

Year 6: Changing Me

Vocabulary	
Self-Image	Self-image is how we think about ourselves. Our self-image can vary depending on our mood at the time.
Pubic Hairs	Hair that grows above the private external body parts (genitals) during puberty. Sometimes known as 'pubes'
Voice Breaks	Hormones cause a boy's voice box to grow and move lower in his throat during puberty. While this is happening, their voice might be squeaky one minute and low the next. This is often referred to as someone's voice breaking.
Facial Hair	Facial hair is hair grown on the face, usually on the chin, cheeks, and upper lip region.
Hormones	Hormones are the body's chemical messengers. They carry information and instructions from one set of cells to another.

