



**Title:** My Body: My body is changing

**Level:** Second

**Code:** 2.1.2

**Links to Curriculum for Excellence**

Experiences and outcomes	Benchmarks
I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a	<ul style="list-style-type: none"> <li>Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.</li> </ul>

**About this activity**

Through this lesson, which continues on from 2.1.1 Names of parts of the body and their functions, we will explore the physical changes that come with puberty. The lesson includes learning on menstruation/periods and erections/wet dreams. Information is provided in activity 2.1.1 to explain to parents what this block of learning is about, there is additional material in this activity to connect with home on the topic of puberty.

**Resources to support this activity**

- Slides (Powerpoint)

**Activity**

1. Begin with the question ‘**What is puberty?**’ on the white/smart-board: read this out loud to the children and check understanding. There may be questions, some of which you will want to answer immediately, some that you might acknowledge and say “*we will get around to answering them very soon*”. Have a question sheet (paper/flipchart) on the wall to one side, explain “*this is where any questions about puberty can be noted down, we will make sure to come back to them at some point today or later.*”
2. Tell the children that one question that children often ask is “**when will puberty happen to me?**” Introduce this on the slide provided, read it out loud to the children. Stress that, “*there is no rush when it comes to puberty, but we are talking about it now so that we understand the changes when they do happen.*”

3. Introduce the next task along these lines: *“Let’s think about some of the changes that happen to boys and girls with puberty. Let’s start with things that we can see. Some people may know a bit about the changes that happen with puberty, but let’s go through these together and find out.”* Use the series of slides, each has a question, the following slide provides some answers. Encourage conversation and questions: **What happens to...** Hair/Skin/Body shape/Breasts/Voices/Smell.
4. When you feel that the class is ready, move on to talk about menstruation and erections/wet dreams with a statement (the slides provided are illustrated with the body/images used in the previous learning activity): *“So, we have already talked about some of the changes that happen to both girls and boys with puberty. A lot of these changes happen on the outside of our bodies, things we can see. But changes also happen on the inside. There is a change for girls and a change for boys that we will think about now.”*
5. For girls, a change with puberty is that they can start their period. Put the slide/image on the white/smart-board: **Periods. Another word for periods is menstruation.** Remind the children that in the previous learning activity they looked at what happens inside their bodies. It will be helpful to look at the image of **the female body** from 2.1.1(8), so the children have a visual understanding of what is happening when a girl has her period. Read aloud the text on the slide, then check for understanding.
6. Explain, *“we will think a bit more about this in our next slide.”* Move on to the next set of images/text slides: **More about periods (menstruation).** Each slide has a few points, check understanding as you go.
7. Pause now for questions. Remember, the question sheet can be used to keep a note of questions the children ask that can be answered later.
8. Explain, *“changes also happen to boys.”* These changes can happen anytime from now, to when a boy is older and in secondary school. It will be helpful to use the image of **the male body** from lesson 2.1.1. Introduce the slides along these lines: *“For boys, a change is that their penis and testes grow. When this happens a boy’s penis can grow and get hard, this is called an erection.”* Work through the slides **Erections and wet dreams.**
9. Pause for questions/clarification. If any questions have been written up on the question sheet/poster to the side, this would be the time to review them. If there are any questions you are not sure about as teacher/educator that’s okay, be honest with the children and say: *“I’m not sure, but I will find out the best answer that I can for the next lesson we have.”*
10. End with an acknowledgement: *“We have been learning about some important things today. After thinking about it a bit, there might be more questions that you would like to ask. You can ask someone at home, or you can ask me.”* If you have books from the recommended reading lists in the class library share these and encourage children to read them in class.

### Additional ideas

- Make some of the recommended books on these topics available in the class library. Show the children that these books are available and encourage them to have a look when there is free time or reading time.
- Tell children about the online information at the link below. Encourage them to look at it in the coming week: <https://www.nhs.uk/Livewell/puberty/Documents/4youmarch2010nonprinting.pdf>

### Recommended reading:

*Usborne Facts of Life: Growing Up* ISBN-10: 0746031424

*What's Happening to Me (Girls Edition) Facts of Life* (Usborne ISBN-10: 0746069952) also available digitally ISBN-10: 0746069952

*What's Happening to Me (Boys) Facts of Life* (Usborne ISBN-10: 0746076630)

### Connecting with home

*The text below could be used to communicate with home about the activities in this short block of learning.*

The children are working on the topic of **my body**. They are learning about how their body changes with puberty. To help the children understand puberty's main changes, they have been learning about menstruation (a girl having their period) and about erections/wet dreams. We learn about these things now so that children understand that they do not need to worry about the changes that will happen. The children are being encouraged to speak to a trusted adult if they have any questions or worries. If you would like to help your child continue their learning at home, you may find the following books and websites useful.

This is a good article to read yourself or with your child: <http://kidshealth.org/en/kids/puberty.html>

The local library should be able to get these books for you:

- *Usborne Facts of Life: Growing Up* ISBN-10: 0746031424
- *What's Happening to Me (Girls Edition) Facts of Life* (Usborne ISBN-10: 0746069952) also available digitally ISBN-10: 0746069952
- *What's Happening to Me (Boys) Facts of Life* (Usborne ISBN-10: 0746076630)

### Further learning activities are available that connect to this RSHP curriculum content

2.1.1 Names of parts of my body

2.1.3 It's my body and I like it

2.1.4 Feelings and puberty

2.1.5 Personal hygiene

## Practitioner Notes

