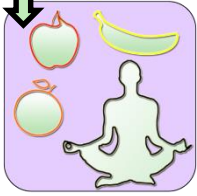


CORE THEME
UNIT & TITLE

HEALTH
& WELLBEING

PUBERTY
& BODY
DEVELOPMENT

Thursday, 28 April 2022



Growing up - Adolescence

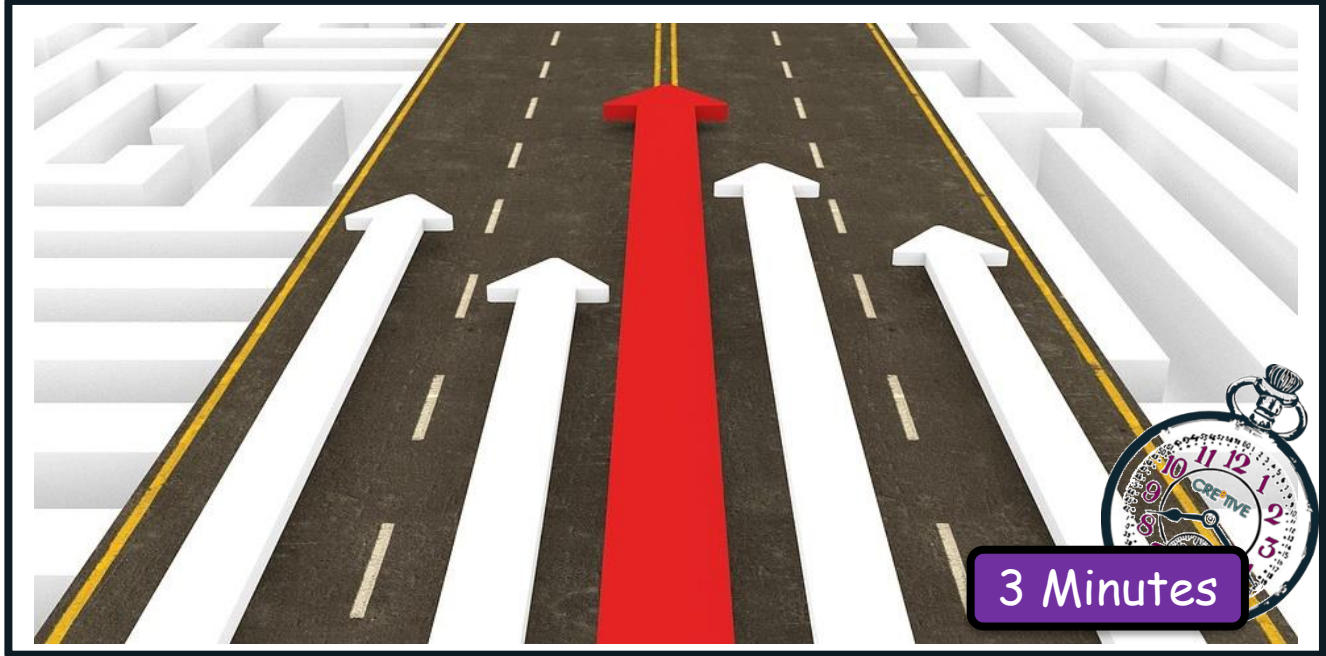


LEARNING
OUTCOMES

Knowledge, Skills & Actions

To understand a range of issues that may impact you as you grow up to be an adult

To understand there are some cultural practices in the world that do not respect 'your body your rules', principles and are illegal and dangerous



3 Minutes

New Vocabulary

Menstruation, FGM,
Breast ironing, Breast
flattening, Impotence



STARTER
ACTIVITY

Sum up puberty in 10 words to someone who doesn't know it
'Write down three tips to someone going through puberty'
What are your hope, dreams and fears about secondary school?

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**



Growing up - adolescence



ASSESSMENT FOR LEARNING

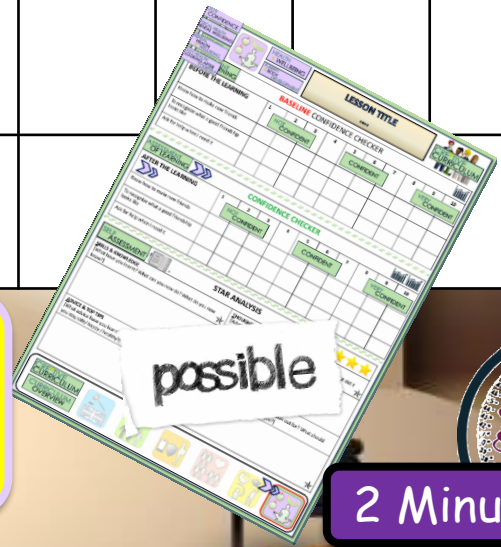
BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I know how to look after my best interests in the future										
I understand a range of cultural practices that are illegal and damaging for young people										
I understand the dangers of FGM and how to stop it from happening										



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



2 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

PAIR & SHARE

THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? / WILL?

IS? DOES?

SECOND

HOW?

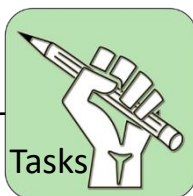
WHAT?

WHERE?

WHO?

WHY?

FIRST



Using the grid above come up with three questions about the image

2 Minutes



If this is the answer what is the question....

Once a month

Penis

Child line

Smelly

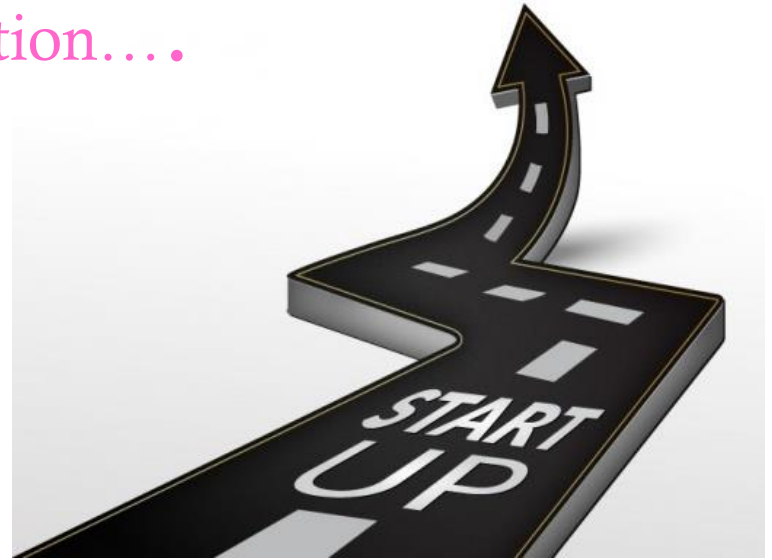
Parents

Sanitary towel

Hormones

Hair

Girls



Riddle:

What

Can improve your confidence, health & mood!

Can help you learn how to work hard

Can help you learn how to work as a team

Can help you learn how to deal with setbacks

Click to Reveal

Getting a Delayed Period



Play video



What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT

My Little Sister Had Hers And I Still Didn't Get Mine

Task: Pick one or two colours and answer all the related questions



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



12 Minutes

THINKING
HATS



Why is it important to keep a menstrual calendar?

How might a girl be more prepared if she keeps a menstrual calendar?

Why is it important that boys understand the menstrual cycle?

KEY TERMS MATCH UP

Orgasm

Sperm

Scrotum

Impotence

Testicles/
Testes

Monogamous

Semen

Cervix

Hormones

Clitoris

Ejaculation

Menstruation

Masturbation

Erection

Wet
Dreams

Circumcision

Foreskin

Oral Sex

Task 1

In your teams come up with a definition for every green word.

A religious or surgical operation to remove the foreskin from the penis

The neck/opening of the womb/ uterus found at the top of the vagina

To produce sexual pleasure or orgasm by touching and rubbing your own sexual parts

When the lining of the womb/ uterus breaks down and passes out of the vagina with some blood. Called 'having a period'.

Having sex only with the person you are having a relationship with

Unable to have or maintain an erection

Task 2

Copy down the six pink key terms and their matching definitions

Challenge

Create several sentences linking up and using at least two key terms in each sentence.



Themselves

E.G: Low self esteem

Home

E.G: Pressure to do things
(FGM, Forced marriages)

Problems young people
might experience when
growing up into adults

E.G: Failing an exam

School

Friends



Using large A3 sheets of paper draw the above out and complete with as many ideas as possible. Only write in black or blue

Swap paper with another group and change pen colours to red and green and come up with solutions to these problems or suggest where they could go for more help and support (Be specific)

Female Genital Mutilation comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons (World Health Organisation).

It is also sometimes referred to as female genital cutting or female circumcision. It has been condemned by religious leaders and is an **act of violence** against women!

The dangers of female genital mutilation are

- Pain
- Bleeding
- Infection
- Infertility
- Death



What to do!

Tell a trusted adult

Female genital mutilation is

- Damaging
- Dangerous
- Preventable



**6 Mins
only!**



How are young girls pressured into FGM?
Why is it hard to say no?
What 'lies' are they fed?
Where can a girl turn to if she needed help?

Did you know?

Up to 140 million girls and women worldwide have had their genitals mutilated in a practice that has no benefit whatsoever.

MY BODY MY RULES!!

Some cultural practices that happen in the world do not respect 'my body my rules' philosophy...

Unicef Children's Rights "Children being abused is illegal"

- **FGM (Female Genital Mutilation)**
- **BREAST IRONING** (Preventing & stopping the development of breast tissue)
- **BREAST FLATENING**
- **FORCED MARRIAGES**



How can we stop this happening in the UK to any more of these 60,000 who are at risk? How can we keep girls safe?

Cultural leaders

Victims and their families

Police

Teachers

Health professionals

Governments

School Children

Parents

Did you know?

60,000 girls under the age of 15 are at risk of FGM in the UK

I'm getting spots and excessive oil in my hair and skin

I think I'm starting my period

I don't know how to use sanitary towels and tampons

Everyone else is developing breast tissue and I'm not

I'm having cramps

I'm feeling down about things



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



LEARNING OUTCOMES



STOP!






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

PAIR & SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



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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



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Confident



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Super confident

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!

SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>
VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

- Childline or Daughters of Eve
- Foreign and Commonwealth Office
- NHS
- NSPCC
- The Metropolitan Police Service has a dedicated service for girls at risk of female genital mutilation. Call their Child Abuse Investigation Command/Project Azure on 020 7161 2888.

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...

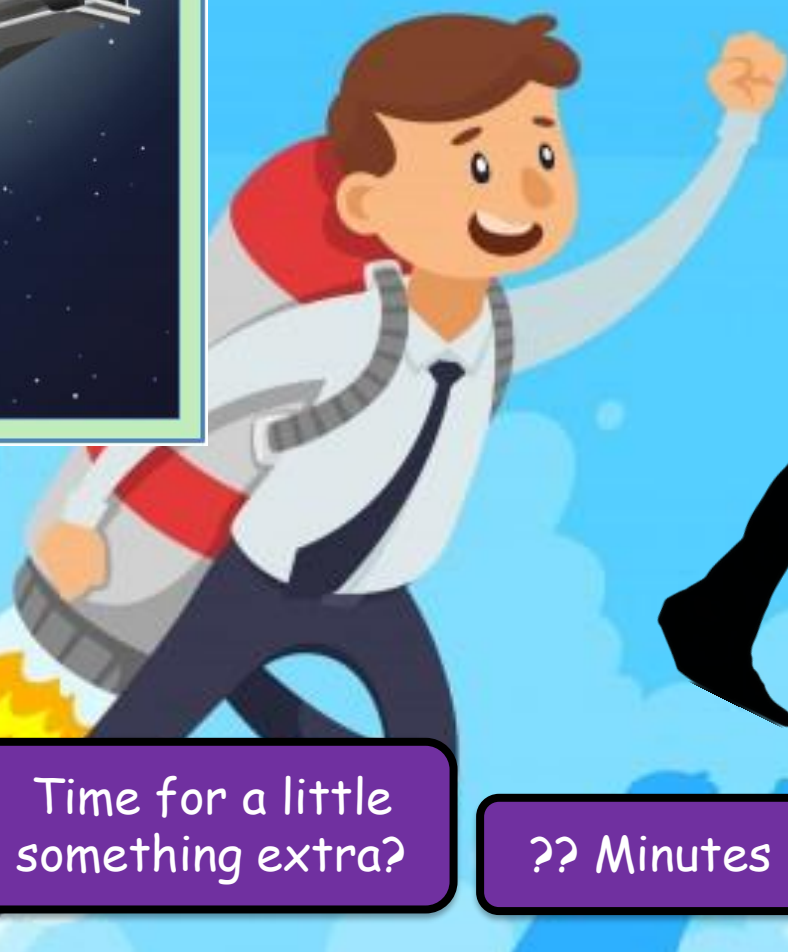
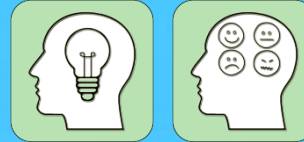
A problem I overcame today was...

2 Minutes



REFER TO MINDFULNESS

▶▶▶ POWERPOINT



Time for a little something extra?

?? Minutes

