

## Supporting 'Healthy Me' puzzle at home: A Guide for Families

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

| Talking Together: suggested questions to support Changing Me learning at home |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
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| Ages 3-5                                                                      | <b>Growing and changing</b> <ul style="list-style-type: none"> <li>How were you different when you were a baby?</li> <li>What can you do now that you couldn't do before?</li> <li>What are you looking forward to as you get older?</li> </ul>                                                                                                                                                                                                                                              | <b>Knowing our bodies</b> <ul style="list-style-type: none"> <li>What are some parts of your body and what do they help you do?</li> <li>How does your body help you play and learn?</li> <li>Why is it important to take care of our bodies?</li> </ul> | <b>Talking about feelings</b> <ul style="list-style-type: none"> <li>How do you feel about growing up?</li> <li>What can you do when you feel worried or upset?</li> <li>Who can you talk to if you need help?</li> </ul>                       |
|                                                                               | <b>Getting help and solving problems</b> <ul style="list-style-type: none"> <li>Who helps you when you have a problem?</li> <li>What can you do if something is worrying you?</li> <li>How can sharing your feelings help solve problem?</li> </ul>                                                                                                                                                                                                                                          | <b>Happy memories</b> <ul style="list-style-type: none"> <li>What are some happy memories from this year?</li> <li>How can remembering happy times help when we feel sad?</li> <li>What special things do you remember doing?</li> </ul>                 | <b>Feelings about change</b> <ul style="list-style-type: none"> <li>How can change make us feel happy and sad at the same time?</li> <li>What changes are happening for you soon?</li> <li>What can help you feel calm about change?</li> </ul> |
|                                                                               | <b>Resources and additional support for Families</b>                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
|                                                                               | <ul style="list-style-type: none"> <li><a href="#">NSPCC - Early Years Resources</a> – guidance to help children understand feelings and transitions</li> <li><a href="#">BBC Tiny Happy People</a> – resources to support emotional development and communication</li> <li><a href="#">Anna Freud Common difficulties</a> for under fives</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |
|                                                                               | <b>School-based and local resources (editable box for teachers):</b>                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                 |

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| Talking Together: suggested questions to support Changing Me learning at home |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                 |
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| Ages 5-6                                                                      | <b>Life cycles and growing</b> <ul style="list-style-type: none"> <li>How do animals and people change as they grow?</li> <li>What can you do now that you couldn't do when you were a baby?</li> <li>Why does everyone grow at their own pace?</li> </ul>                                                                                                                                      | <b>Changes from a baby to now</b> <ul style="list-style-type: none"> <li>What has changed about you since you were a baby?</li> <li>What new skills have you learned recently?</li> <li>How does learning new things help you grow?</li> </ul>             | <b>Understanding body changes</b> <ul style="list-style-type: none"> <li>How does your body change as you grow?</li> <li>Why do bodies need care and respect?</li> <li>What helps your body stay healthy?</li> <li>Why is it good for our bodies to grow and change?</li> </ul> |
|                                                                               | <b>Private body parts and respect</b> <ul style="list-style-type: none"> <li>Which parts of the body are private?</li> <li>Why is it important to respect our own and other people's' bodies?</li> <li>If someone makes you feel unsafe, what could you do?</li> </ul>                                                                                                                          | <b>Feelings about change</b> <ul style="list-style-type: none"> <li>How can change make us feel excited or worried?</li> <li>What changes are happening for you now?</li> <li>Why is it okay to have different feelings to others about change?</li> </ul> | <b>Coping with change and growing confidence</b> <ul style="list-style-type: none"> <li>What can help you feel calm when things change?</li> <li>Who can you talk to if you feel worried?</li> <li>How can learning new things build confidence?</li> </ul>                     |
|                                                                               | <b>Resources and additional support for Families</b>                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                 |
|                                                                               | <ul style="list-style-type: none"> <li><a href="#">NSPCC 'PANTS'</a> – guidance on body safety, privacy and growing up conversations</li> <li><a href="#">BBC Bitesize KS1</a> – resources to learn more about life cycles, growth and change</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                 |
|                                                                               | <b>School-based and local resources (editable box for teachers):</b>                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                 |

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| Talking Together: suggested questions to support Changing Me learning at home |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                              |
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| Ages 6-7                                                                      | <b>Life cycles in nature</b> <ul style="list-style-type: none"> <li>How do living things change as they grow?</li> <li>What changes happen around us that we can't control?</li> <li>How might someone feel about changes they can't control?</li> </ul>                                                                                                                                                                                                                                                 | <b>Growing from young to old</b> <ul style="list-style-type: none"> <li>How do people change as they get older?</li> <li>In our family, who are the older people you respect and why?</li> <li>What positive things happen as people get older?</li> </ul>                                   | <b>Your changing body and independence</b> <ul style="list-style-type: none"> <li>What has changed about you since you were a baby?</li> <li>What can you do more independently now than before?</li> <li>How does your body help you to learn and do new things?</li> </ul> |
|                                                                               | <b>Boys' and girls' bodies</b> <ul style="list-style-type: none"> <li>Which parts of your body are private?</li> <li>What are the correct names for private body parts?</li> <li>If any part of your body felt sore or uncomfortable, who could you tell?</li> </ul>                                                                                                                                                                                                                                     | <b>Touch and boundaries</b> <ul style="list-style-type: none"> <li>What types of touch feel comfortable? What types don't?</li> <li>Why is it important to respect what other people like and don't like?</li> <li>If someone's touch made you uncomfortable, what should you do?</li> </ul> | <b>Looking ahead to change</b> <ul style="list-style-type: none"> <li>What are you looking forward to in your next class?</li> <li>When someone feels worried about changes, what might help?</li> <li>In our family, who can you talk to about worries?</li> </ul>          |
|                                                                               | <b>Resources and additional support for Families</b> <ul style="list-style-type: none"> <li><a href="#">NSPCC</a> – advice for families on boundaries, secrets, safety and Changing Me</li> <li><a href="#">Kidscape Parent Advice</a> – guidance, tips and advice to help children build healthy friendships and manage challenges within friendships</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                              |
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| Talking Together: suggested questions to support Changing Me learning at home |                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                             |
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| Ages 7-8                                                                      | <b>How babies grow and families</b> <ul style="list-style-type: none"> <li>What different jobs do people in families do to care for babies?</li> <li>In our family, who does what to help look after everyone?</li> <li>What makes a family loving and caring, no matter who is in it?</li> </ul>                                                                                                                                | <b>Understanding body changes during puberty</b> <ul style="list-style-type: none"> <li>What are some changes that happen to bodies as people grow up?</li> <li>How might someone feel about their body changing during puberty?</li> <li>If you had questions about your body changing, who would you talk to?</li> </ul> | <b>Keeping clean and healthy</b> <ul style="list-style-type: none"> <li>Why does keeping clean become more important as we grow up?</li> <li>What are some ways you can look after your body as it grows and changes?</li> <li>In our family, who can you ask if you have questions about hygiene or growing up?</li> </ul> |
|                                                                               | <b>Challenging stereotypes about families</b> <ul style="list-style-type: none"> <li>Can anyone in a family do any job at home? Why or why not?</li> <li>In our family, how do we share jobs and responsibilities?</li> <li>What stereotypes have you heard about what boys or girls "should" do?</li> </ul>                                                                                                                     | <b>Feelings about growing up</b> <ul style="list-style-type: none"> <li>What excites you about growing up? What worries you?</li> <li>Is it natural to have mixed feelings about changes? Why?</li> <li>Who are the trusted adults in your life you can talk to about growing up?</li> </ul>                               | <b>Looking ahead and managing worries</b> <ul style="list-style-type: none"> <li>What are you looking forward to in your next class?</li> <li>When someone feels worried about changes, what might help them?</li> <li>Why is it important to share worries rather than keep them to yourself?</li> </ul>                   |
|                                                                               | <b>Resources and additional support for Families</b> <ul style="list-style-type: none"> <li><a href="#">NSPCC</a> – advice for families on boundaries, secrets, safety and Changing Me</li> <li><a href="#">Cambridgeshire NHS</a> advice around personal hygiene for children</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                             |
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| Ages 8-9                                                                      | <b>What makes you unique</b> <ul style="list-style-type: none"> <li>What things about you come from our family? What things are from your own choices?</li> <li>How do your interests and hobbies help make you who you are?</li> <li>What are you proud of about yourself?</li> </ul>                                                                                                                                                                                                                        | <b>Puberty and menstruation</b> <ul style="list-style-type: none"> <li>What have you learnt about puberty at school?</li> <li>What is menstruation and why does it happen?</li> <li>Why do periods start at different ages for different girls?</li> </ul>                                                                                | <b>Families and your inner circle</b> <ul style="list-style-type: none"> <li>Who are the people in your inner circle that you trust?</li> <li>In our family, who are the people you know you can always turn to?</li> <li>What makes someone a trusted adult?</li> </ul>             |
|                                                                               | <b>Managing change in your life</b> <ul style="list-style-type: none"> <li>What changes can people control? What changes can't they control?</li> <li>What helps you cope when things change in your life?</li> <li>How can planning ahead make change feel less scary?</li> </ul>                                                                                                                                                                                                                            | <b>Accepting changes you can't control</b> <ul style="list-style-type: none"> <li>How can someone respond positively to changes they can't stop?</li> <li>What's the difference between worrying a normal amount and needing extra support?</li> <li>If you needed reliable information about something, where would you look?</li> </ul> | <b>Looking forward and asking for help</b> <ul style="list-style-type: none"> <li>What changes are you looking forward to next year?</li> <li>When might someone need to ask a trusted adult for support?</li> <li>In our family, how do we ask for help when we need it?</li> </ul> |
|                                                                               | <b>Resources and additional support for Families</b> <ul style="list-style-type: none"> <li><a href="#">NSPCC</a> – advice for families on boundaries, secrets, safety and Changing Me</li> <li><a href="#">Always</a> Advice on how to discuss periods with your child</li> <li><a href="#">BBC Operation Ouch clip</a> explaining main changes of puberty</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                      |
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| Ages 9-10                                                                     | <b>Self-image and body confidence</b> <ul style="list-style-type: none"> <li>What makes you feel confident about yourself?</li> <li>Why do images online and in media often look unrealistic?</li> <li>If someone felt worried about how they look or feel about their body, who could they talk to?</li> </ul>                                                                                                                                                                                                                                                                           | <b>Puberty changes for girls</b> <ul style="list-style-type: none"> <li>Why is puberty a natural and healthy process?</li> <li>What are some physical and emotional changes for girls in puberty?</li> <li>Can you explain some ways that girls can manage periods comfortably?</li> <li>In our family, who can you talk to openly about puberty?</li> </ul> | <b>Puberty changes for boys</b> <ul style="list-style-type: none"> <li>What physical and emotional changes happen to boys during puberty?</li> <li>Are there any changes you have noticed in older boys that might be part of puberty?</li> <li>Why does everyone experience puberty at different times?</li> <li>Who could you ask for advice about growing up?</li> </ul> |
|                                                                               | <b>How babies are made (Sex Education)</b> <ul style="list-style-type: none"> <li>How are babies conceived in a loving relationship?</li> <li>Why do you think that sex is part of an <b>adult</b> relationship?</li> <li>Why is the age of consent important?</li> <li>If you had questions about relationships or bodies, who would you ask?</li> </ul>                                                                                                                                                                                                                                 | <b>Being a teenager - responsibilities and pressures</b> <ul style="list-style-type: none"> <li>What responsibilities come with being a teenager?</li> <li>How can someone tell if what they see about teenage life in media is realistic?</li> <li>What does the age of consent mean and why does it exist?</li> </ul>                                      | <b>Preparing for transition/change</b> <ul style="list-style-type: none"> <li>What are you excited about for your next school year?</li> <li>What worries might some children have about moving up, and who could help with them?</li> <li>How can you look after your wellbeing during times of change?</li> </ul>                                                         |
|                                                                               | <b>Resources and additional support for Families</b> <ul style="list-style-type: none"> <li><a href="#">BBC Operation Ouch episode</a> 'How Babies are Made' with further supporting clips about puberty to choose from</li> <li><a href="#">Always</a> – Understanding First Period Symptoms, or look at <a href="#">NHS pages</a> on periods for more detailed information</li> <li><a href="#">Nemours</a> guide to puberty for boys</li> <li>Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                             |
|                                                                               | <b>School-based and local resources (editable box for teachers):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                             |
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Ages 10-11

| Talking Together: suggested questions to support Changing Me learning at home                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                          |  |
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| <b>Self-esteem and media influence</b> <ul style="list-style-type: none"><li>How do adverts and influencers try to make people feel about themselves?</li><li>What's the difference between your 'real self' and an 'ideal self'?</li><li>In our family, how do we support each other's confidence and self-esteem?</li></ul>                                                                                                                                                                                                                                         |  | <b>Puberty - bringing it all together</b> <ul style="list-style-type: none"><li>What questions do you have about puberty?</li><li>Why is looking after yourself physically and emotionally important during puberty?</li><li>If someone needed accurate, reliable information about growing up, where should they look?</li></ul> |  | <b>How babies develop and are born (Sex Ed)</b> <ul style="list-style-type: none"><li>How does a baby develop during pregnancy?</li><li>What different ways can babies be born?</li><li>Why is reproduction amazing but also completely natural?</li></ul>                                                                               |  |
| <b>Relationships, attraction and respect</b> <ul style="list-style-type: none"><li>What makes a relationship healthy and respectful?</li><li>What does consent mean and why is it important?</li><li>If someone felt pressured to do something, what should they do?</li></ul>                                                                                                                                                                                                                                                                                        |  | <b>Challenging negative body-talk</b> <ul style="list-style-type: none"><li>Why is negative body-talk harmful to ourselves and others?</li><li>How can someone challenge body-focused comments in their friendship group?</li><li>In our family, how can we support each other to feel good about ourselves?</li></ul>            |  | <b>Preparing emotionally for next year</b> <ul style="list-style-type: none"><li>What strategies help you manage big changes and transitions?</li><li>How can young people look after their mental wellbeing during times of change?</li><li>Who will be there to support you in your new school, and how can our family help?</li></ul> |  |
| <b>Alternative Piece 4: Friendships + staying true to yourself</b> <ul style="list-style-type: none"><li>How can someone keep their own identity even when friends might disagree?</li><li>When is it important to stand up for what you believe in?</li></ul>                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                          |  |
| Resources and additional support for Families                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                          |  |
| <ul style="list-style-type: none"><li><a href="#">NSPCC</a> – advice for families on safety and changing bodies, and <a href="#">resources to children with learning disabilities</a></li><li><a href="#">Childline</a> – puberty advice for children that you could look select from and look at with your child</li><li><a href="#">Anna Freud</a> information about how puberty can affect children</li><li><a href="#">Children's Commissioner</a> Guide for talking to your child about online sexual harassment as they approach secondary school age</li></ul> |  |                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                          |  |
| <b>School-based and local resources (editable box for teachers):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                          |  |