

# 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 challenge 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

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## 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 known 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 knew 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?

### 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...

## What's OK and what's not OK

### Learning objective

Students deepen their understanding of 'what's OK' and what's 'not OK' in friendships/romantic relationships and find examples in the film 'Tagged'.

### Take Home Messages

- Everyone has the right to respectful relationships (online and offline) at all times.
- There are things we can do and places we can go for help if we are being treated disrespectfully.

### Materials

- Student activity sheet 1: [What's OK and what's NOT OK](#) - qualities cut out with at least one quality per student.
- Student activity sheet 2: [Tagged - What's OK and what's NOT OK](#) (one per student or group)
- Teacher answer sheet (page 3): [Tagged - What's OK and what's not OK](#)
- Film: [Tagged](#) (14 min 30 sec) (external link)

### Before You Get Started

- It is important to consider the range of parenting styles, family contexts and cultural backgrounds students may be influenced by and how this contribute to a students values.
- Trauma informed - it is vital recognise the prevalence of adverse childhood experiences and how trauma survivors may respond to our words and actions.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students form potentially disclosing sensitive information or abuse in front of other students.
- [Managing disclosures](#)- Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- Watch film: [Tagged \(14 min 30 sec\)](#) to determine if suitable for your students.
- Read background teaching note: [Respectful relationships](#)

### Learning Activities

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](#).

Matching pairs: What's OK and what's NOT OK

2. Give each student a card from [Student activity sheet 1: What's OK and what's NOT OK?](#)
3. Ask students to move to one side of the room if they think their card demonstrates behaviour

that is OK/respectful and the other side of the room if it shows behaviour that is NOT OK/disrespectful.

4. Ask a volunteer with a card from the 'disrespectful' side to read out their card. The student who thinks their card shows the opposite, respectful behaviour reads their card out and they stand together. Repeat until all cards are matched.

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## Learning Activities

Film Review: Tagged

5. Give each student a copy of [Student activity sheet 2: Tagged - What's OK and what's not OK.](#)
6. Explain that the table on page 1 shows all the examples of OK and NOT OK behaviours that they have just matched and discussed.
7. Say;

"We are going to watch a film that is about some respectful and disrespectful behaviours. This film has issues including relationships, online bullying and sexting.

As we watch the film, I would like you to look for examples of respectful and disrespectful behaviours and language and record them on page 2."

8. Display the focus question:

What examples of OK (respectful) and NOT OK (disrespectful) behaviour and language do you see in Tagged?

9. Watch [Tagged \(14 min\).](#)
10. Students record brief answers on page 2 of [Student activity sheet 2: Tagged - What's OK and what's not OK.](#)
11. If time permits, watch in its entirety, and then go back and watch it again stopping at crucial points to discuss, make notes and help students identify different behaviours. Use [Teacher answer sheet: Tagged - What's OK and what's not OK.](#)

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## Learning Activities

Tagged: Processing questions

12. Ask:

Was it easy to recognise respectful and disrespectful behaviours in Tagged? How? Why?

Some may be easy to identify. Others may be difficult. Social norms and individual experiences affect how we determine if something is respectful or not.

How do you think people being treated disrespectfully feel?

Angry, upset, sad, hurt, frustrated, numb, or they may not recognise that they are being disrespected.

What could those people being treated disrespectfully do to stop the other person?

Tell them, "It upsets me when you say things like this." Walk away, ignore them, talk to someone



(Friend/adult/Kids Helpline).

Do you think it is easy to do something about being treated disrespectfully?

For many people, it can be very difficult as it requires a lot of confidence and self-esteem to challenge disrespectful behaviours. Disrespectful behaviour may come from a friend, loved one, or an adult, and responding appropriately can be tricky.

### 3-2-1 Reflection

## 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 relationship 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.

## RELATE: Respectful relationships program - Stage 2

### Learning objective



A one term respectful relationship program consisting of 8 scaffolded sessions covering - creating a group agreement, assessing prior knowledge, difference between gender stereotypes and expectations, respectful relationship qualities, non-consensual image sharing, decision making frameworks, communication techniques, ethical bystanders and critical analysis of websites.

Each stage can be delivered in isolation but is best delivered sequentially.

Stage 2 is suggested for Year 8 or 9 but may be suitable for lower or higher year groups depending on student demographics.

### **Take Home Messages**

- Respecting and celebrating diversity is important
- Gendered expectations impact how people act in relationships
- It is important to be respectful to people you are in a relationship, including sexual and romantic partners.
- Disrespectful behaviours from a partner is never okay
- It is important to find reputable sources of information and think critically about information presented online
- There are lots of services available to support people.

### **Curriculum Links**

RELATE has been designed to improve students' knowledge, attitudes, skills and behaviours to recognise and engage in respectful relationships. This includes increased:

- awareness of, and respect for, diversity
- understanding of the impact of gender expectations and social norms on relationships and sexual health
- understanding of, and skills for, ethical behaviour in the context of relationships
- skills to establish and maintain positive, equitable and respectful relationships
- capacity to identify and address disrespectful behaviour
- digital literacy skills
- critical analysis skills
- knowledge of, and ability to access, a range of support people and services.

It provides opportunities for young people to explore attitudes and peer, gender, social and cultural influences that impact on behaviour in relationships; identify perceived and actual peer norms and rectify incorrect perceptions; examine their expectations and the value they place on different behaviours within relationships as well as develop skills and confidence to carry out desired behaviours

(self-efficacy).

Gender analysis is core to the approach of the RELATE program. Gender inequality and gendered expectations in relationships are understood as key issues underpinning the occurrence of relationship violence and poor sexual health outcomes. Gender is explored by considering individuals within the context of relationships, communities and society. This is extended using a human rights framework, that considers not only gender but includes race, ethnicity, class, sexual orientation, disability, religion and culture.

RELATE Stage 2 covers all of the Personal, social and community health descriptors in the Year 8 and Year 9 Health and Physical Education Syllabus. See [RELATE 2 WA Curriculum Mapping \(63KB\)](#) for descriptors mapped to individual session plans.

## Materials

- See RELATE Stage 2 pdf in the resource section for full program including lists of materials required for each session

## Learning Activities

See [RELATE Stage 2 full program \(18MB\)](#) for the entire package of lesson plans including lists of materials required for each session, posters, activity sheets and teaching notes.

Sexual Health Quarters (SHQ) conducted the research and original development of RELATE (1st and 2nd edition). SHQ has had no involvement with any subsequent updates or editions of RELATE.

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## Learning Activities

### Assessment tasks

[Assessment task - teacher instructions](#)

[Assessment task - student instructions](#)

[Assessment task - marking key excel spreadsheet](#)

## Pregnancy and birth

### Learning objective

Through research, students develop an understanding of the physical, emotional and social changes that occur as a result of pregnancy and birth. Students create a poster or movie to demonstrate their understanding.

### Take Home Messages

- Sexual activity can result in conception, pregnancy and the birth of a baby.
- Conception occurs when a sperm fertilises an ovum.
- Healthy and unhealthy behaviours can affect the growth of an unborn baby.
- Conception, pregnancy and birth require a level of social and emotional readiness for all people involved.

## Materials

- Items to represent the size of a foetus as it develops - salt, pea, kidney bean, lime, avocado, rock melon, 30cm ruler, pillow (approx. 55cm for last trimester)
- Teaching Resource: [Stages of pregnancy](#)
- Teaching Resource: [Pregnancy card sort](#) [one set per group]

## Before You Get Started

- Note: Revise the learning activities - [Reproductive systems](#) (Year 5).
- It is important that the social and emotional readiness of pregnancy and birth is discussed throughout this activity. Students require the understanding that being pregnant and having a baby is a major life transition and can impact significantly on a person's existing lifestyle (physically, socially and emotionally).
- This activity is concerned with conception through sexual intercourse but it's important to inform students that there are families where other methods such as in-vitro fertilisation (IVF) are better and more appropriate. It is also important to recognise that there are families where the young person is adopted or fostered and/or where the parents are of the same sex.
- The topic of pregnancy and birth may be an exciting and interesting topic for some, but be mindful that some students may feel embarrassed, uncomfortable or worried about how their bodies may change. Increase the comfort of students through introducing this topic with excitement and fun. Providing popcorn (or something similar) for students to share can reduce their anxiety levels.
- Students may have questions that they feel uncomfortable to ask. Providing a [question box](#) for students to place their questions in anonymously will ensure their questions are answered in a safe environment.
- The WA Department of Health has developed a free resource for parents: [Talk Soon. Talk Often. A Guide for Parents Talking to their Kids About Sex](#). It is recommended that teachers communicate to parents and explain the topics that will be covered such as healthy relationships, puberty, hygiene, emotions, resilience, etc. and that you are not teaching their child to have 'sex'.
- Puberty kits: The use of a puberty kit can be a useful tool in the classroom. Check with your school's public health nurse to see if there are any kits readily available or that can be made up to use.
- If you are using an educational video, students can often be distracted if the videos are obviously out of date, as evidenced by the clothes, hairstyles and quality of the video, although this could be used to add humour to the experience. Ensure that any multimedia used is current, relevant, appropriate and sufficient time is allocated for a discussion afterwards.
- Many teachers ask the question of whether or not they should separate the boys and the girls for such classes. Research shows that there is no significant difference for either strategy. You may choose to separate your class by gender, keep them all together or mix strategies by separating your class for certain activities. If you do choose to separate the sexes, ensure that both groups receive the same information. It is just as important for students to learn about their changing bodies as it is for them to learn what the other sex is going through in order to promote compassion. Remember when making this decision that all students need to overcome any potential discomfort in order to be able to effectively communicate sexual matters in relationships when they are older.

- Consider providing students with a copy of the [Puberty booklet](#) and [Relationships, Sex and Other Stuff](#) to take home and read.
- Refer to the Guide: [Pregnancy and young people](#) for further content information related to this activity.

## Learning Activities

### Pregnancy knowledge pulse check

1. Using the [KWL](#) template, ask students to complete the first two columns on their own: What they Know and what they Want to know about pregnancy and birth.
2. Show students the items that represent the size of the foetus as it develops (listed in materials) without explaining the reason why you are showing them.
  - Ask students to suggest reasons that the objects have been shown.
  - Show students the Teaching Resource: Stages of pregnancy (projected on a screen and/or handouts).
  - Go through each image and relate each stage back to a relevant object (e.g. at 4 weeks a foetus is the size of a grain of salt). Emphasise that even though the foetus is small, vital changes are happening. The foetus is vulnerable to alcohol and other drugs even during the first weeks.
3. In pairs or small groups, students sort Teaching Resource: Pregnancy card sort into 2 groups:
  1. Increases chances of having a healthy baby; and
  2. Decreases chances of having a healthy baby.
4. When complete, clarify any misunderstandings (e.g. What is folate? Why should some raw foods be avoided?)

## Learning Activities

### Pregnancy poster

1. Students research the social and emotional impact of being pregnant and having a baby, e.g. may have to give up study/work, loneliness while caring for the baby at home, feeling worried about looking after a baby. Ensure the students have a clear understanding of the concepts social and emotional first.
2. Students create a poster, PowerPoint or iMovie that highlights the social and emotional impacts of being pregnant and giving birth to a baby. The project could be titled 'Strengths, skills and support I would need to be a parent'.

## 3-2-1 Reflection

1. Students present their poster, PowerPoint or iMovie to the rest of the class.
2. Students complete the 'what I have Learnt' component of their KWL chart.
3. Highlight that being pregnant and having a baby is a lifelong commitment and requires a lifestyle change for all people involved.

## Consent: Assertive and respectful communication

### Learning objective

Students learn how consent is communicated across various relationships and the underpinning elements that make consent assertive and respectful.

## Take Home Messages

- Consent exists in all healthy relationships
- How we give consent changes across relationship type and scenarios
- There are assertive and respectful ways to give or deny consent.
- There are assertive and respectful ways to receive a "no".

## Materials

- Butchers paper
- Coloured pens
- Whiteboard and whiteboard pens
- Ball of wool - for reflection activity

## Before You Get Started

- Revise or create a class [group agreement](#)
- Read background teaching note: [Consent](#)

## Learning Activities

Consent in different relationship types 30 minutes

1. Ask class to name 6 different types of relationships (e.g. coach/player, teacher/student, parent/child, romantic partners, friends etc.)
2. Split class into 6 groups and assign one relationship type per group
3. Each group is given a piece of butcher's paper. Ask group to create 3 columns on the page.
  1. For each column, write a consent scenarios that may occur in that relationship type (e.g. asking to borrow a t-shirt (sibling), asking if they can play a different position (coach) etc.)
  2. For each scenario, list a way to respectfully respond and a way to disrespectfully respond.
4. Ask groups to switch paper with another group.
5. As a group, choose one respectful and one disrespectful scenario response to expand on.
6. Break down what makes the response respectful or disrespectful - wording, body language, relationship type etc.

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## Learning Activities

Developing assertive and respectful responses 20 minutes

9. Ask groups to develop an assertive and respectful response to the below scenarios:
  - Your boss asks you to stay at a shift longer but you know they often do this without extra pay that you're entitled to...
  - Your coach keeps you on the bench for most of the games even though you go to training more than other team members...
  - You give your brother permission to use your camera on Saturday but it's Sunday and he hasn't returned it yet...

- You tell your friend a secret and they tell the rest of your friendship group...
10. Ask groups how they decided how they would respond to the scenarios? What personal values did you have to assess or discuss to get to a conclusion?
  11. What are the main criteria that you've noticed that makes a response assertive and respectful?
  12. How would you respond if your response was dismissed or ignored? What could you do and who could help?

### **3-2-1 Reflection**

#### Spaghetti reflection

- In a circle, pass a ball of wool around by holding on to the wool before throwing the ball of wool to the next person so that it creates a web of wool (that looks like a bowl of spaghetti).
- Ask each student to name a respectful action/phrase that can be used when giving/receiving consent related scenarios i.e. "that's okay we don't have to" "is there something else you'd like to do?" "is there anything else you wanted me to know?" "thank you for telling me" etc.