

PSHE

Puberty Lesson Plan

Year 5 Girls



# PSHE Puberty Lesson Plan – Year 5 Girls

Year 5 Girls' Puberty Lesson - Puzzle 6, Piece 2

Girls and puberty (Boys in e-safety lesson)	
Puzzle 6 Piece 2	Please teach me to... <ul style="list-style-type: none"> <li>explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally</li> <li>understand that puberty is a natural process that happens to everybody and that it will be OK for me</li> </ul>
Resources Jigsaw Chime 'Calm Me' script Jigsaw Jez Jigsaw Jerrie Cat PowerPoint slides of male and female bodies Animation: The Female Reproductive System Menstruation Card Match A range of sanitary products A set of Menstruation Worries cards If available: some examples of published information leaflets about puberty Jigsaw Jez's Private Post Box (teacher to make)	Vocabulary Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus
<p><b>Teaching and Learning Note</b> This will be the first puberty lesson for boys – this may have already been covered in Science human life cycle lessons. Due to the significance of this lesson it is recommended that teachers set aside an afternoon. It would also be helpful to arrange for an additional female member of staff (teacher or classroom assistant) to support this session. Ensure you know the policy and procedures that support any girls in your school when having a period.</p> <p><b>The Jigsaw Charter</b> Share 'The Jigsaw Charter' with the children to reinforce how we work together.</p> <p><b>Connect us</b> Set up a 'carousel': seat the children in two concentric circles, the inner circle facing out and the outer facing in, so that each has a discussion partner facing</p>	<p>Ask me this...</p> <p>What makes you feel embarrassed? How do you respond to embarrassment? How can you cope with embarrassment? Why might changes to your body at puberty make you feel embarrassed?</p>

them. Get them to stand and move round, inner circle clockwise, outer circle anticlockwise, until you say stop. They will then be paired with a random discussion partner. In their pairs, ask them to discuss this question: 'What kind of thing makes you feel embarrassed?' Encourage them to think of a kind of situation rather than a specific incident. Allow time for each to comment on this, then get them to stand and move round one, clockwise and anticlockwise respectively. With their new discussion partner, they talk about how they respond to embarrassment: what are the physical effects, how does it make you behave? Allow time, then move them round once more and with this partner talk about how we can cope with embarrassment, how you can help yourself to feel less embarrassed or to show your embarrassment less. Bring the whole class into one circle and ask them briefly to share some of the thoughts that came up during this exercise. It may or may not arise naturally, but steer the discussion towards puberty and the reasons why we can feel embarrassed about some of the changes and experiences of puberty: because they are private and personal, they affect parts of the body we don't usually talk about, they affect who we are in a fundamental way. Take the chance to reassure the children and remind them that the changes and the feelings they experience are completely natural and part of a life cycle that affects everyone: the changes are natural, and a little bit of worrying is natural too. If space is an issue, this activity can still be done by asking the children to move randomly around the classroom and when you say stop, to pair with the person nearest to them each time.

**Calm me**

Everyone, including adults, is sitting on chairs in a circle. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.

**Open my mind / Tell me or show me**

For girls (Already been taught in Yr 4)  
 Can you remember the facts about menstruation?  
 Do you know what sanitary products look like and how they are used?

Use the PowerPoint slides and the Jigsaw Animation: The Female Reproductive System to recap for girls / teach boys. You have a choice of two animations, one with subtitles and one without. It is up to you which animation you use with your class based on your professional judgement. Many teachers like to show the whole animation then ask the children to explain it; some prefer to pause the animation at key points for questioning and clarification. Again, use your professional judgement as to which method will be more responsive to the needs of your class. Note the animation does not show the word vulva. You can use this as a discussion point so that children are reminded about the difference between the vulva and the vagina. Teach the children how the female body prepares to have a baby and how this results in menstruation/monthly periods.

**A suggested script follows:**

- When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends
- A female's reproductive system has five main parts (refer to the animation). The vulva isn't labelled in the animation, but that is the name for the outside parts of a woman's private parts (genitals).
- Once a month, the woman's oestrogen levels rise in her ovaries and one of the tiny eggs (ova) stored there is released. It passes into the fallopian tube and then into the womb/ uterus. Oestrogen is a hormone (chemical) in the woman's ovaries. The oestrogen also causes the womb/uterus lining to thicken getting it ready with an extra supply of blood in case the woman becomes pregnant with a baby.
- If the egg (ovum) meets a sperm, the egg will be fertilised and a baby will start to grow. This is called conception. The baby at this point is called an embryo.

What questions or worries do you think girls a bit younger than you might have when they think about puberty?

- If an egg is fertilised it settles into this soft lining of the womb/uterus and the embryo develops into a baby.
- If an egg (ovum) isn't fertilised by a sperm, then the lining of the womb isn't needed. The lining breaks up and the spare blood it contains passes out of the woman's body through her vagina and vulva. This is what is called 'having a period'.
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/woman's body is working as it should.
- The same cycle (the menstrual cycle) repeats itself once a month. The exact number of days between periods is different for every woman, but it is usually between 21 and 35 days.
- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, or a tampon which they insert into the vagina. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

### Let me learn

Part 1) Using the range of sanitary products, (tampons with and without applicators, pads with and without wings, pads of varying sizes, colours and shapes), briefly explain to the whole class how these are used.

Part 2) Then, arrange the class into single gender groups and operate a carousel of activities as follows:

- Menstruation card match/sequence game: children match the text to the pictures and work out the sequence.
- Menstruation Worries: children to write responses to the worries on the cards
- Exploration of sanitary products and writing any questions they have about puberty and conception for Jigsaw Jez's Post Box: children to write questions.

Groups move around after 10-15 minutes per activity. Bring the class back together and de-brief each of the activities. With the whole class in a circle, ask a few pairs to share their ideas about the Menstruation Worries questions and the guidance they would give. Invite others to discuss and make constructive suggestions. Finish by reminding them that whenever they have questions of their own, they can slip them into Jigsaw Jez's Private Post Box (or similar box/bag that the class might already use) and they will be answered.

**Help me reflect**

As in previous Pieces (lessons), ask the children to review their learning using the My Jigsaw Journey resource.

## Calm Me Script

This Puzzle is about learning to handle the changes that happen to us as we grow up.

So in this Calm Me time we are going to focus on our bodies and how incredible they are.

So let's start our Calm Me time by sitting in our Calm Me way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound.....

In this quietness, bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

Breathing like this we feel calm and gentle....

Breathing in and silently counting 1,2,3,4,5.....breathing out silently hearing the words "I am glad to be alive"

Continue with your relaxing breathing, in to fill the lungs.....out to feel calm and relaxed.

Then try to let your mind follow the path the breath takes as it goes into your body through your nostrils and moves its way down the windpipe into the lungs. Be aware of what happens to your body as the breath follows this path....Can you feel your diaphragm contract and relax again, your shoulders rise and fall, your stomach expand and contract? All because you took one simple breath in....

Use a few breaths to try to follow the air as it goes on its inward journey. When your lungs are as full as you want them to be on this breath, hold the breath for a second, you are in control, and then gently release it to its outward journey, all the way out through the mouth.

Do this process several times as you become more aware of your mind following your breath in and out of your body.

What an amazing process breathing is....we do it and usually are not even aware that we are doing it.... amazing.

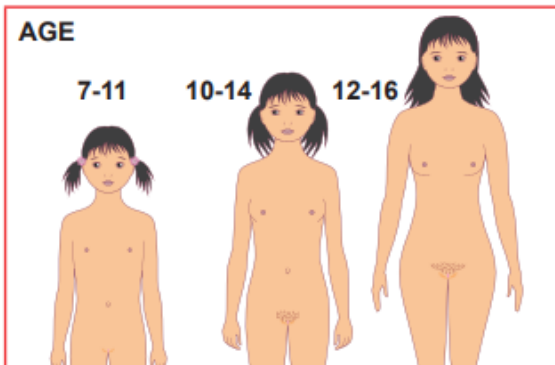
For the last few breaths of this Calm Me time, let yourself accept your body just as it is and appreciate it and all it does for you.

Breathing in and silently counting 1,2,3,4,5.....breathing out, silently hearing the words "I have an incredible body."

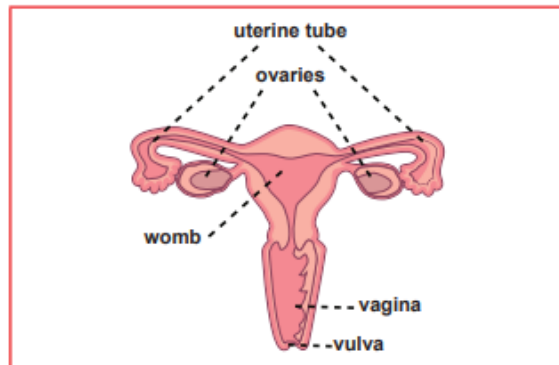
(Chime again) Then as you listen to the chime fade away, bring your body and mind back into the classroom in this present moment, nice and peaceful, ready to learn.

## Changing Me

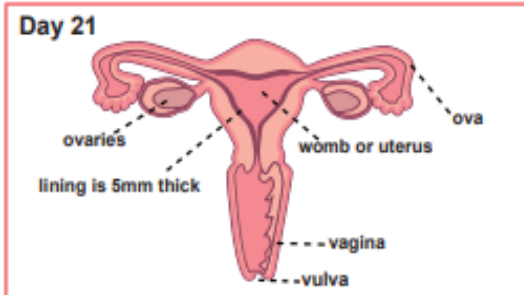
### Menstruation Cards Sort/Sequence - Ages 9-10 - Piece 2



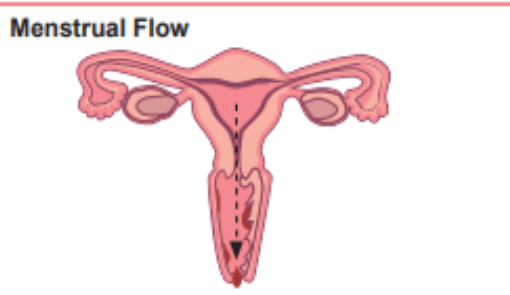
A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.



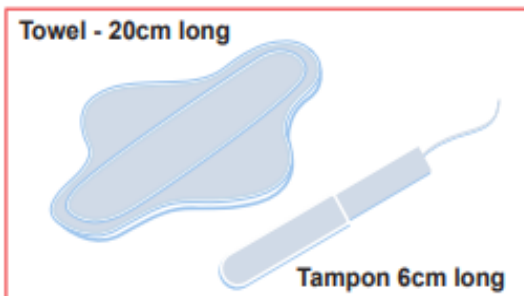
Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.



However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.



If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.



Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.



The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.



## Changing Me

### Mentruation Worries - Ages 9-10 - Piece 2

My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?

Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself - and doesn't it mean that you're not a virgin any more?

I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

I think I could cope with having a period at home, but at school... where would I put the used tampons as I don't see any bins in the girls toilets for our year group?

What if I need to change a sanitary pad/towel during a lesson? Won't everyone know that's why I am going to the toilet? I would feel embarrassed.