

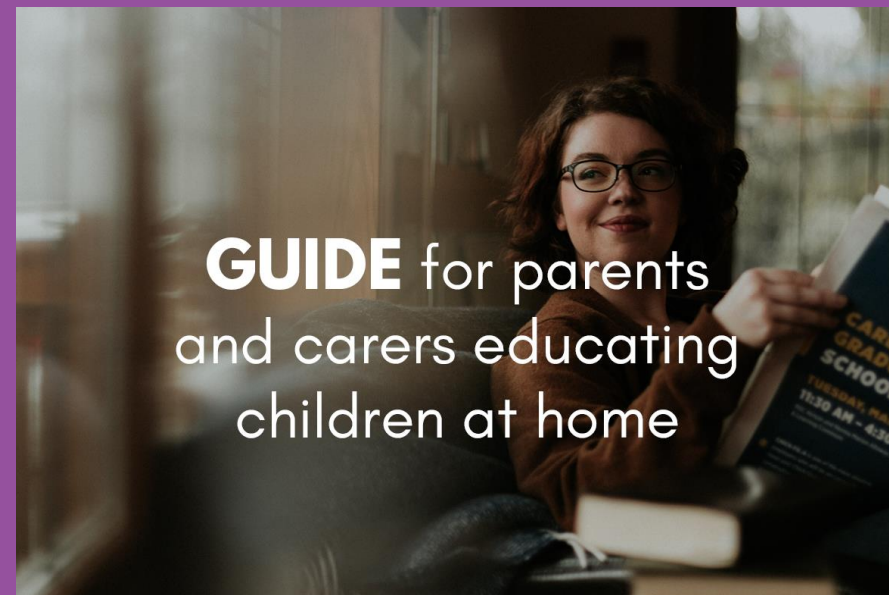
**Parents: read
our helpful
guidance before
you get started**

**Before you
get started**

Growing and Changing

Year 6/7 Home-learning:
Managing changes during puberty

To start, play this slideshow from
beginning



GUIDE for parents
and carers educating
children at home

Parents and teachers: Home-learning about puberty

When learning about puberty in schools, we recommend that pupils are taught in mixed groups so all young people learn about changes to both male and female bodies.

We continue to recommend that young people learn about changes to both male and female bodies while learning at home.

Please ensure that young people following this powerpoint are guided to complete all activities.



Year 6/7 Home-learning

Managing changes during puberty



We are learning about how to manage the changes that happen during puberty.

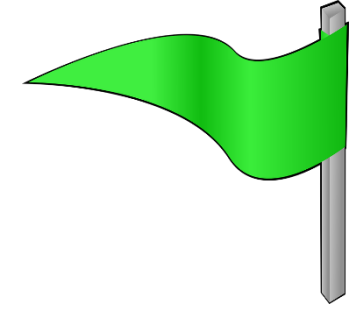


We will be able to:

- ✓ describe the physical and emotional changes during puberty and how to manage these.
- ✓ identify myths and facts about puberty.
- ✓ demonstrate how to begin conversations or ask questions about puberty with people who can help us.

Growing and changing

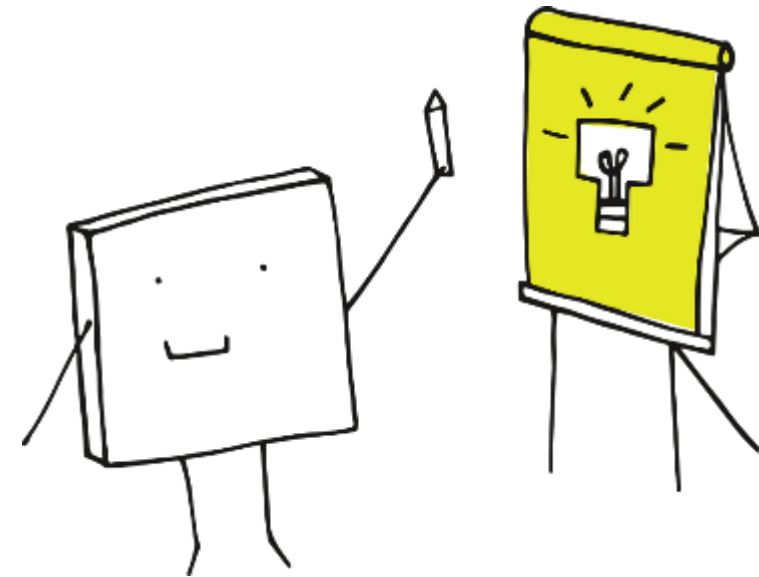
What's our starting point?



On a piece of paper, make a graffiti board with all the words you can think of that relate to growing up and puberty.

You might also like to include some words that describe how people might feel about puberty and growing up.

Keep this safe – we will be coming back to it at the end of the session.



Quick questions about puberty

Click each card to reveal the answers

Who
experiences
puberty?

When do
they
experience
puberty?

What is
puberty?

Fact or myth?

Click on only the **facts** while avoiding the myths, can you find all **six** facts?

Everybody starts puberty at the same time, around age eight.

Pubic hair grows during puberty.

People's body shape changes when they go through puberty.

Everyone gets tummy ache when they get their period.

It's normal to have mood swings and feel different, strong emotions during puberty.

Oops! That's a myth.



Puberty causes people to sweat more.

acquired during puberty.

Voices get deeper during puberty.

Squeezing spots will make them go away.

Pads are the only product available for use during periods.

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

Puberty myths

“Everybody starts puberty at the same time.”

Young people begin puberty at different ages, as discussed earlier in the session.

“Everyone gets tummy ache when they get their period.”

Some people experience aches or pains, but it doesn't happen to everyone.

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

There are lots of products that can be used to help manage periods.

For example: Tampons, menstrual cups or period pants. It's all down to personal preference.

“Squeezing spots will help them to go away.”

Most people will experience spots at some point in their lives. Squeezing them doesn't help them go away and may spread bacteria!

Having spots does not mean someone has poor hygiene.

Clicked too far and left the game too early?

Just press the ← direction key on your laptop or swipe back on your phone or tablet to continue!

“The size of a person's breasts and penis is determined during puberty.”

People keep growing and changing over their lives, young people are still growing so it is not possible to know what they will look like as an adult.

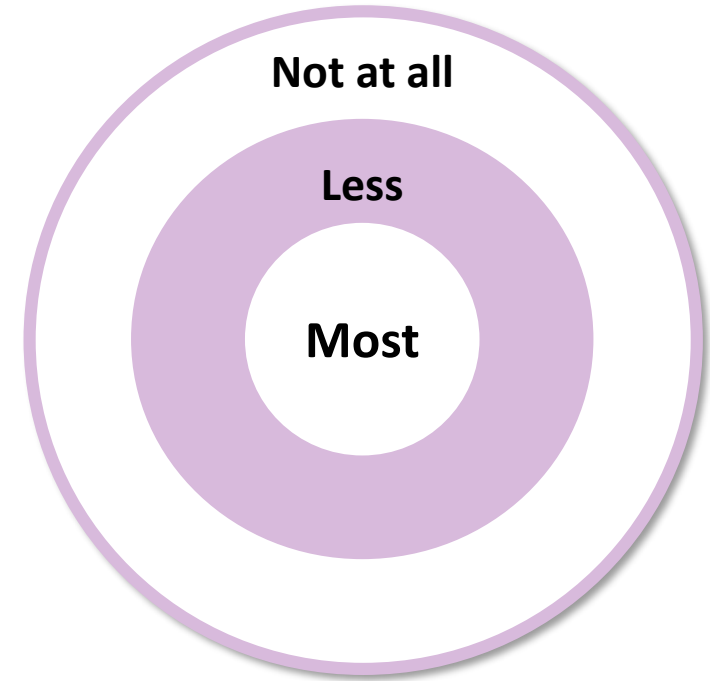
Zones of relevance

On a piece of paper, draw three circles like the ones in the diagram.



Write each of the statements below in the circle that shows how important you think this information is for a young person to know during puberty.

| | | | |
|--------------------------------------|--|------------------------------------|--|
| How to talk to parents about puberty | How often to wash their hair | When their friends grow pubic hair | How to use a menstrual pad |
| How to use tampons or other 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 or websites about puberty are best | How to shave | Who their friends fancy |
| How to apply make-up | Which products would help with spots | The best type of deodorant | How to help a friend who's a bit embarrassed |



Bear in mind that friends may not want to share information about who they fancy or about what changes have happened to them.

It's important to be kind and respect their privacy.

Planning a conversation

Choose two or three of the **most** important points from your zones of relevance activity.

If a young person wanted to talk to a friend or parent, what might they say?



Write the first sentence or question a young person use to open the conversation.

For example:

Mum, I've been wanting to talk to you about getting a bra. Can you help me choose which one would be best for me?

Challenge

Write out the conversation as a script, imagining what the parent or friend might say.

Growing and changing

Where are you now?

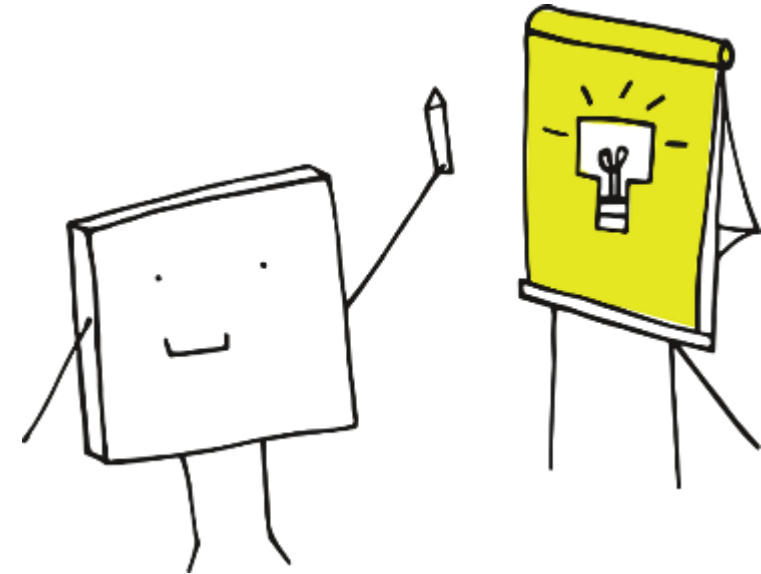


Look back at your graffiti board.

Can you add or change anything about puberty and growing up?

Finish these sentences or discuss with a parent:

- Something I didn't realise before this session is...
- Something I knew but had forgotten is...
- Something I would like to know more about is...



Remember!

If you feel worried about puberty or what you have learned during this session, talking to an adult you trust is one of the best ways to find help.



If you want to talk to someone other than a parent:

ChildLine can help.

See: <https://www.childline.org.uk/get-support/>

Or phone 0800 1111