

Ground Rules

Session 1

Puberty (Recap of Yr 5)

Resource A

Puberty fact or myth cards

1. Everybody starts puberty at the same time, around the age of eight	2. Pubic hair grows during puberty
3. People's body shape changes when they grow through puberty	4. Everyone get tummy ache when they get their period
5. It is normal to have mood swings or to feel different, strong emotions during puberty	6. The size of a person's breasts or penis is determined at puberty
7. Puberty causes people to sweat more	8. Voices get deeper at puberty
9. Squeezing spots will help them to go away	10. Pads are the only available for use during periods
11. Puberty is a natural part of growing up and the human life cycle	12.

Fact or Myth?

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2. Pubic hair grows during puberty

3. People's body shape changes when they grow through puberty

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7. Puberty causes people to sweat more

8. Voices get deeper at puberty

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10. Pads are the only product available for use during a period

11. Puberty is a natural part of growing up and the human life cycle

Resource B

Puberty prompt statements

Important to know now / important in the future / might never be important

How to talk to their parents about puberty

How often to wash their hair

When someone in their class grows pubic hair

How to use a pad

How to use tampons or different types of period products

How to manage a wet-dream

What type of bra to buy

How it feels to fancy someone

Who to ask questions about puberty

Which books and websites have good information about puberty

How to shave

Who someone in their class fancies

How to apply make-up

Which products would help with spots

The best type of deodorant

How to help a friend who feels embarrassed about puberty

Prompt Statements

Is it important to know now?

Will it be important to know in the future?

Will it never be important?

Resource D

Puberty postcard

<p>PUBERTY — 3 important things for a young person to remember are:</p> <p>1.</p> <p>2.</p> <p>3.</p> 	<div data-bbox="1811 429 1908 565" style="border: 1px solid black; width: 38px; height: 95px; margin: 10px auto;"></div> <div data-bbox="1480 782 1898 982" style="margin: 10px auto;"><hr/><hr/><hr/><hr/><hr/></div>
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Session 2

Independence

What does it mean to
become independent?

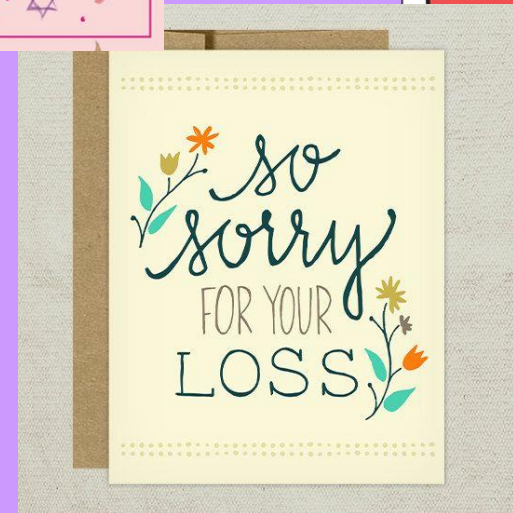
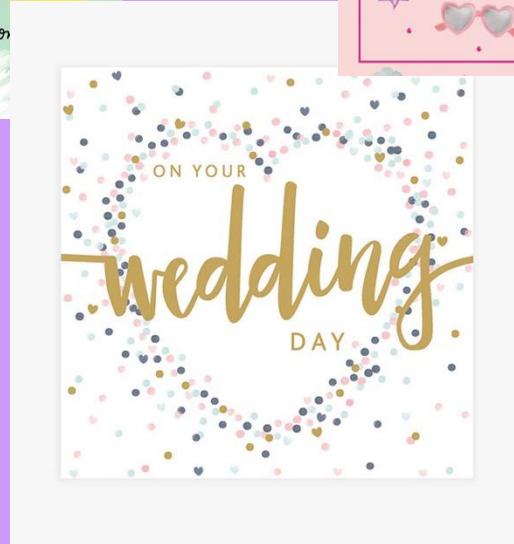
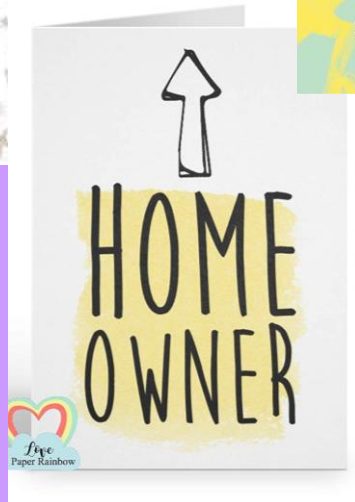
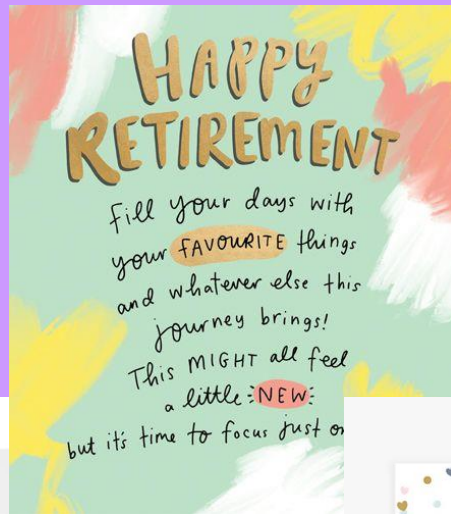
Look at the images around you.

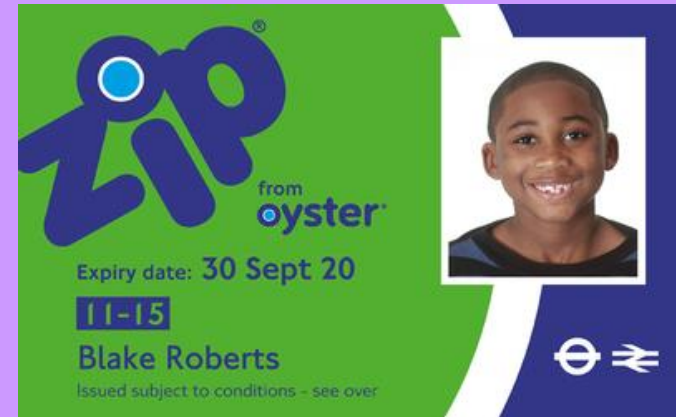
1. What would someone that age like to do?
2. What roles or responsibilities might they have?
3. What achievements may they have?

Record you idea around the images.



How might people feel at these different stages in their life?





All these items can be found in Sami's bag, what do they tell us about Sami's life...



Timeline

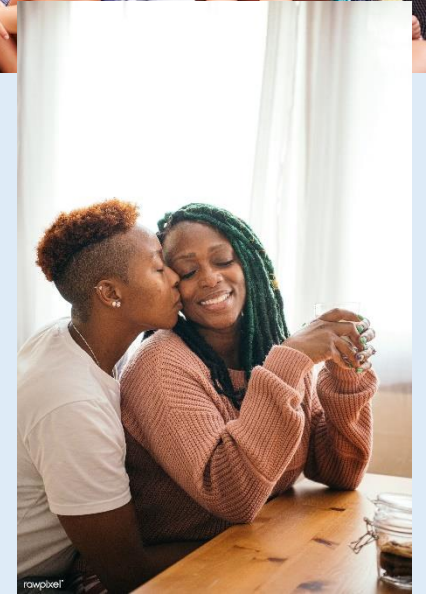
What changes have happened in
your life already?

What changes might still be to
come in your teenage years and
beyond?

Session 3

Healthy Relationships

What different relationships
can you see here?



What qualities make a good, healthy relationship?

Choose one of the images and create a mindmap:
e.g.



Resource G

Relationships stories — part 1

Best friends

Li and Ari are in Year 7. They have been best friends since primary school.

Going out

Jesse and Ashley from Year 8 have recently started going out together.

The team

Rai's under 13s basketball team train twice a week on Wednesdays and Fridays after school. They are a really good team and recently won a tournament cup.

1. How would they be around each other, or other people?
2. How would they speak to each other?
3. What sorts of things would they do together?
4. What rules might there be in the relationship?

Resource H

Relationships stories — part 2

Best friends

Li and Ari are now in different classes at secondary school and don't see each other as often. Ari has been spending more time with Frankie, and now wants to be 'best friends' with Frankie, not Li.

Going out

Ashley does not want to go out with Jesse anymore.

The team

Rai wants to leave the team to try another sport but doesn't want to let the team down.

1. How are the characters feeling?
2. How can they each best manage the change that is happening?
3. What might happen in the future?

A loving relationship needs...


Session 4

Sexual reproduction


Resource 1

Concept conversation: how babies are made


A group of children, about your age, from a school not far from here, were having a conversation about how babies are made. This is what they said...



Pupil A: I thought that babies were delivered to their parents by a special bird—like the one you see printed on 'Congratulations on your new baby' cards.



Pupil B: I was told that babies are collected from the chip shop!



Pupil C: That's so silly! I know how babies are made. They start as a tiny seed, and when it is time they grow into a baby inside their mum's tummy—it takes years and years for a baby to grow.

Do you agree with any of the pupils? How do you think babies are made?

How may couples show that
they love each other?

Sexual Intercourse

What is sexual intercourse?

Why do couples have sexual intercourse?

What is consent and why is it so important?

How a baby is made

Resource J

How a baby is made sequencing cards

An adult couple who are in a relationship might kiss and cuddle, get very close, and touch each other in romantic and sexual ways. They should both feel happy and comfortable doing this together.

Sometimes when a male and female person are making love together, the penis grows hard, and the vagina may get slippery. The couple may decide they want to have sexual intercourse.

This means the man's penis slides into the vagina.

The penis squirts a sticky liquid called semen into the vagina.

Millions of tiny sperm in the liquid quickly swim up inside the uterus to the fallopian tubes.

If there is an egg (ovum) in one of the tubes, one of the sperm might meet it, stick on to it, and enter the egg. This means the egg is fertilised.

The fertilised egg travels down the tubes to the uterus or womb. It divides into lots of different cells and settles in the womb.

The cluster of eggs gradually grows inside the mother's uterus or womb and is called a foetus. It takes nine months until the baby is ready to be born.

question, questions, questions

Pregnancy

Resource K

Pregnancy fact cards

A human baby is born after nine months in the mother's uterus (womb).

Women feel sick when they are pregnant.

Babies are born through their mother's vagina.

Twins are made when two sperm find two eggs.

Twins are made when two sperm find two eggs.

Only females can give birth to babies.

Sexual intercourse is the only way a baby can be made.

A couple can prevent a baby being made during sexual intercourse.

Not everyone has a baby.

question, questions, questions