

Puberty part 1

Learning objective

Students explore the physical, emotional and social changes associated with puberty.

Take Home Messages

- Puberty is the period of time when your body changes from a child to an adult
- There is a wide range of 'normal' when it comes to the physical changes of puberty.
- Puberty positivity - it's not something to be scared of.

Curriculum Links

[WA Curriculum](#)

HPE: Personal, social and community health

- Ways to manage physical, emotional and social changes associated with puberty.

[International technical guidance on sexuality education](#)

Key concept 6.3 Puberty (9-12 years)

- Puberty signals changes in a person's reproductive capability.

Materials

- [Laugh and Learn video - puberty part 1](#) (2min 44sec) (external link)
- Preferred media for large and small group work and individual work (e.g. paper and textas, or ipads/tablets)
- Sticky notes/post-it notes
- A4 coloured card or paper
- Small squares of scrap paper for question box

Before You Get Started

- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Question box](#) - Have a question box available in every lesson to allow students the opportunity to ask questions that may be too embarrassing or unsafe for them to ask openly in class. See [Setting up the question box](#) for further information. For ways to answer some of the curly questions, see [Student FAQs](#).
- Preview the [Laugh and learn - puberty 1](#) video (2min 44sec) to determine suitability for your students.

Learning Activities

Group agreement

Teaching tip: A group agreement must be established before any RSE program begins to ensure a safe learning environment. Read: [Essential tool Establishing a group agreement](#) for tips on how to create one and what to include..

1. Revise or create the class [group agreement](#).

Learning Activities

Introduction: Brainstorm

2. Remind students that many of them have probably covered puberty in Years 5 and 6, but there may also be some students who have missed out on formal lessons about puberty. This lesson aims to revise and extend their knowledge.
3. Say:

“During this session I want you to think about what you wish you had known about puberty even a year or two ago. What do you think would make it easier for you to deal with the changes of puberty? You may also have young people around you who are asking you questions about puberty. This session can help you to be sure that information that you may want to share will be accurate.”

4. [Brainstorm](#) - Write at least 5 single words (adjectives) that describes how someone might feel about puberty. (Recording options: sticky notes; [wordcloud makers](#); [Mentimeter - wordcloud](#))
5. Ask for words and record the number of students who have written the same word. Rank and discuss the most common words.

E.g wordcloud creates an image where the most common word is largest.

6. Ask:

Are they generally positive, negative or neutral words?

(They are likely to be negative words)

Why do you think these words might be the most common?

(Puberty is often not talked about openly and the unknown can be scary. Movies often portray the awkwardness of puberty. There is a lot of stigma around menstruation in the media and adverts often talk about period products in metaphors. We often focus on the negative and don't talk about the positives of puberty)

Learning Activities

Laugh and learn - puberty part 1 video

7. Watch [Laugh and learn video - puberty part 1 video](#) (2 min 44 sec)
8. Ask the following questions:

What do you think of the use of humour in this video?

Does it help get the information across?

What is the message/information you took from this video?

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Learning Activities

Puberty myths and facts

9. In pairs, on sticky notes, write two myths that students have heard about puberty or that they heard in the video.
10. With the whole class, facilitate grouping these into same/similar myths into a [T-chart](#) (labelled 'myths' and 'facts'). See which myths are most common.
11. Work through each myth and ask students if they can provide a fact to dispel each myth. See the table below for possible answers. Discuss the corresponding facts addressing any misconceptions, and record on the T-chart.

Myth	Fact
You 'catch' puberty	Puberty happens to most people. It's not contagious like an infection or disease. You can't 'catch it.
Puberty happens overnight.	Puberty takes time.
Puberty happens at the same time for everyone.	Generally puberty starts somewhere between 9 and 15 years.
Puberty is scary!	Puberty doesn't have to be scary or something to worry about. In some cultures and families it is a time of celebration.
etc	

Background teacher notes: [Puberty](#) and [Menstrual cycle](#) provide teachers with additional professional reading.

Students can use the following free resources as references if required:

- [Get the Facts: Puberty](#)
- [Get the Facts: Puberty animation](#)
- [SECCA App](#) - includes a bank of 2000 images designed to support access to RSE for people of all ages and abilities

12. Students nominate two myths they wish to work with (make sure all myths are covered). In pairs, write one myth on one side of their A4 coloured card and illustrate with a cartoon. On the other side, write the corresponding fact. Repeat with the other myth. (This activity could also be completed on electronic media.)
13. Share with whole class.

3-2-1 Reflection

- 3 x recalls: state three facts about puberty
- 2 x so what's: write two things about why this information is relevant and important
- 1 x questions: write one question. For example:
 - Why is it that...?
 - In the future, what will....?
 - How does this affect...?

Health Promoting Schools

Background teacher note: [Health promoting schools framework](#).

Partnerships with parents

- [Talk Soon. Talk Often: a guide for parents talking to their kids about sex](#) is a free hardcopy resource that can be bulk ordered by schools and [website](#). Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. ([How to order hard copies](#).) Provide the link to parents on school websites and social media.
- Order copies of [Puberty](#) and [Relationships, sex and other stuff](#) to be sent home for parents. Provide the link to parents on school websites and social media.
- Run a parent workshop and run this activity with parents to model the content that will be covered in your RSE program.
- Run a parent and child evening session, where the children can teach the parents what they have been learning about.

Partnerships with school staff

- Invite the school nurse to your class to answer some of the question box questions. This serves two purposes - they may be able to answer some of the questions you are unsure of and helps to build a relationships between the students and the nurse.
- The school nurse may like to take small groups of students requiring additional or specialised care to run separate activities with on this topic.

Puberty part 2

Learning objective

Students explore the physical, emotional, and social changes associated with puberty.

Take Home Messages

- There are many positives about puberty - and also some challenges. Most people find sharing their thoughts and concerns with others helps them to deal with puberty in a positive way.
- [Get the Facts](#) has a completely confidential '[Ask a question](#)' service they may wish to use. All questions are answered by a qualified health professional with a week.

Curriculum Links

[WA Curriculum](#)

HPE: Personal, social and community health

- Strategies to cope with and manage the impact of changes and transitions.

[International technical guidance on sexuality education](#)

Key concept 6.3 Puberty (12-15 years)

- Puberty is a time of sexual maturation that leads to major physical, emotional, social, and cognitive changes that can be exciting as well as stressful throughout adolescence.

Materials

- [Laugh and Learn video - puberty part 2](#) (2min 19sec) (external site)
- 3 hoops (or pieces of butchers paper)
- Sticky notes or scrap paper
- Preferred media for large and small group work and individual work (e.g. paper and textas or iPads/tablets)

Before You Get Started

- Students must complete [Puberty part 1](#) prior to this lesson.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Question box](#) - Have a question box available in every lesson to allow students the opportunity to ask questions that may be too embarrassing or unsafe for them to ask openly in class. See [Setting up the question box](#) for further information. For ways to answer some of the curly questions, see [Scripted answers to FAQs](#).
- Preview [Laugh and learn - puberty 2](#) video (2min 19sec) to determine suitability for your students.

Learning Activities

Group agreement 5 minutes

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read [Essential Tool: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise or create the class [group agreement](#).

Learning Activities

Laugh and learn videos - puberty part 2 5 minutes

2. Say: "Many of you have probably covered much of this information in primary school. This session is going to look at what you would like to have known about puberty when you first started learning about it. As with all things, there are positive and there are challenges about puberty."

3. Watch [Laugh and learn video - puberty part 2](#) (2min 19sec)

4. Ask the following questions:

What do you think of the use of humour in this video?

Does it help get the information across?

What is the message/information you took from this video?

Learning Activities

Puberty positivity

10 minutes

5. [Think-pair-share](#): Discuss the positives of puberty (Puberty positivity). (Possible answers: getting older and more mature; having greater independence; body changes are interesting; able to do different things; getting taller and stronger.) Students may like to use the following resources for reference:

1. [Get the Facts: Puberty](#)

2. [Get the Facts: Puberty animation](#)

3. [SECCA App](#) - includes a bank of 2000 images designed to support access to RSE for people of all ages and abilities

6. Share ideas with whole class and discuss.

Learning Activities

Changes during puberty

10 minutes

7. Acknowledge some of the negatives that many people associate with puberty.

8. [Guess my category](#): Place three hoops on the group (or butchers paper, or record electronically) to represent the categories 'physical', 'emotional', and 'social/relationships' but do not tell the students what they represent (i.e. do not label the categories).

9. Ask students to write a change associated with puberty onto sticky notes. Read each sticky note to the class and place them into the relative hoop.

10. Ask:

How have I grouped these answers? OR Why have I grouped the answers this way?

What labels would you give each group?

Do any of the groups overlap? (Hoops can then be joined to form a [Venn diagram](#) and sticky notes regrouped accordingly) (Emotional and social overlap in most ways. Many of the physical answers could lead to some of the emotional/social answers)

Do some groups have more sticky notes than others? Why do you think this is?

Trigger warning: Students may raise sensitive topics in this session. Teachers will need to be prepared for potential responses related to things such as [gender identity](#), [sexual orientation](#), religious beliefs, cultural beliefs, etc).

Possible responses

Physical

Getting first period

Waiting for first period

Period cramps

Managing periods at school or when out

Sweat/body odour

Developing breasts

Not developing breasts

Size of breasts

Voice breaking

Growing pains

Getting taller

Not getting taller

Pimples and acne

Pubic hair (growing early, growing late, growing too much, not growing enough, etc)

Making decisions about whether to remove hair or not

Weight gain

Emotional

Mood swings/mood changes

Embarrassed

Anxiety

Selfishness

Become self-involved

Withdrawn

Isolated

Emotional

Fear of being judged

No one understands me

My parents don't 'get' me

Exam pressure

Negative body image (dieting, eating disorders, self-harm)

Confusion

Sexual feelings

Shy

Social/relationship

Changing relationships with friends

Best friend moves to a different school

Best friend has a boyfriend/girlfriend (and no time for me)

Friend smoking/drinking/using drugs and I don't like it

I fancy my best friend

Nasty things were posted about me online

Not fitting in (i.e. not having the 'right' clothes, phone, etc)

Challenging family boundaries

Too much independence or not enough independence

I'm not allowed to date boys/girls

I have a curfew

I have to work or do chores

I'm not allowed to cut my hair, get a piercing, shave my legs, etc

Not allowed to go out without an adult

Restrictions on screen time/internet/phone use

Restrictions on clothing (e.g. Mum says I can't leave the house like this. e.g. 2 Cultural clothing)

Fancying someone and not being able to tell them

All my best friends have boyfriends/girlfriends. I don't.

Crushes

Dealing with rejection

Navigating new relationships

Breaking up

Questioning sexual identity (e.g. Am I gay?)

I sent a naked pic

A private image I sent got shared without consent

Learning Activities

Positive coping strategies 20 minutes

11. Say: "It is important for people to have a range of positive coping strategies to help with the potential challenges of puberty. No one person will feel exactly the same as others and no one strategy will work for everyone, so lots of different ideas are needed. Lots of skills that you already have can be used to think about how you can deal with these potential challenges - seeking help, problem solving, and communication. We are going to come up with lots of ways that you or someone you know might find useful."
12. In pairs, students to be given one challenge of puberty. Use the [mindmap](#) strategy to brainstorm some ways of dealing positively with the challenge allocated. (PC options: Word SmartArt Tools; [Canva - Education - Mindmap](#); [Xmind](#); [Bubble.us](#). Table app: [Popplet](#)). Model an example and have students offer some positive coping strategies.
13. Other possible copings strategies:
 1. Talking to a teacher/school nurse/school psychologist/chaplain/doctor
 2. Getting enough sleep
 3. Turning off phones/devices and going outside
 4. Using [Kids Helpline](#)
 5. Meditation/Yoga
 6. Remembering that puberty doesn't last forever - you will get through it!
 7. Getting questions answered on [Get the Facts](#) website
14. Share and display the mindmaps.

3-2-1 Reflection

Reflection: What I wish I had know about puberty BEFORE puberty! 5 minutes

15. Using preferred medium, students complete the following sentence: 'Puberty! I wish I had known that....because...' Examples: Puberty! I wish I had known that I could talk to Headspace when I was feeling low because I didn't realise there were so many organisations like Headspace that offer help for free. Puberty! I wish I known that I didn't need to worry about hair growing in weird places because now I think it's cool. Trigger warning Some students may disclose personal information when using 'I' statements. Some students may find this 'I' statement too personal or confronting. Consider if this following alternate wording is better for your students or offer them the choice. 'Puberty! One thing I would tell someone that is about to start going through puberty is....because...'

16. Share in small groups.
17. Discuss the following in small groups or record in a journal. How easy was it to think of the positives of puberty? Why? Why does puberty have so much misinformation around it? What are two coping strategies that appeal to you and why do you like them? What's one positive thing about puberty that you would say to a younger person?

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3-2-1 Reflection

Assessment task

- SCSA Assessment task [How to cope with puberty](#).

Health Promoting Schools

Background teacher note: [Health promoting schools framework](#).

Partnerships with parents

- [Talk Soon. Talk Often: a guide for parents talking to their kids about sex](#) is a free resource that can be bulk ordered by schools and an [interactive website](#). Send a copy home to parents prior to starting your RSE program. The booklet offers ages and stage related information on puberty (and other topics) so that parents can reinforce the topics covered in class. ([How to order hard copies](#).)
- Order copies of [Puberty](#) and [Relationships, sex and other stuff](#) to be sent home for parents.
- Run a parent workshop prior to delivering RSE lessons so that parents can see the resources used, ask questions and find out how to support the school program by continuing conversations at home.
- Add the [Get the Facts](#) link to your website or e-news.
- The [SECCA app](#) is a free resource that includes a bank of 2000 images designed to support access to RSE for people of all ages and abilities. Share the link in your newsletters.

Partnerships with school staff

- Invite the school health professionals and pastoral care staff (school nurse, school psychologist, chaplain, boarding house master, etc) to a class or an assembly to introduce them to the students. Have them talk to the students about their role and how they can help. For example:
 - If you get your period at school and need help, you can go to...
 - If you are worried about something and need to talk, you can go to...