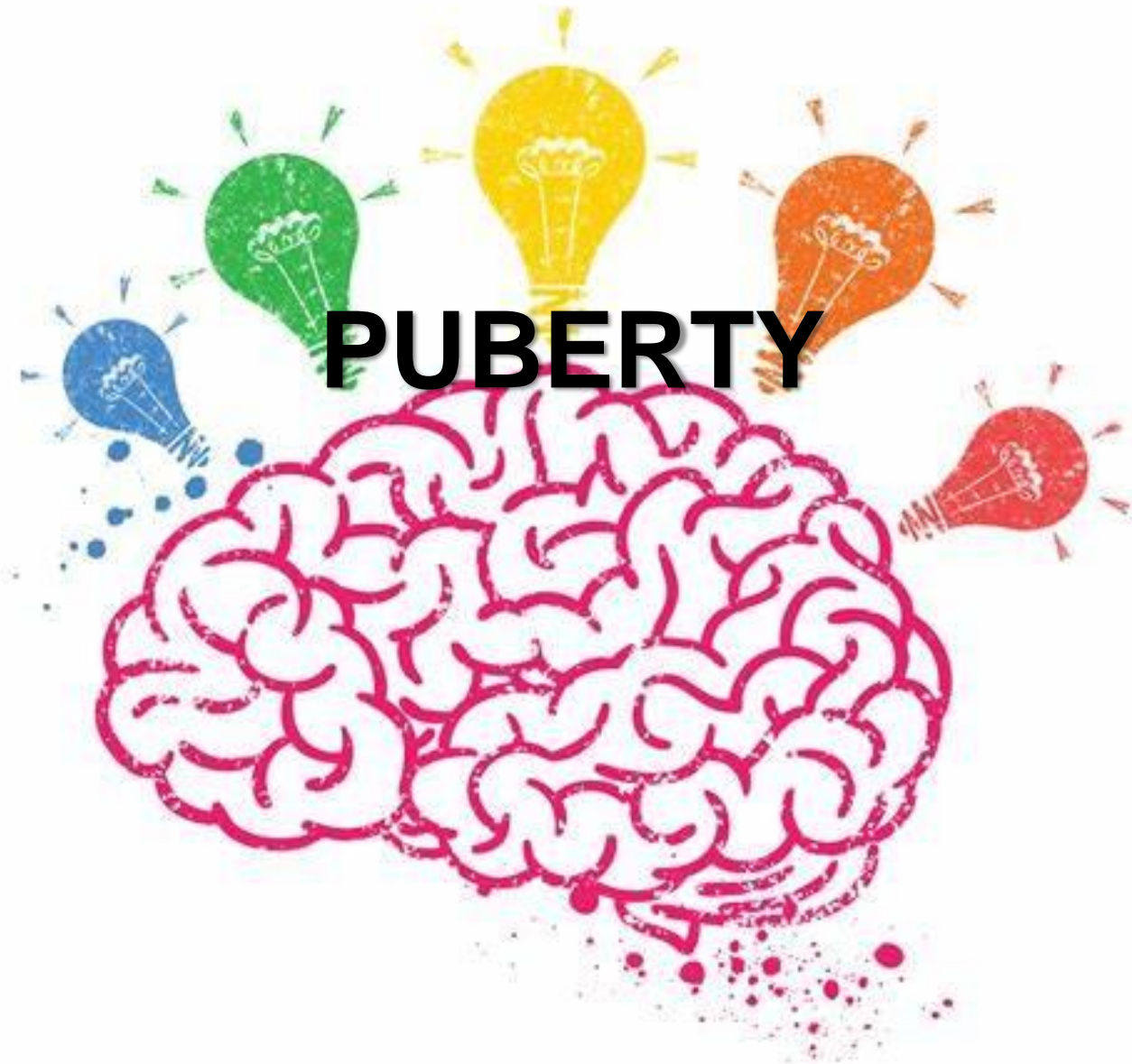
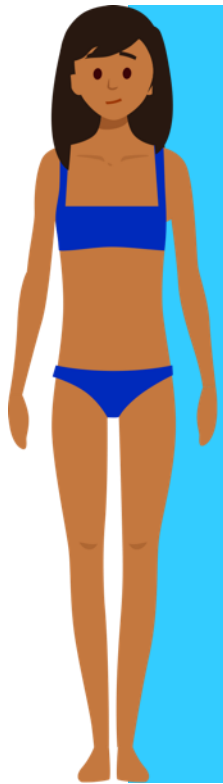


Mind Mapping

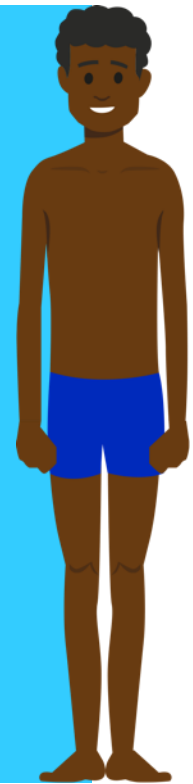


WHAT ARE WE GOING TO LEARN?



In today's lesson, we're going to learn about how our bodies change during puberty.

We are also going to look at the menstrual cycle and how to manage the changes it brings.



RESPECT. YOUR RULES.

Today, we're going to be talking about sensitive topics. It's really important that we all show each other respect. Use some of the words below to write your own three rules that you'd like everyone to follow.

HEAR

RESPECT

KIND

LISTEN

UNDERSTAND

SPEAK

Let's share and agree on our ground rules.



STARTER ACTIVITY

GROWING AND CHANGING
- TRUE OR FALSE QUIZ

WHAT DO YOU ALREADY KNOW?

To begin, let's see how much you already know with a **TRUE** or **FALSE** quiz.



TRUE OR FALSE?

#1

Puberty is the time when our bodies change and develop as we mature.



TRUE!

Puberty is the time when our bodies change and develop as we mature so that we can reproduce (make babies) one day, if we choose to.

TRUE OR FALSE?

#2

For those born female, puberty begins when they have their first period.

 **FALSE**

The first sign of puberty in females is often other physical changes, like breasts starting to grow.

TRUE OR FALSE?

#3

Everyone's bodies (male and female) go through completely different changes at puberty.

 **FALSE**

Although some of the changes are different, males and females bodies will experience many similar changes, both physical and emotional.

TRUE OR FALSE?

#4

Sweating more once we reach puberty is a bad thing.

 **FALSE**

Sweating helps control the temperature of our bodies. The smell it creates can be unpleasant, but we can do things like shower and use deodorant to manage this.

TRUE OR FALSE?

#5

Mood swings are a normal part of puberty.



TRUE!

Mood swings often happen during puberty because of changes to our hormones (chemical messengers that can affect our behaviour and emotions).

TRUE OR FALSE?

#6

Puberty always happens around the age of 12.

 **FALSE**

Puberty happens at different ages for different people. For those born female, puberty usually starts between the ages of 7 and 12. For those born male, it usually starts between 9 to 14, but it can be earlier or later. Speak to your GP for advice if you haven't started by age 14.

ACTIVITY 1

OUR CHANGING BODIES



OUR CHANGING BODIES

How many times has an adult told you how much you've grown?
But which parts of your body have grown? How have they changed?



PUBERTY - A REMINDER

Who can remember what puberty is?

Puberty is the time when our bodies change and develop as we mature so that we can reproduce (make babies) one day, if we choose to.

So why do we change during puberty?
Which parts of our body change?
How do they change? Let's find out.

HORMONES - THE STARTING INGREDIENT

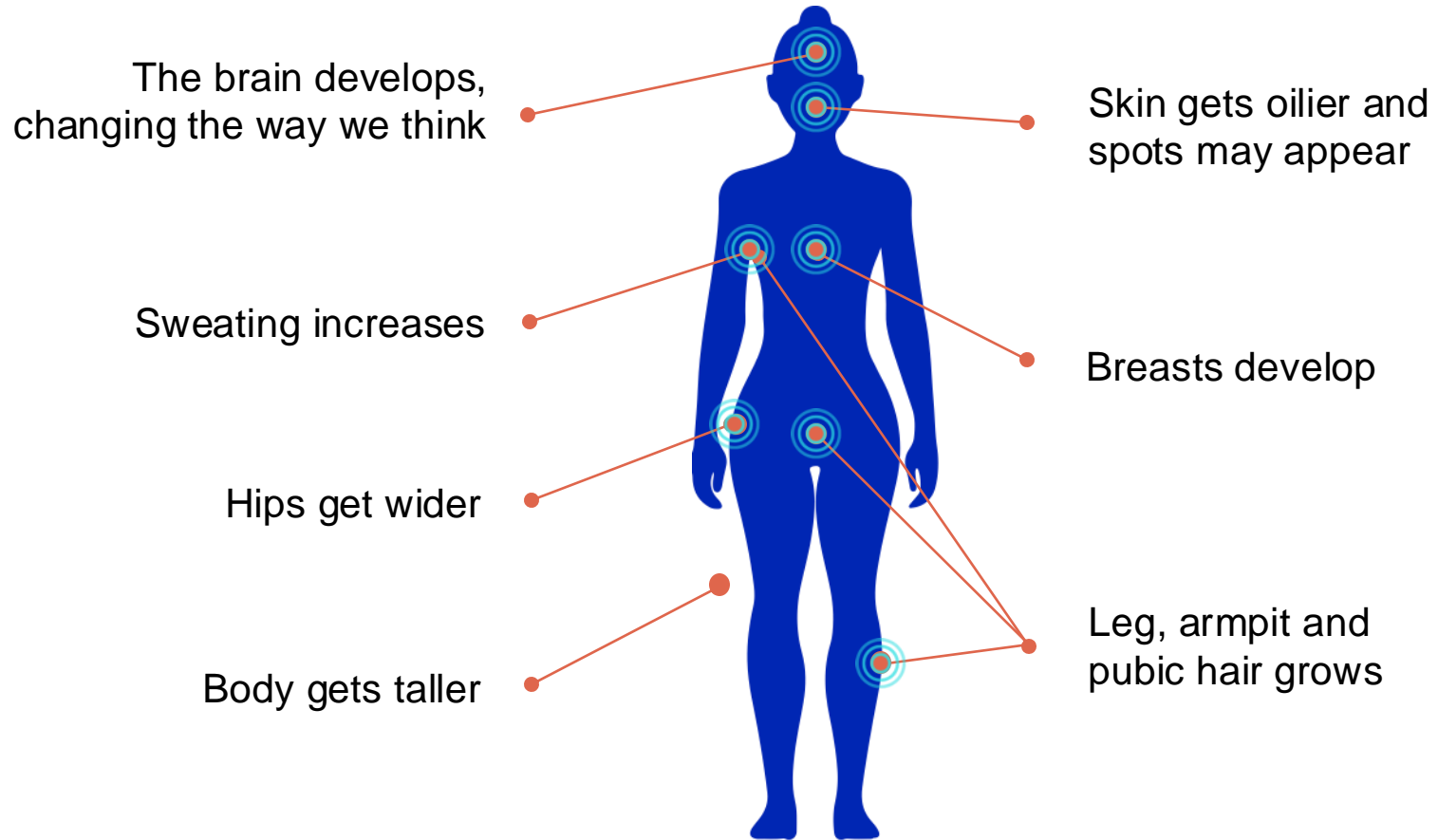
The changes that happen to our bodies during puberty are kick-started by important chemicals in the blood called hormones.

Hormones called **oestrogen** and **progesterone** have the biggest effect on the way those born female change during puberty.

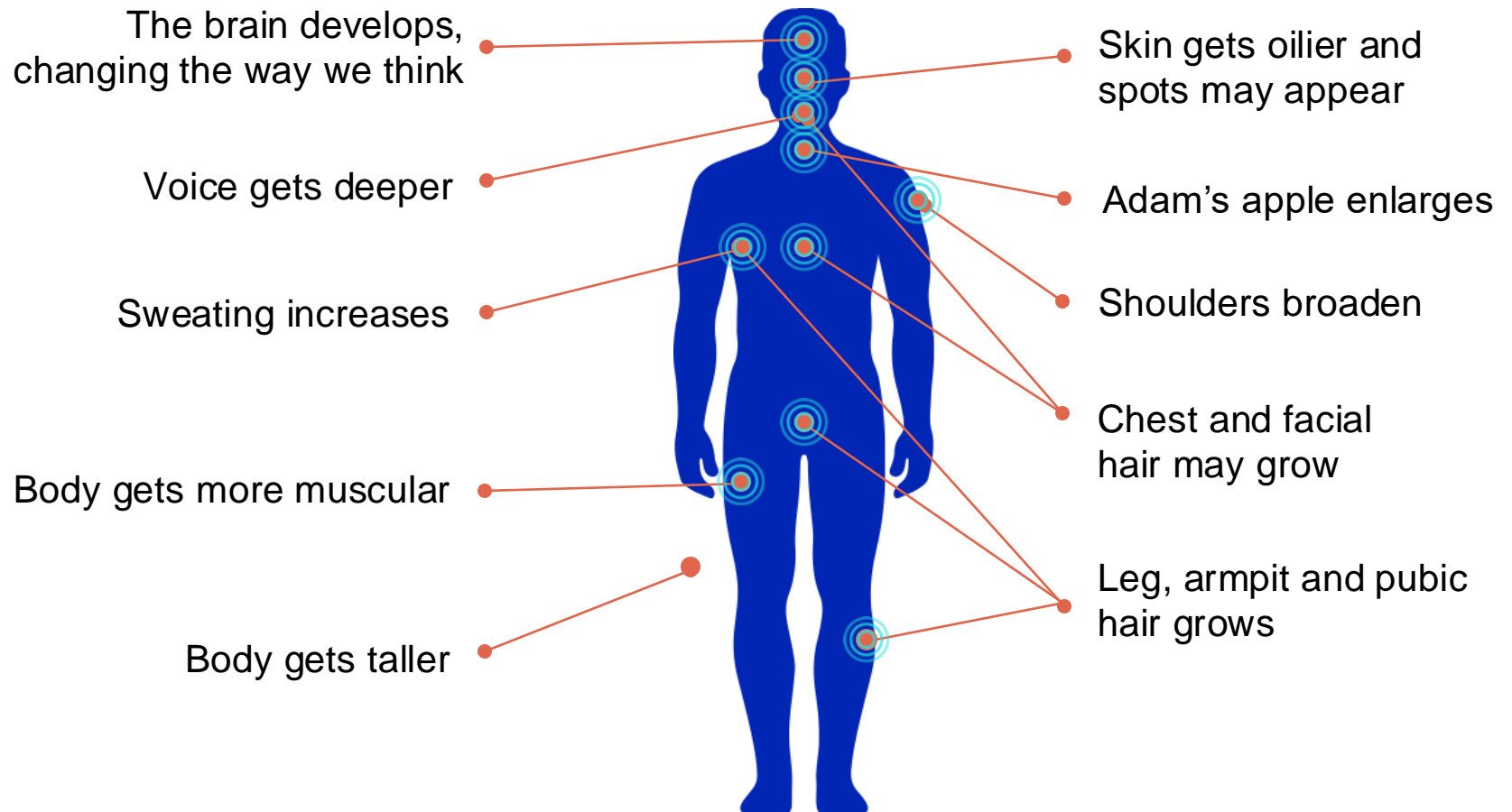


For those born male, a hormone called **testosterone** makes the biggest difference during puberty.

HOW DO BODIES BORN FEMALE CHANGE?



HOW DO bodies born male CHANGE?



WHAT'S THE SAME? WHAT'S DIFFERENT?

Did you spot any changes that are the same for males and females?

Do you have any questions about what we've talked about so far?



What are the differences between the way male and female bodies change during puberty?

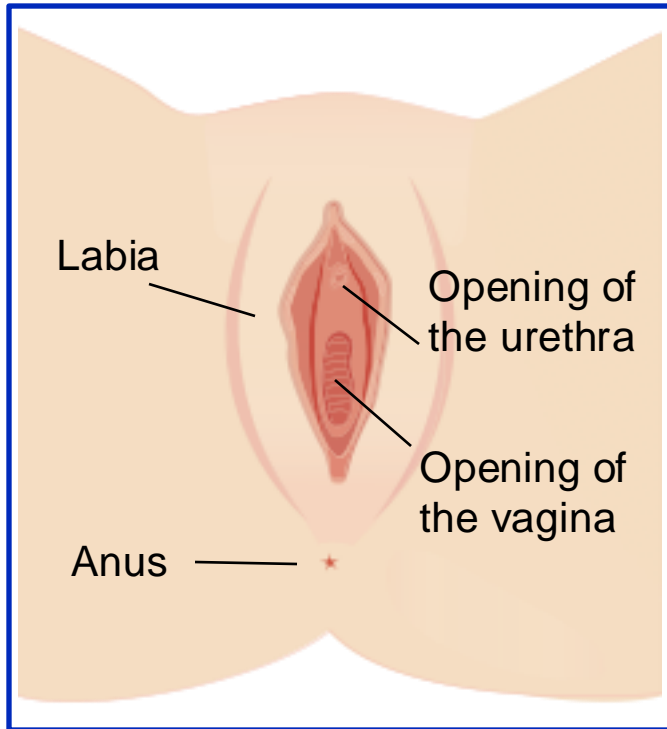
Who can we talk to about how we feel?

PUBERTY AND OUR GENITALS

Some of the changes that happen to our bodies during puberty affect our genitals. These are our reproductive organs - the parts of our body that are involved in making babies.

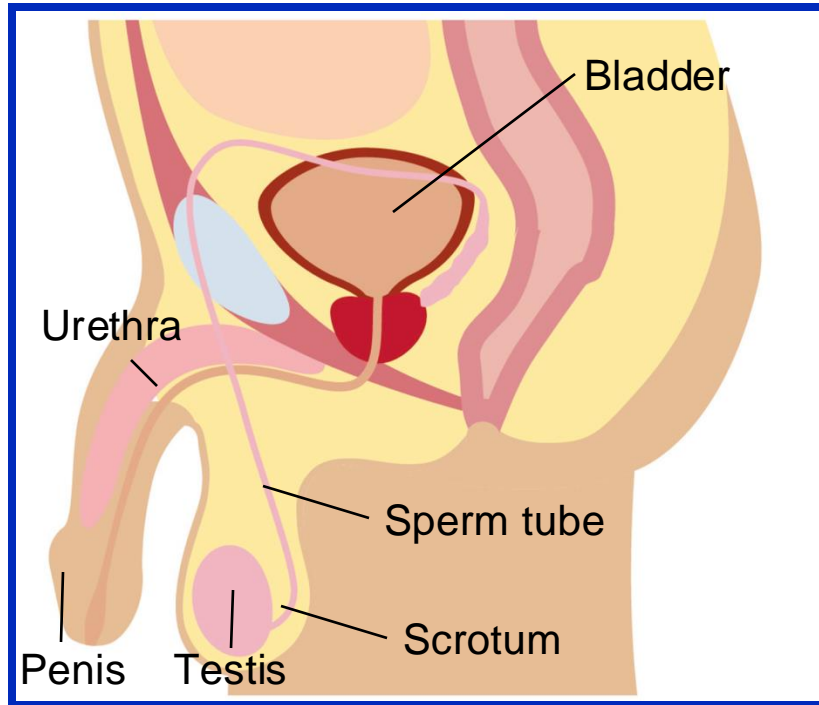
Let's find out more about how those born with female and male genitals change during puberty.

EXTERNAL GENITALS FOR those born female (VULVA)



- This picture shows a **vulva** – the genitals that are on the outside of those born with a female body.
- During puberty, the **labia** (lips) of the vulva may grow and become darker.
- Discharge may start to come from the **vagina**. This is a clear or white fluid that cleans and protects the vagina.
- Might appear on your underwear.

For those born with male **GENITALS**

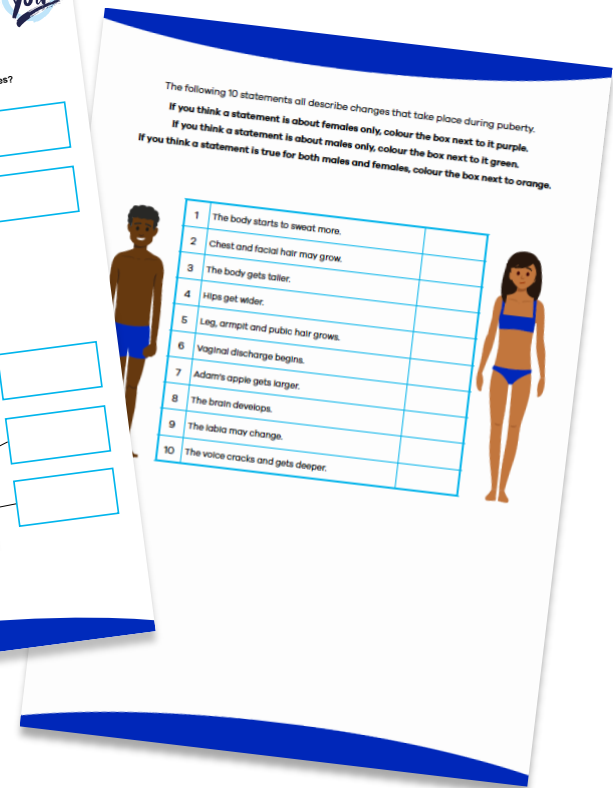
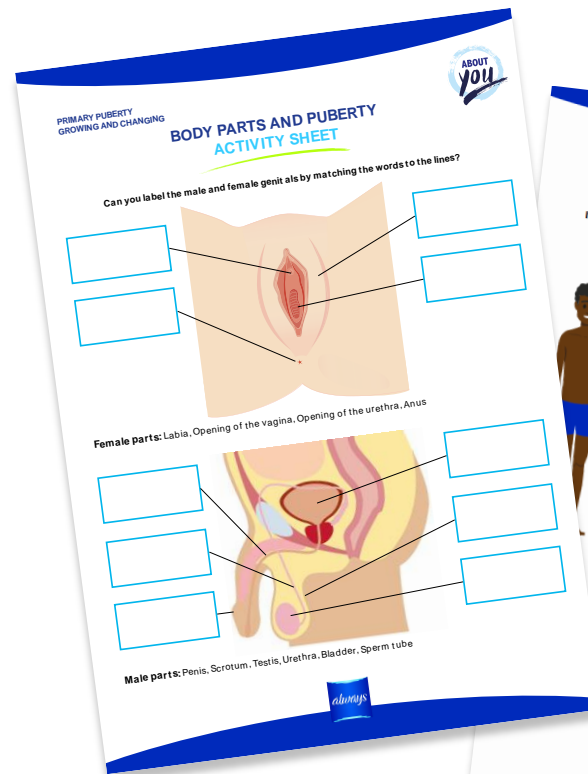


- During puberty, an increase in the hormone **testosterone** makes the penis and testicles grow.
- Males begin having **erections**, which is when the penis becomes stiff and sticks up as it fills with blood.
- The testicles begin making **sperm**, which mixes with a little fluid to become **semen**. This comes out of the penis during ejaculation.
- On the outside of the body.

BODY PARTS

WHAT CAN YOU REMEMBER?

- Complete the **Body Parts and Puberty Activity Sheet** with the correct labels for female and male body parts.
- On the second page, see if you remember whether the changes listed in the table apply to male bodies, female bodies or both and colour code each one.



PUBERTY CHANGES

WHAT CAN YOU REMEMBER?

- | | | | |
|--|-----------------------------------|--|-----------------------------------|
|  | The body starts to sweat more. |  | Vaginal discharge begins |
|  | Chest and facial hair may grow. |  | Adam's apple gets larger. |
|  | The body gets taller. |  | The brain develops. |
|  | Hips get wider. |  | The labia may change. |
|  | Leg, armpit and pubic hair grows. |  | The voice cracks and gets deeper. |

Key:  Males and females  Females only  Males only

WE'VE LEARNT A LOT!

Which facts were new to you?

Is there anything you're still unclear about?



Is there anything that worries you about the changes that are going to happen as part of puberty?

ACTIVITY 2

PERIODS -
WHAT'S THE DEAL?



LISTEN UP!

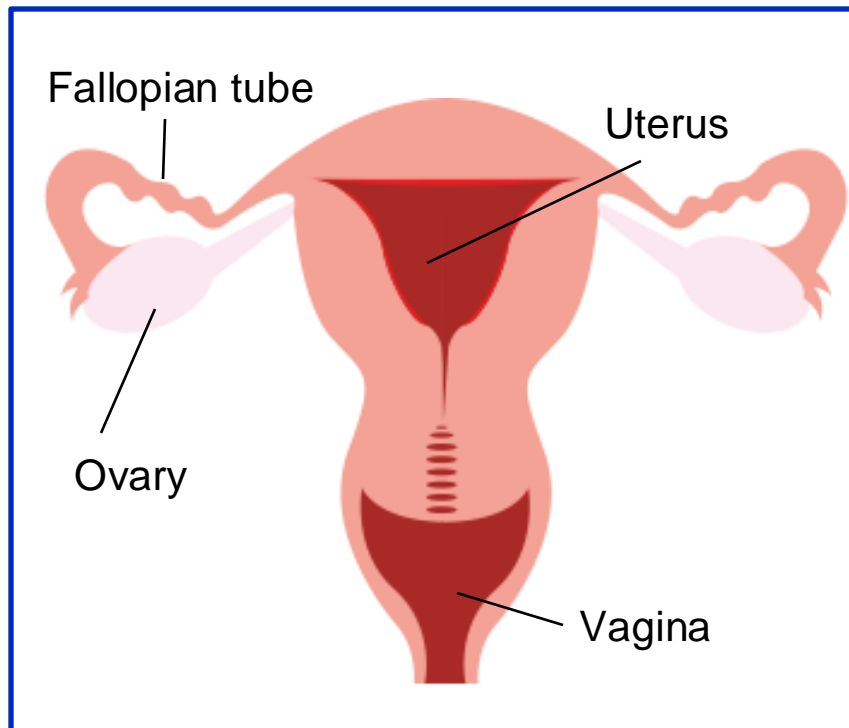


- Although not everyone will get periods, it's important that everyone understands them.
- Many of the important people born female in your life – your mums, sisters, friends and one day perhaps girlfriends or daughters – will have periods.

Everyone needs to know about the menstrual cycle so they can be understanding and supportive – why?

PERIODS - WHAT'S THE DEAL?

A female's reproductive organs



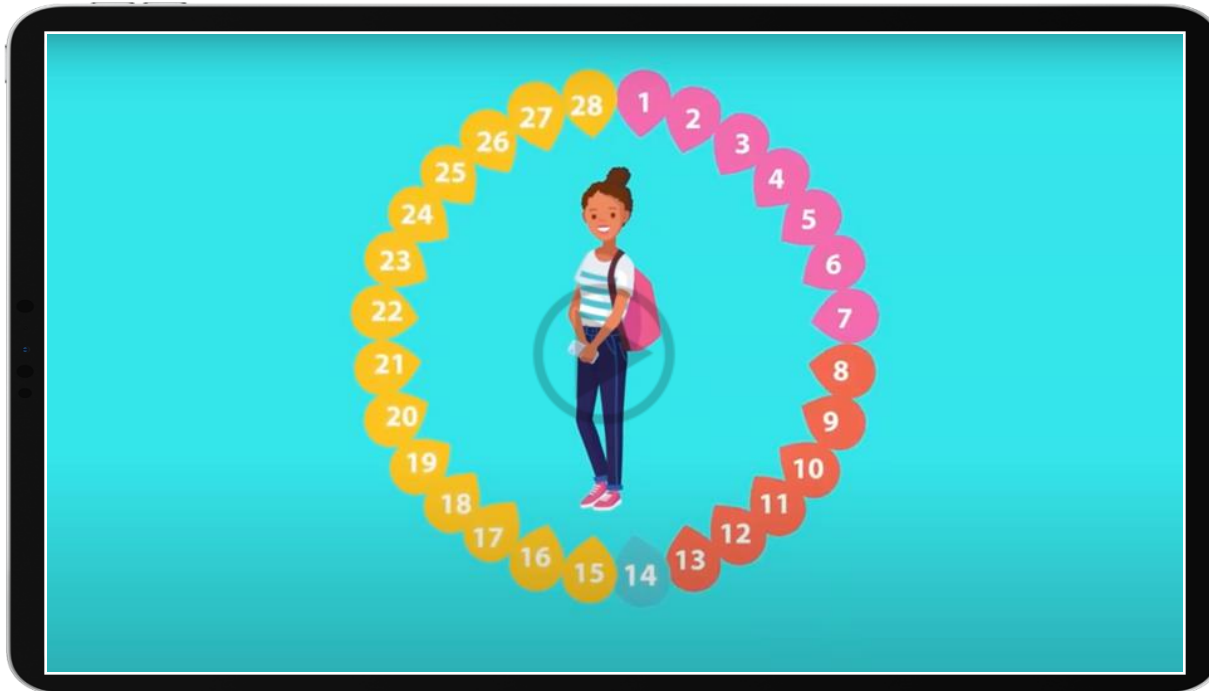
- Some of the biggest changes of puberty take place inside our bodies, to our internal genitals. These are our reproductive organs.
- These changes happen so that our bodies can start to get ready to make babies if we choose to when we're older.
- A big part of this for females is starting their period.

Is there any words or expressions that you have heard of linked to a period?

WHAT IS THE MENSTRUAL CYCLE?

A period is just one part of a person born female's monthly menstrual cycle.

Let's find out more!



THE STAGES OF THE MENSTRUAL CYCLE

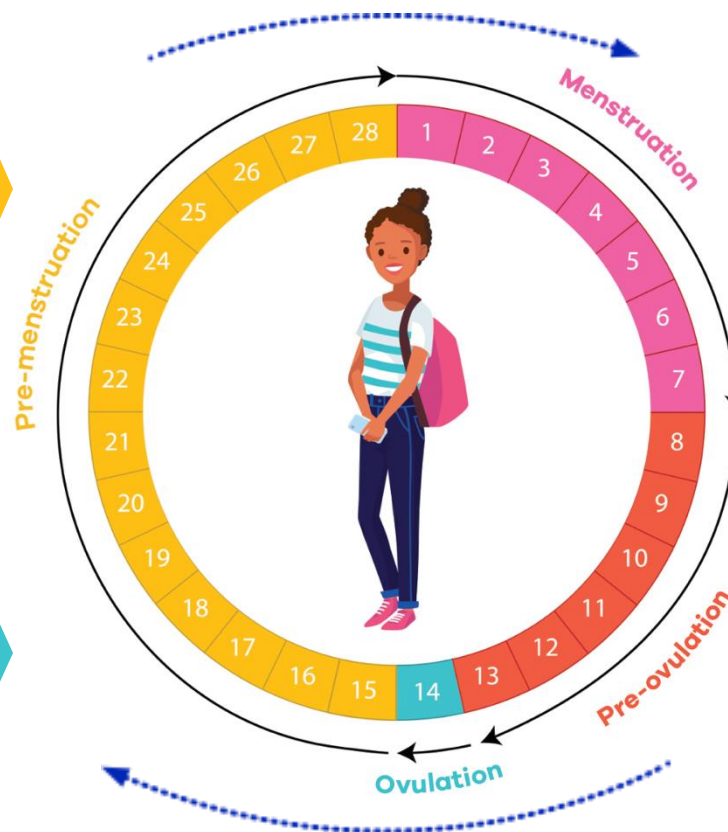
How much can you remember from the video?

4. PRE-MENSTRUATION

If the egg is not fertilised, the lining of the uterus starts to break down. During the pre-menstrual phase, females may experience cramps, spots, tender breasts and feel emotional.

3. OVULATION

An egg is released from the ovary and travels along the fallopian tube to the uterus. If fertilised by a sperm cell, the egg will begin to form a pregnancy.



1. MENSTRUATION

A period happens when the lining of the uterus is shed through the vagina as menstrual fluid. Females usually lose 4 to 12 teaspoons of fluid each month.

2. PRE-OVULATION

Each ovary holds thousands of eggs and one is prepared for release each month. During this time the lining of the uterus (called the endometrium) thickens.

MENSTRUAL CYCLE ACTIVITY SHEET

Complete the sheet by using what you have learned to fill in the missing words, then find them in the word search.

How many words can you find?

1. period
2. days
3. hormones
4. menstruation
5. uterus
6. vagina
7. teaspoons
8. ovulation
9. ovaries
10. pregnancy

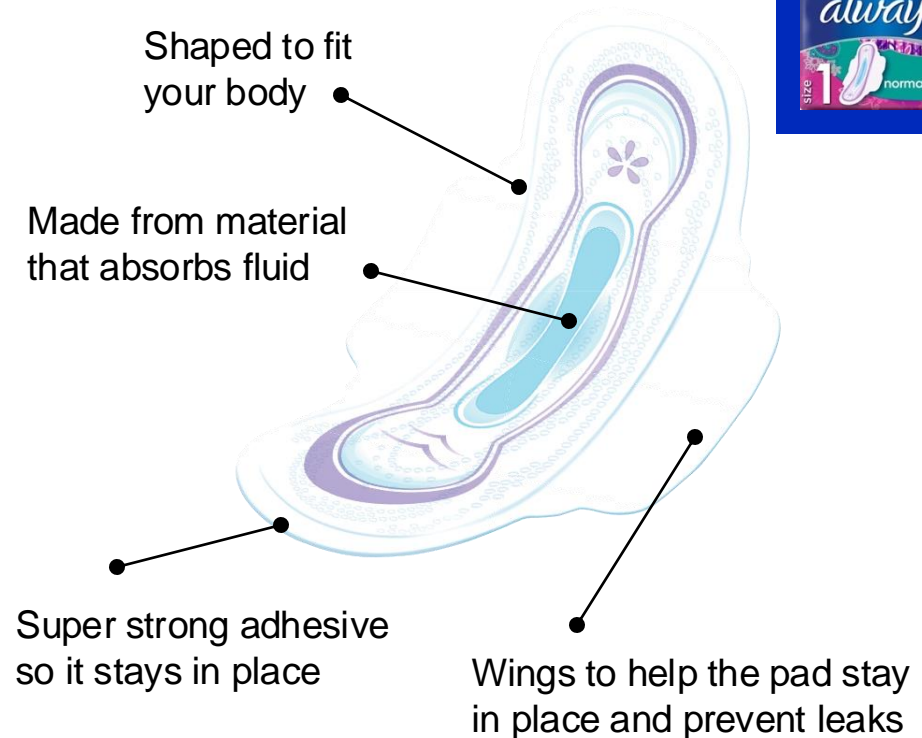


ACTIVITY 3

PERIOD PROTECTION AND HYGIENE

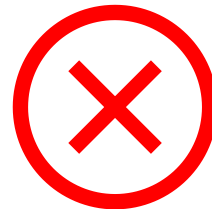
PADS

- A pad, or towel, is a piece of absorbent material that females can **stick on the inside of their underwear** to absorb menstrual fluid.
- Most people start with pads to manage their period, as they're **really easy to use**.
- Pads come in **different sizes, shapes and absorbencies** to suit day or night, types of underwear and menstrual flow.



PERIOD HYGIENE

Let's see whether you know how to use a pad hygienically with a **TRUE** or **FALSE** quiz.



TRUE OR FALSE?

#1

One pad can be used for several days during a period.

 **FALSE**

Pads should be changed
every 4 to 8 hours.

TRUE OR FALSE?

#2

It is good to use clean underwear every day.



TRUE!

Underwear should be
changed every day.

TRUE OR FALSE?

#3

Hands should always be washed before and after changing a pad.



TRUE!

This is important to prevent
the transfer of bacteria.

TRUE OR FALSE?

#4

Used pads can be flushed down the toilet.

 **FALSE**

Used pads should be wrapped and put in a bin.

TRUE OR FALSE?

#5

Females should wash every day during their period.



TRUE!

Washing every day is important
to stay clean and hygienic.



Where can you get sanitary products in your primary school?

Going to big school / secondary school

ACTIVITY 4

EMOTIONAL CHANGES



EMOTIONAL CHANGES DURING PUBERTY

As well as causing physical changes, the changing levels of hormones during puberty can affect our moods and emotions.

At different times, you're likely to feel...



WHAT CAN I DO TO FEEL BETTER?

With so many changes happening, puberty can feel hard to deal with. If you're worried or sad, some of these things might help.



Get plenty of sleep



Enjoy hobbies



Talk to a trusted adult



Get some fresh air



Exercise



Eat healthily



Talk to friends



Take some time out

Can you think of other ideas?

TALK AND SUPPORT

It's really important that we support our friends during puberty.

Imagine that Eva, Mo and Anita are your friends.
What would you say and do to help them?

Eva's mum has asked what period products she would like to keep in her bag ready for her first period. What would you recommend?

Mo has been getting really angry at times and he is worried that his mood swings are getting out of control. What do you suggest?

Anita began her periods when she was 8 and is embarrassed because none of her close friends have started yet. What could you do or say to help?

REMEMBER...

There are no right and wrong answers! **Just being there is what matters.**

HELP AND ADVICE

As well as talking to your parents, teachers and friends, there are lots of apps and websites that provide helpful information and advice.

As a starting point, you could try some of these.



REFLECTION

LET'S RECAP



Wow!

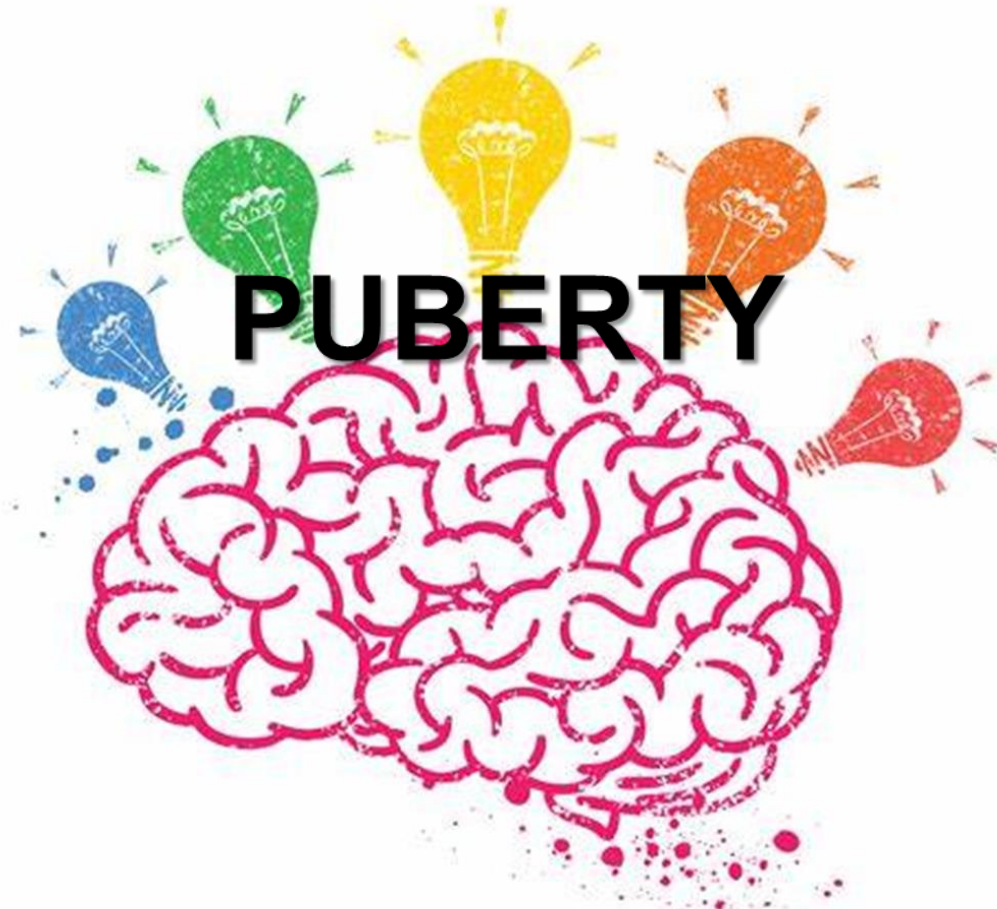
You've learned so much about puberty!

- How our bodies change
- What the menstrual cycle is
- How period products are used
- How to manage a period hygienically
- Ways of dealing with emotional changes

?

Do you have any questions?
Are you worried about anything?
Ask me anything you like anonymously!

Mind Mapping



What have we learnt?