



Girls Puberty: Periods - Double Lesson



LEARNING OUTCOMES

Knowledge, Skills & Actions

To understand the physical and emotional changes that happen to girls during puberty

I understand the basics of the menstrual cycle and the range of feminine protection products available



New Vocabulary
Oestrogen, Progesterone, Tampon, Sanitary Towel, Panty Liner, Menstruation, Period, Fertilisation, Ova



STARTER ACTIVITY

What changes happen to girls as they go through puberty?
What changes happen to both boys and girls?
Have you ever been told that because you are a girl you shouldn't do something?

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



Puberty & Girls: Focus on Periods

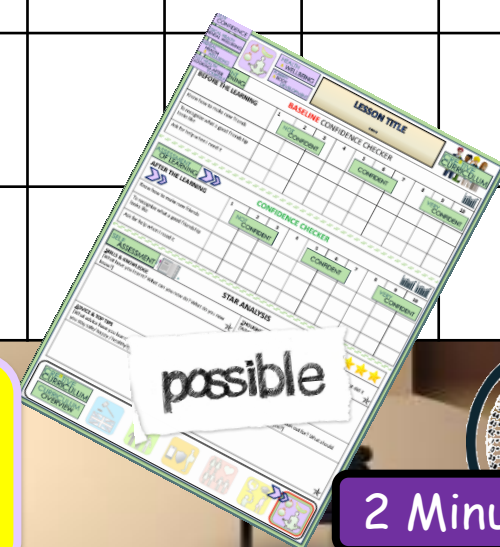


ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I know the physical changes that happen to girls bodies, inside and out										
I understand the range of feminine protection products available and how they work										
I understand the main things that happen to a girl during her menstrual cycle										



possible



2 Minutes

Complete a base line assessment of where you think you are at for this lesson
(Discussion or complete sheet)



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident



Can you name any of these products. How will they come in use for a girl?

**TIMELINE
ACTIVITY**

Match the key word with its correct meaning

Ovulation

**Pre-menstrual
Syndrome**

Discharge

Fallopian Tube

Panty Liner

A smaller pad for when your period is light

The mucus the cervix produces to keep the vagina clean

The 'monthly blues' feeling just before your period begins

Where the eggs travels from the ovaries to the uterus

When the egg is released from the ovary

A

B

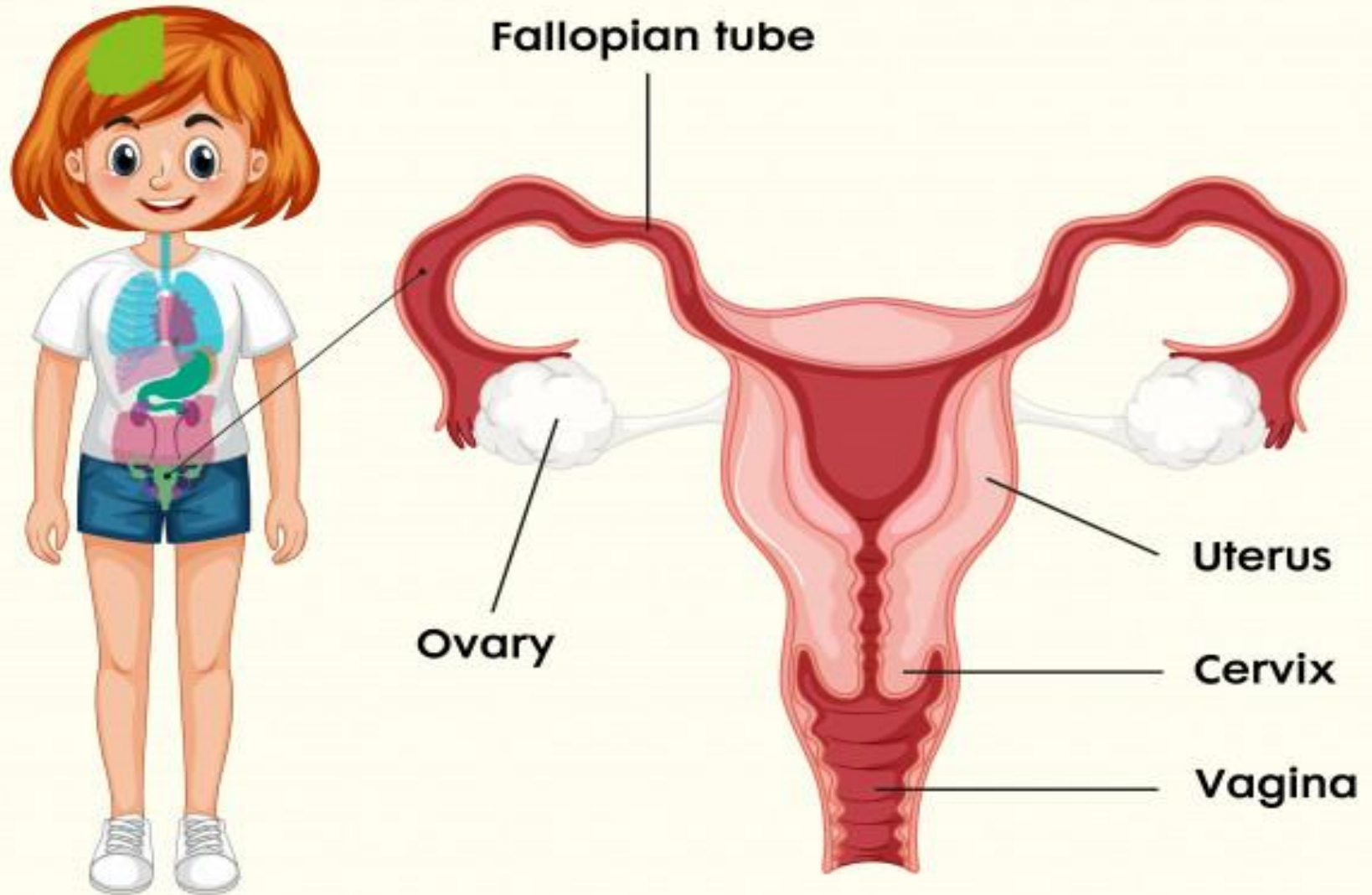
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D

E



FEMALE REPRODUCTIVE SYSTEM



Recap of what you need to know...

Stage of life when a girls body changes to make her physically able to have children

- Some changes you can see and some you cannot*
- Puberty happens between 9- 14 (different rates)*
- Pituitary glands produces hormones – triggers ovaries to produce primary female hormones*
- Primary female hormones are Oestrogen and Progesterone*
- Hormones are responsible for the changes that happen to your body*
- Menstrual cycle lasts 28 days and has four main phases*

Menstrual
Cycle Phase

Follicular
Phase

Ovulation
Phase

Luteal Phase

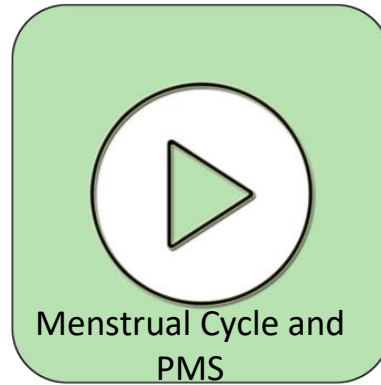
Physical changes include...

- Growing taller*
- Breasts and hips develop and get bigger*
- Hair grows on your body (Under arm and pubic area)*
- Vaginal discharge begins (Your vaginas way of keeping clean and healthy)
(Should be colourless or white and not smell)*
- Spots and sweat may appear (Important to keep your skin clean)*



Many girls will feel **PMS** (premenstrual syndrome), symptoms can include:

- Tender breasts
- Headaches
- Mood swings
- Stomach cramps
- Feeling bloated
- Tiredness
- Spots
- Food cravings
- Difficulty concentrating



Did you know?

On average you only lose between 2 and 8 tablespoons of menstrual fluid during your period

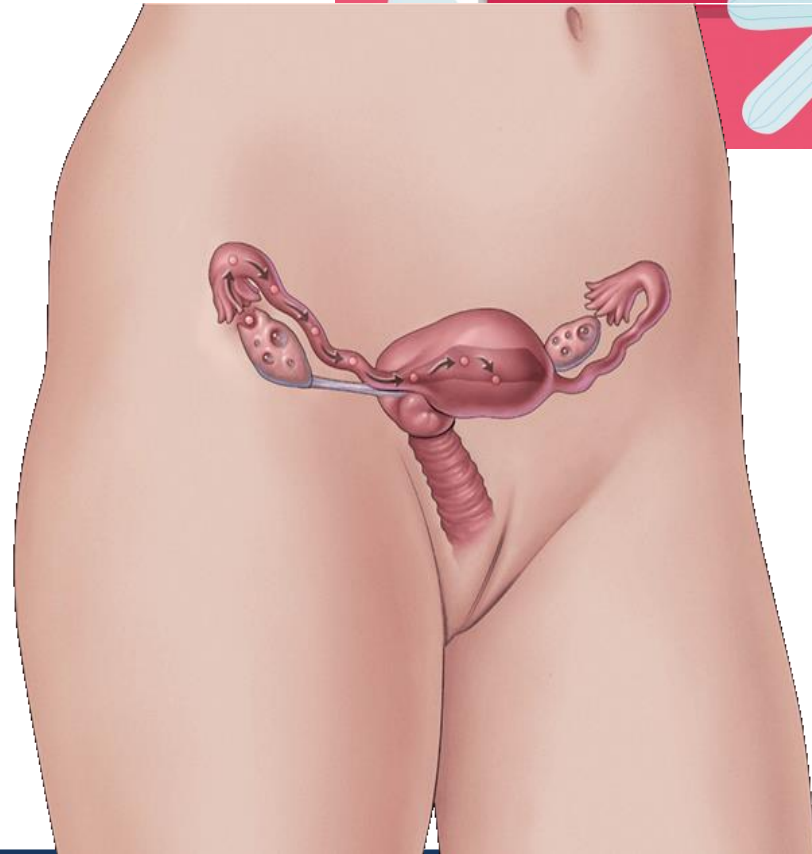
Girls usually start their periods between 11 and 13

Periods usually last between 3 – 7 days

A period is made up of blood and body tissue

Signs that your body may be getting ready to start periods include:

- ✓ *Breast tissue begins growing*
- ✓ *Pubic hair may start to grow*
- ✓ *Produce a discharge from the vagina*





Panty Liners



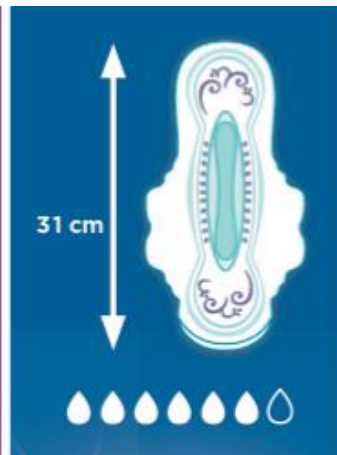
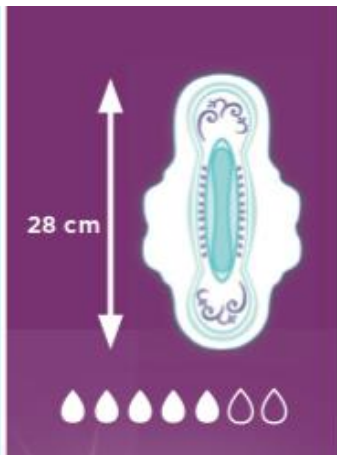
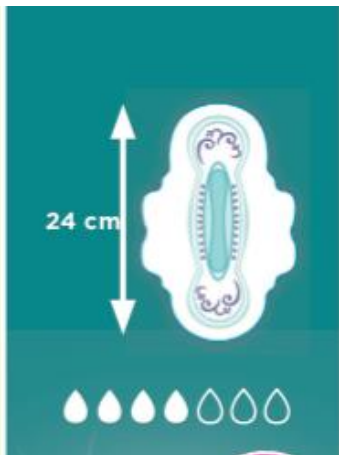
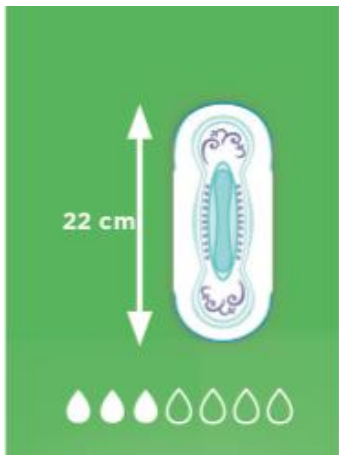
Inserting a
Tampon



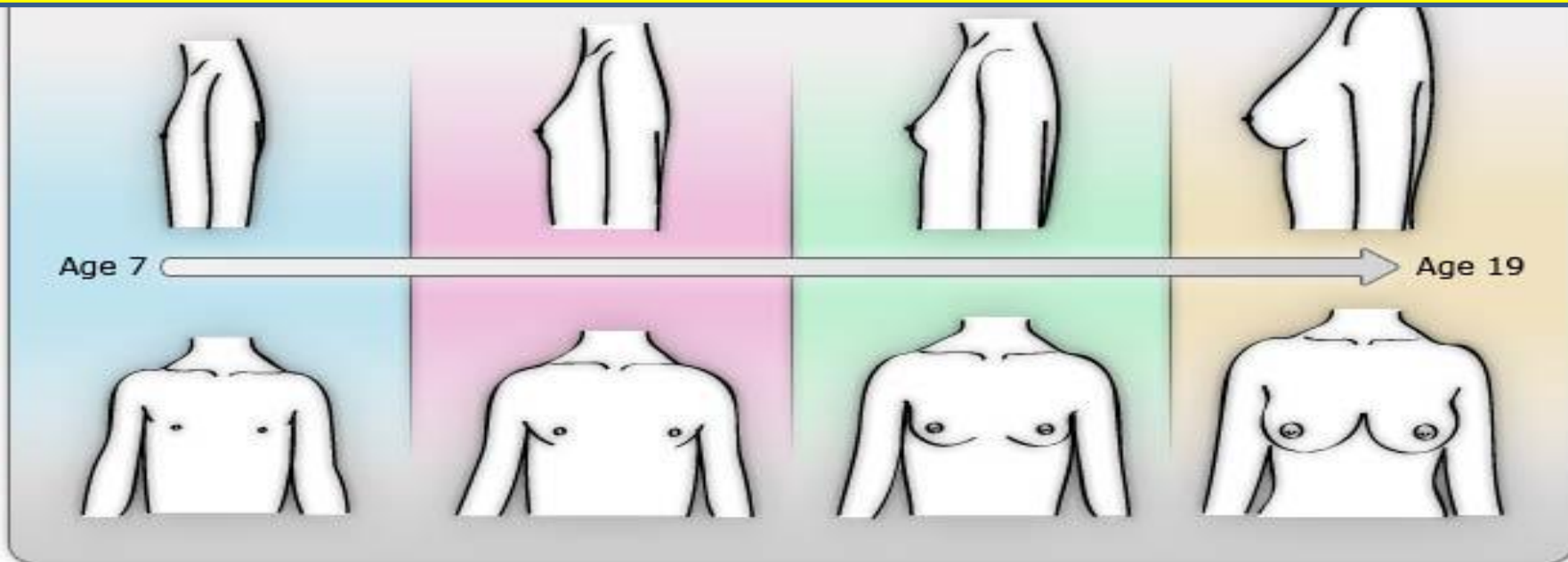
Sanitary Towels
(Pads)



As you watch each video please make notes on the top tips for using each feminine protection product



Breast development during Puberty



Sanitary towel / Pad



Tampon



Tampon with applicator

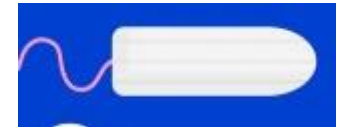
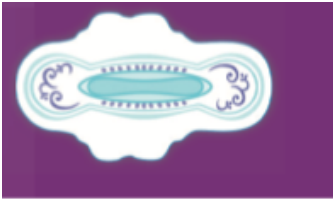


Feminine Protection Products

SANITARY PADS

PANTY LINERS

TAMPONS



Outside Your
Body

Inside Your
Body

Anytime

During Your
Period

Outside Your
Body

During Your
Period

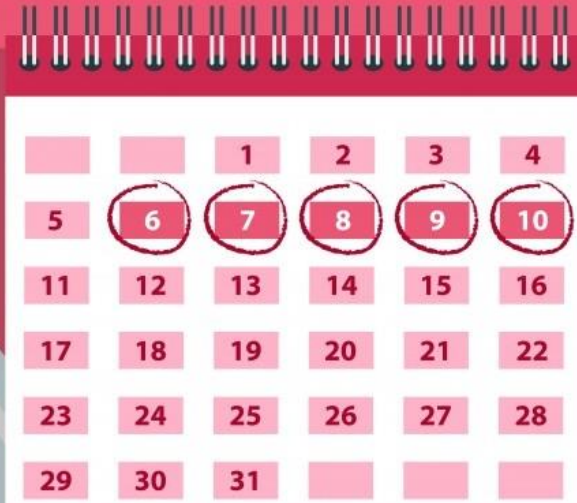
Task

Each feminine protection product has two matching features. Match them up!

Did you know?

Menstrual Cups and Period Pants are other feminine protection products for those that are looking at being environmentally friendly (Perhaps something to consider when you are older)

MENSTRUAL CALENDAR



Emotional Changes

Your **mind and feelings** change too.

- You may feel **lonely and confused**.
- You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion).

- You may want **more independence**.

- You may also become **argumentative and bad tempered**.

- You may **love your friends or family** at times and **not want to have anything to do with them** at other times.

- Sometimes you may **feel like a grown-up**, other times **like a kid**.

- **Sexual** thoughts and feelings.



Will it hurt when I'm on my period?

What happens when I first start my period?

What if my first period happens unexpectedly at school?

Pads, tampons and panty liners- What are the differences?

How long does a period last? How heavy will it be?

Can people tell if I'm on my period?

My period is late - should I be worried?

Can I still play sport when I'm on my period?

How will I feel when I'm on my period?

Task

- 1) Who could you speak to for advice on each of these issues.
- 2) What advice would you give a young boy who is worrying about some of these things



TAMPONS

HOW TO USE ONE

Easy to use and make moving around feel comfortable (including swimming and playing sports)

Tampons come with instructions and pictures

- Tampons with an applicator have a plastic or cardboard applicator designed to make insertion more comfortable and can help make sure your tampon is properly placed. An applicator can also help keep your hands cleaner.
- Tampon without applicators are inserted with your fingers.

STEPS – TAMPON WITH APPLICATOR

Read safety information

Wash your hands and unwrap the tampon

Find a comfortable position

(Standing knees slightly bent or sitting on the toilet with knees apart)

Hold either end of applicator and pull outwards (It may click) ensure string is hanging down

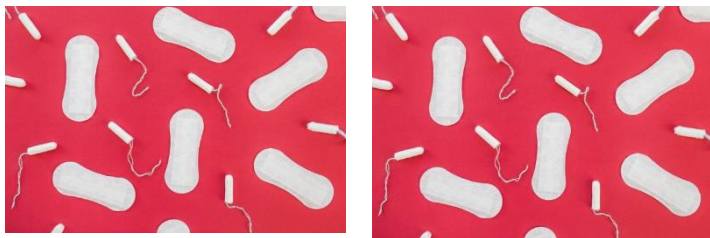
Hold applicator with thumb and middle finger

Push the rounded end into your vagina at a slight upward angle and slide applicator inside you until your fingers touch your body.

Use your index finger to push the smaller part of the applicator or all the way in (this slides tampon out of applicator and into the vagina.

Hold the applicator and pull this out (this will leave the tampon inside of you with string hanging down.

Throw applicator away, wash your hands and off you go.



Did you know?

Tampons cannot get lost inside your body.
Tampons have nothing to do with your virginity
Tampons don't stretch the vagina

PANTY LINERS

Are worn externally and worn inside of the pants. They are so thin you hardly notice them and no-one can tell you are wearing them

Some people wear them every day because it helps them feel fresh, clean

It can help them feel worry free and more confident

THINGS TO CONSIDER WHEN CHOOSING THE RIGHT PANTY LINER FOR YOU

Thinness. - Can range from as little as 2mm

Reliability – How absorbent are they?

Flexibility - How active are you planning on being?

HOW TO USE

Wash your hands before use

Detach the sticky part at the bottom of the liner

Securely attach to the inside of your pants

When disposing always roll them up and throw in the bin. Not down the toilet!

Use them in the morning with fresh knickers after you shower.



REMEMBER

Change Tampon every 4-8 Hours (Never leave it in longer than 8)

When you want to remove it (go to bathroom - Wash hands – pull the string to get it out)

If you feel resistance or see white on the tampon when you remove it use a lower absorbency next time

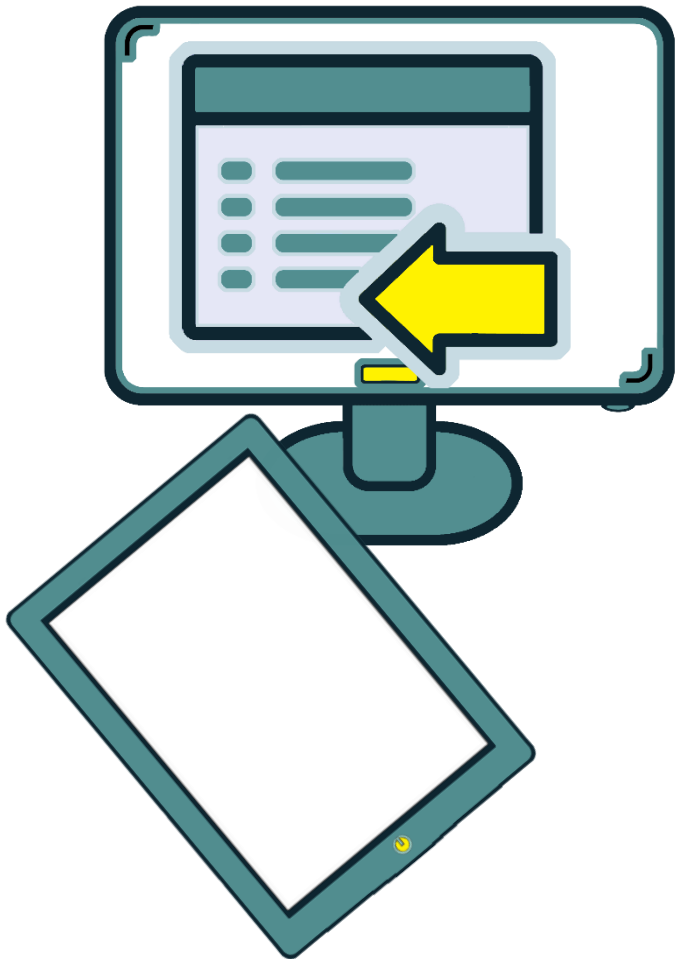


Review Questions

1. *How long does a period last?*
2. *How long is the menstrual cycle?*
3. *What age does a girl usually start her periods?*
4. *How much blood (& body tissue) is typically lost during a period?*
5. *What products can girls use when they are on their period?*
6. *What product can a girl use before or after her period?*
7. *What is vaginal discharge?*
8. *What is ovulation?*

Tips and Advice for Young Women

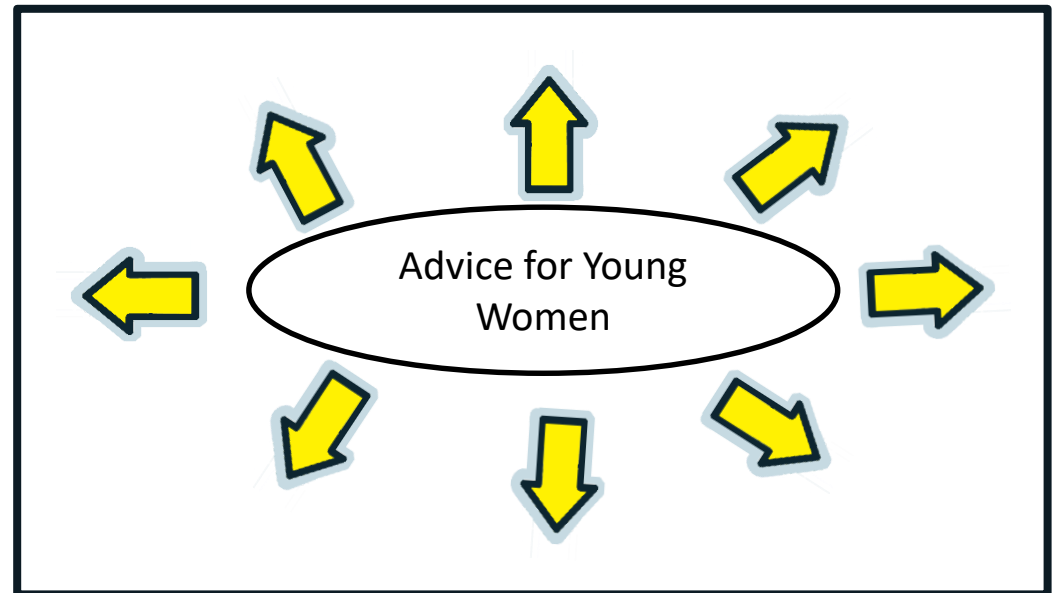
<https://www.always.co.uk/en-gb>



Task

Visit the "Always" Website and spend 10 minutes checking out the 'Tips and Advice for Women's Section'

Come up with between 5 and 10 extra pieces of information on this topic



“Puberty is harder for girls”

Start with this card....

THOUGHTS &
FEELINGS

Or these cards....

There is evidence that...	Surely...	I'm not convinced that...	I understand that, but...	I'm not sure I understand, please could...	So, are you saying that...	In my opinion...	I think...
Therefore..	Clearly...	Yes, but on the other hand...	Perhaps...	So, you think that...	Does this mean...	I disagree...	I would contest...
Consequently...	Obviously..	Something else to consider is..	I wonder if...	So if...does this mean that...	Why do you think that...	I partially agree...	Unlike...
STRONGLY DISAGREE		DISAGREE		AGREE		STRONGLY AGREE	



Task 1: Discuss / Debate with your partner your own personal views towards this statement /idea
Extension: Can you think of specific examples of recent events that would support this statement and other specific examples that would go against this statement.



2-3 Minutes

LEARNING OUTCOMES



STOP!



Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR &
SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
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I know the physical changes that happen to girls bodies, inside and out										
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Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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IMPORTANT INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support



IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:



SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- <https://kidshealth.org/#cattake-care> Information on a variety of topics
- <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



CORE
THEME 5

2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION



REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes



REFER TO MINDFULNESS

➤➤➤ POWERPOINT



Time for a little something extra?

?? Minutes

