

MIDDLE SCHOOL HEALTH EXPO

TOPIC: Introduction to Puberty, Sexual Health and Feeling Safe

TARGET GROUPS: Year 7 Boys and Girls (boys and girls will be separate)

LESSON LENGTH: 60-65 minutes

OBJECTIVES: Students will:

- Identify appropriate rules and expectations to create a safe and positive learning environment
- Demonstrate their understanding of private and public body parts
- Identify the changes that occur during puberty – physical, social and emotional
- Identify how to look after their bodies
- Develop an understanding of the health products and health services that are available for adolescents
- Raise issues/questions through the question box or discussion

LESSON OUTLINE

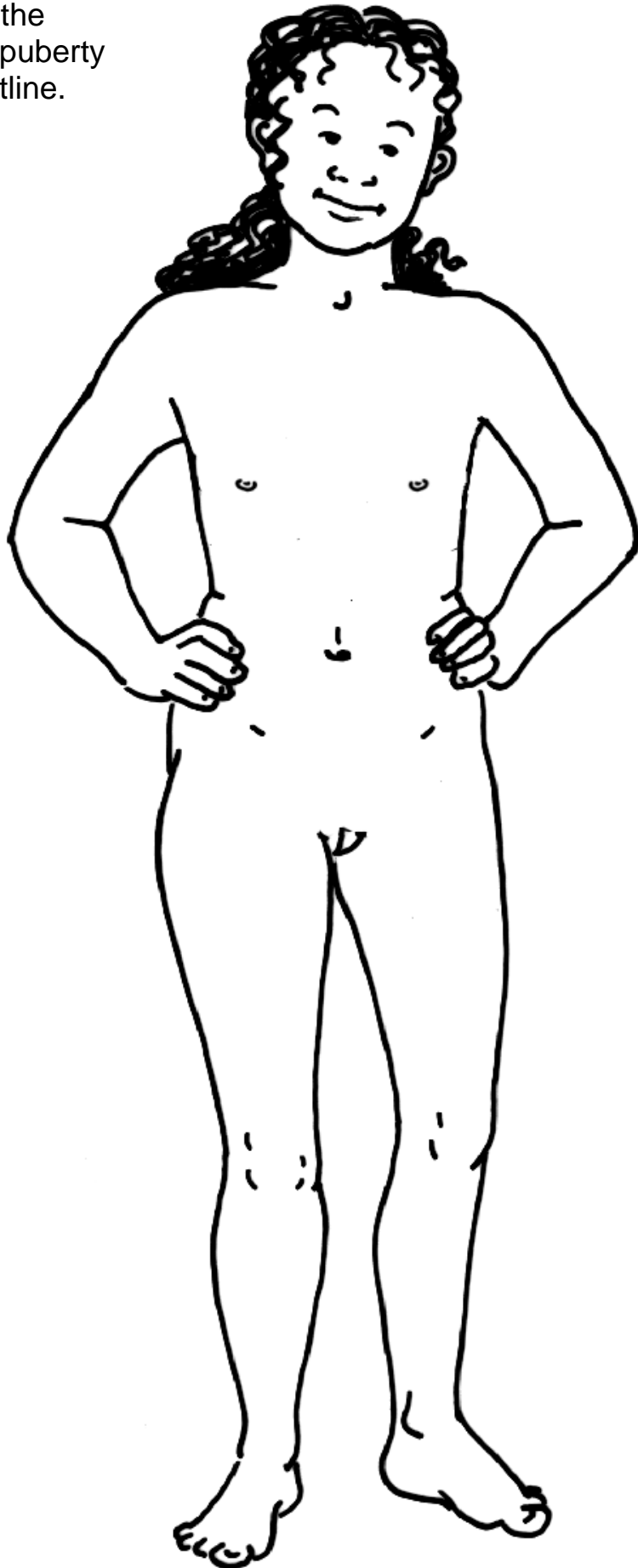
- Introduction and working agreement
- Icebreaker
- Program outline
- Growing up, puberty, reproductive organs and functions
- Healthy and unhealthy behaviours – personal hygiene, health products (e.g. pads, liners, tampons)
- Strategy for feeling safe – no, go, tell and safety hand
- More information
- Question box

Time	Activity	Resources
5min	<p>Establishing Expectations – Working Agreement</p> <ul style="list-style-type: none"> - Respect for one another – we all come from a different perspective - Privacy and confidentiality – don't mention names and respect what is said in the room - Language use – use proper names so that we all understand what is meant - Asking questions – this is your time to ask questions (there is a question box if you do not feel comfortable asking in front of the group and these will be answered in the afternoon session) <p>Icebreaker: Paper Scissor Rock Conga</p>	<p>PowerPoint – slides:</p> <ul style="list-style-type: none"> - 'Creating a safe and positive learning environment' - Lesson objectives <p>- Question box, slips of paper, pens</p>
10min	<p>Warm up Activity: Growing Up – think, pair share (1,2,4)</p> <ul style="list-style-type: none"> - What are some of the things you are looking forward to about growing up? - Share answers in brainstorm - Did anyone say puberty, menstruation, body changes? - Part of growing up is the onset of puberty where our reproductive system begins to work and cause changes - What do you know about puberty and the changes that occur and why we go through puberty? <p>Small Group Activity: Why do we go through puberty?</p> <ul style="list-style-type: none"> - What changes occur to the body as a result of puberty? In small groups draw on the gingerbread 	<p>PowerPoint</p> <p>Positive and Protective Upper Primary Worksheets 7&8 or Gingerbread bodies PowerPoint</p>

	<p>bodies the changes that occur during puberty. Review answers as a whole class.</p> <p>Notice that some occur only to girls or boys and some are common to both.</p>	
20-25min	<p>Hot potato activity: Reproductive organs - label the male and female. Each groups starts with a worksheet and they get 60 seconds to label before it is passed on to next group who checks/corrects and adds. When worksheet is back to the start discuss the answers and ensure labelling is correct. Discuss those that are private.</p> <p>Matching exercise – match the reproductive part with the description of its function. Each student gets either a part or definition and has to find the match by moving around the classroom. Once a pair finds each other they then find another pair that has matched to share the part and function.</p> <p>Review Activity: Public and Private Behaviours, Puberty Match and Quiz to check knowledge and raise anymore questions. Give each group a different Worksheet. Discuss responses</p>	<p>Positive and Protective Upper Primary Worksheets 3&4 – male and female reproductive organs Answers</p> <p>Reproductive parts and definitions (Information from - Positive and Protective Teacher Workbook pp15-16)</p> <p>Positive and Protective Upper Primary Worksheets 11, 13& 15</p>
10min	<p>Decision making: Healthy V Unhealthy Group activity: decide which behaviours are healthy and unhealthy by moving to that corner of the room. Be ready to explain your answer.</p> <p>Decision making: Products and Services Group activity: Show the pads, tampons, liners and discuss issues/questions as they arise.</p>	<p>Healthy V Unhealthy Cards</p> <p>Feminine Hygiene Kit</p>
10min	<p>Safety: No Go Tell Safety Hand: Identify 5 people you could go to for information, help, support or to tell them about a concern.</p>	<p>PowerPoint – information used from Promoting self protection - Feel Safe CD Safety Hand - Positive and Protective Upper Primary Worksheet 17</p>
5min	<p>Where to go for more information? Why should you be careful about some internet sites?</p> <p>Conclusion: Question box – if you have any questions that you felt unable to ask or did not get answered today write them on the slip of paper and pop in the question box. They will be answered in the afternoon session by the panel of experts.</p>	<p>PowerPoint</p> <p>Question box, slips of paper, pens</p>

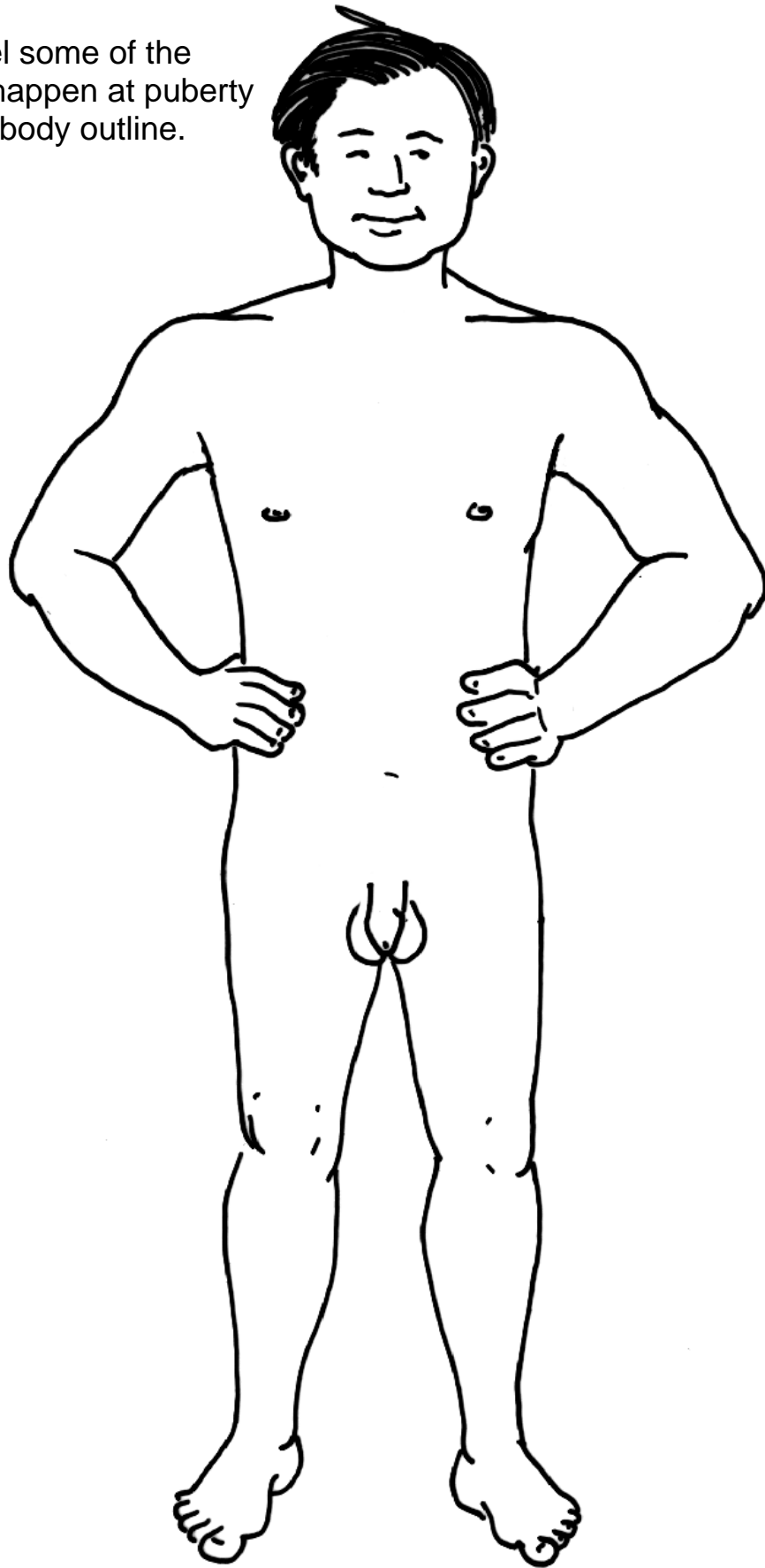
Worksheet 7

Draw and label some of the changes that happen at puberty onto the female body outline.



Worksheet 8

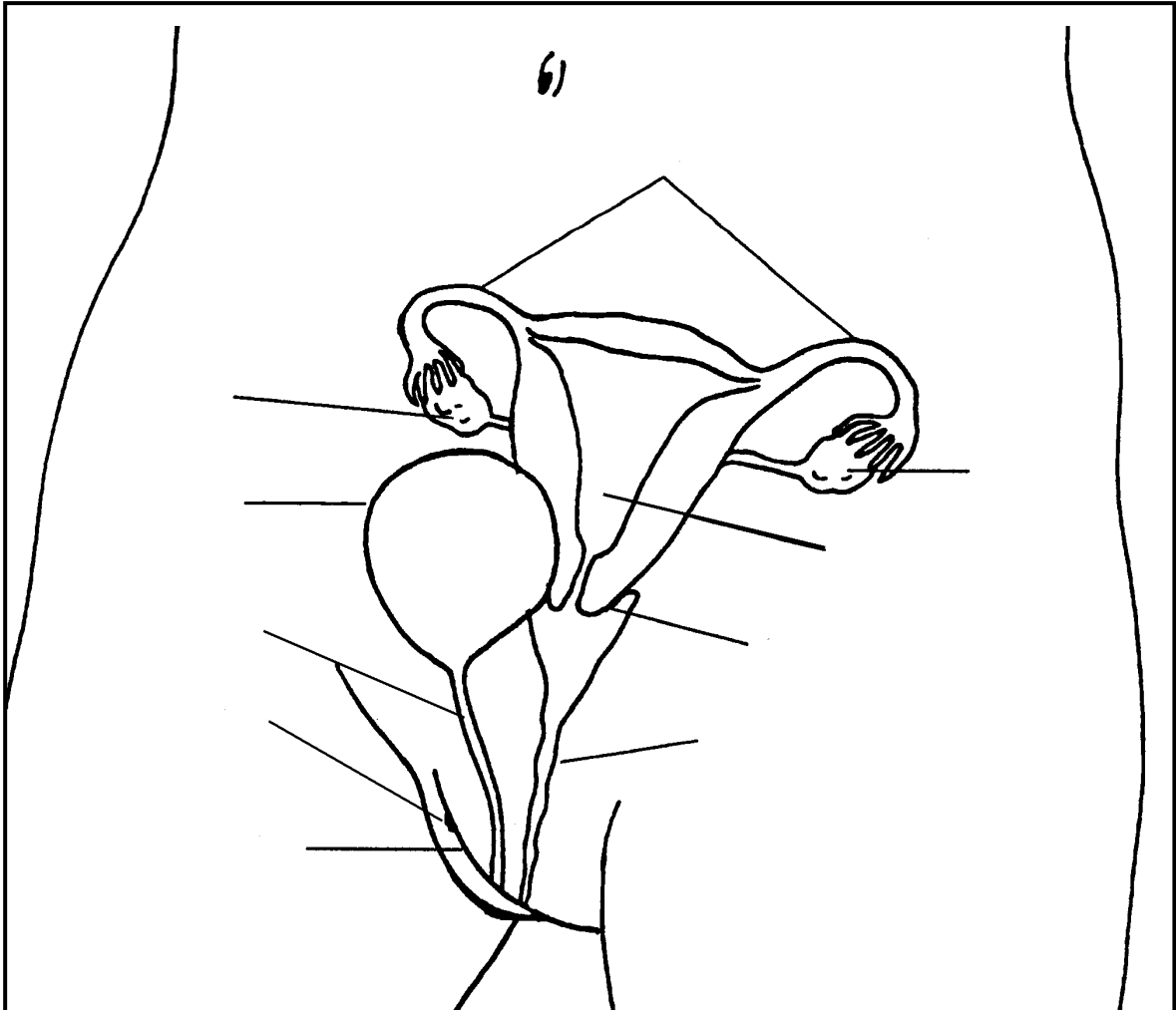
Draw and label some of the changes that happen at puberty onto the male body outline.



Worksheet 3

The Female Reproductive System

Label the parts of the female reproductive system, using the word bank below.



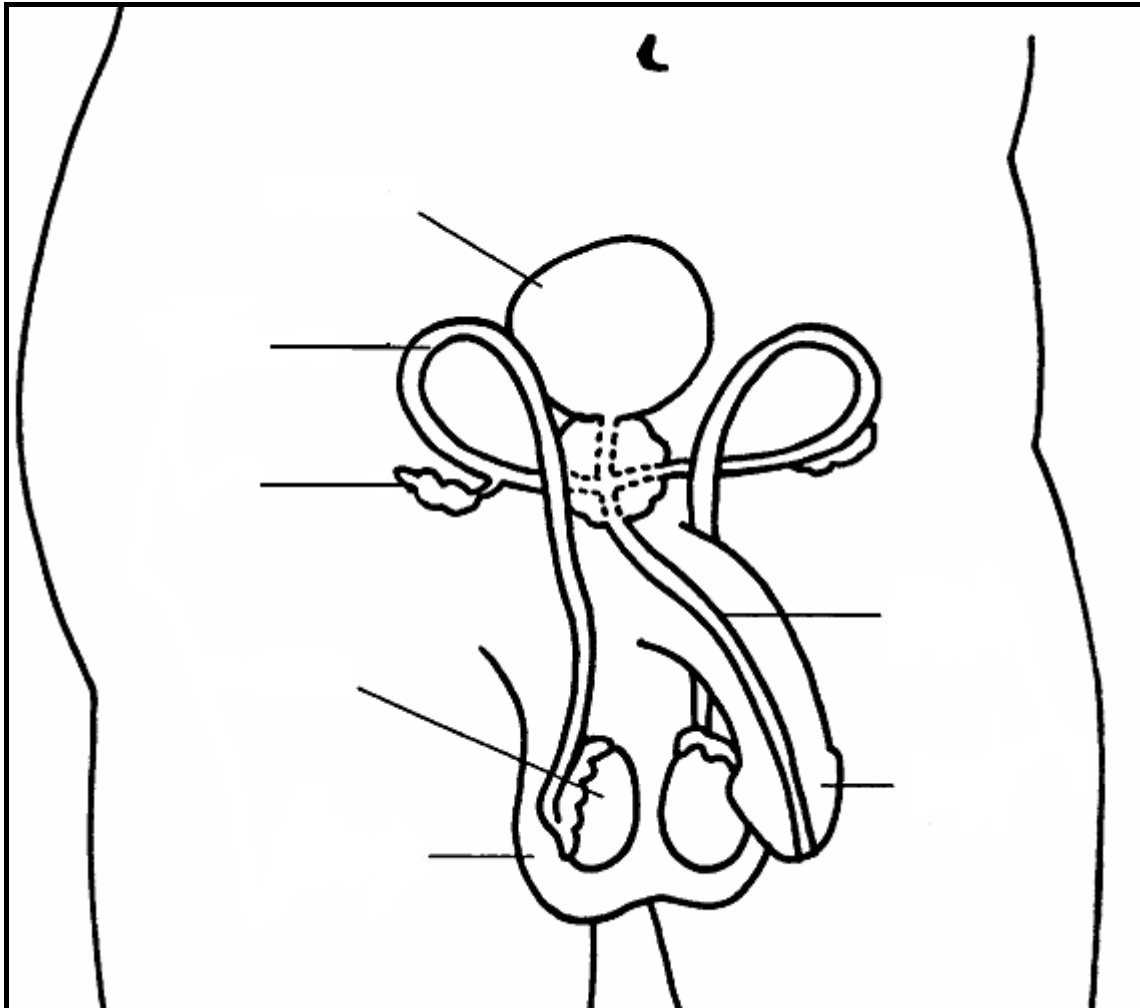
Word Bank

Bladder	Cervix	Clitoris	Fallopian tubes	
Ovary	Urethra	Uterus	Vagina	Vulva

Worksheet 4

The Male Reproductive System

Label the parts of the male reproductive system, using the word bank below.



Word Bank

Bladder	Penis	Prostrate	Scrotum
Seminal gland	Testicle	Urethra	Vas deferens

Worksheet 11

Public and Private Behaviours

Decide whether the behaviour listed is a public or private behaviour.
Tick the column you think the behaviour should go in.

Behaviour	Public	Private
Going to the toilet		
Shaking hands		
Picking your nose		
Hugging		
Kissing		
Bathing or showering		
Swearing		
Playing sport		
Saying "hello" to friends		
Getting dressed		
Sitting in class		

Discuss the following questions in your small workgroup:

- What makes a behaviour private?
- What could happen if someone did a private activity in a public place?

Worksheet 13

Puberty Word Match

Listed below (on the left side of the page) are some of the changes that happen during puberty. Find the phrase (on the right side of the page) that is linked to each change and draw a line connect them. One is done for you.

Sexual feelings	Sad, happy, angry
Wet dreams	Pads and tampons
Growth spurt	Wanting time alone
Voice changes	May need deodorant
Body odour	Penis becomes hard
Pimples	Contain milk glands
Hair	Crushes on other people
Breasts	Gets deeper
Erections	Red lumps
Privacy	Getting tall really quickly
Mood swings	Grows in new places
Independence	Semen released during sleep
Periods	Wanting to do more things with friends

Read through the changes in the left column again. How do you think people might feel about these changes happening, and why?

Write down three things that could help someone to feel good about these puberty changes:

Worksheet 15

Puberty Quiz

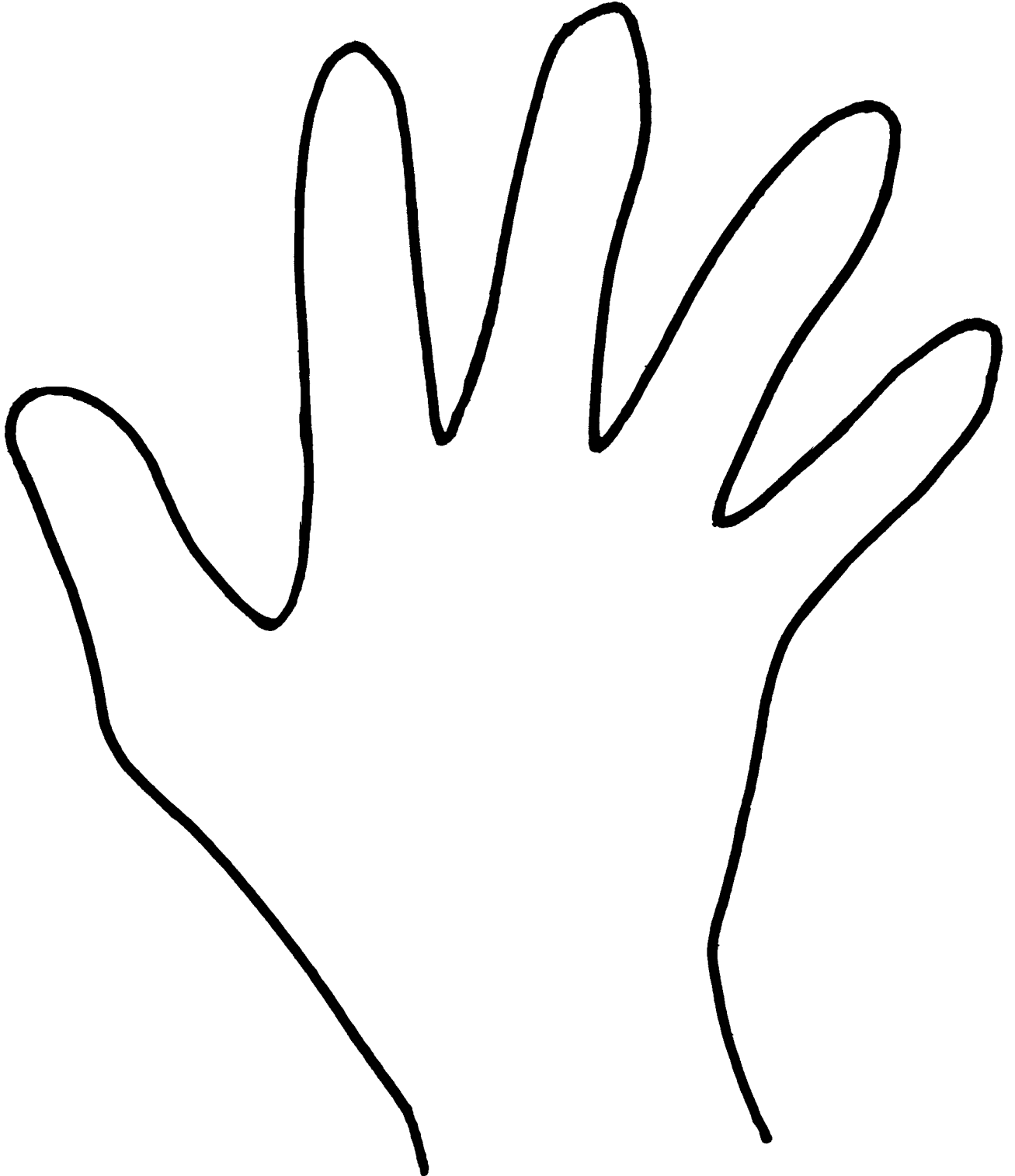
Mark the sentences true (T) or false (F)

1. Puberty means the time in your life when you change from being a child into being an adult.
2. Males and females usually reach puberty at the same time.
3. As our bodies change, feelings change too.
4. Males and females grow taller at puberty.
5. Peer pressure can influence our decisions.
6. The changes that happen to our bodies at puberty are caused by hormones.
7. Menstruation (or periods) begins during puberty.
8. When a boy has a wet dream, it means that he has wet the bed.
9. Everyone wants to have a boyfriend/girlfriend when they reach puberty.
10. Boys sometimes experience some breast development at puberty.
11. It is okay to touch the private parts of your body if you are in a private place.

Worksheet 17

Safety Hand

Some older people I trust and can talk to are...



Breasts

Breasts develop during puberty. A darker circle of skin called the areola surrounds the nipple, on the tip of each breast. When a woman gives birth to a baby, her breasts secrete milk from the nipples.

Clitoris

Sensitive area above the urethral opening of the female where the two inner lips meet. It becomes more evident during puberty. When the clitoris is touched it usually brings good feelings.

Fallopian tubes

Two tubes which lead from either side of the top of the uterus and lead to the ovaries. The ends of the tubes near each ovary collect ova and draw them into the tubes. Fertilisation takes place in the fallopian tube, and the fertilised ovum travels along the fallopian tube to the uterus.

Ovaries

Two glands at the end of each Fallopian tube – they are the size of grapes and each contains thousands of ova (eggs).

Uterus

Where a baby can grow during pregnancy. It is pear shaped and has strong muscles that can stretch and hold a baby and then help push a baby out at birth.

Vagina

The passageway from the vulva to the uterus. It is the opening through which a baby can be born, where blood comes out of during a period, and where the penis is placed during sexual intercourse.

Vulva

The external genitals of the female which cover the vaginal opening.

Penis

The male sex organ. Usually it is soft and spongy and urine passes from it – sometimes it becomes stiff and this is called an erection.

Prostate

A gland which secretes fluid into the semen which contributes to sperm mobility and viability.

Seminal

Gland Glands which secrete a component of semen that provides energy for the sperm.

Scrotum

A sac of loose skin containing the testicles – it helps to keep the testicles at a cooler temperature.

Testicles

Two round glands in a sac of skin (the scrotum), which hang outside of the body behind the penis. When a boy reaches puberty the testicles begin to produce sperm.

Urethra

Carries urine and sperm through the penis to the outside of the body.

Vas Deferens

Two tubes that carry sperm from the testicles to the urethra.