experiences the changes of the reproductive system.

Appreciative: to be grateful for something, saying thank you.

Reverent: showing great respect, awe and love.

Genitals: the organs associated with reproduction.

Menstruation: a sign that a girl's body is getting ready for future pregnancies.

Private: things which are you own and should not be discussed or shared with others.



Questions of Meaning and Purpose:

Who made you?
Your body is a gift from God, how do you look after it?

