

Puberty – Step 2

Information for teachers

What we are going to learn today (learning outcomes)

The intention of the learning outcomes is to link to the content of the animation.

- Menstruation during puberty, what happens and how to manage your periods.
- Understanding what sexual feelings may be experienced during puberty.
- Exploring your sexual feelings.

Hopefully the animation will generate some questions from the students. Below are the suggested discussion points. These are not an exhaustive list and the students may want to talk about something else. Feel free to cover as many or as few points as time permits. The numbered questions below are accompanied by follow-ups, or prompts, in the event discussion is slow.

Class or Small Group Discussion Points

1. **Do you have any questions about the animation?**
(NB if so, ask the class if they have any answers).
2. **What happens during menstruation?**
 - a. It's a normal process so no need to worry.
 - b. When does it occur, how often and at what age?
 - c. What happens to the body during menstruation e.g. blood loss, pain?
 - d. How to manage your period e.g. disposable pads or tampons, hygiene, exercise and diet.
3. **What happens when you become more sexually aware during puberty e.g. sexual thoughts and feelings, masturbation.**

The children have a short workbook that they should complete (time permitting) in class or they can take home.

Here are some other resources that might prove useful

Amaze

<https://amaze.org/us/?topic=puberty>

RSHP (relationships, sexual health and parenthood)

<https://rshp.scot/complex-asn/masturbation/>

Family Planning Association

<https://www.fpa.org.uk/rshe-for-teachers/>

Mencap

<https://www.mencap.org.uk/easyread/menstruation-easy-read>