



Title: My Body: My body is changing (V4)

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"> Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.

Learning intentions

- Children learn the correct names for parts of their body, including male and female genitalia, and their functions.
- Children recognise that body changes with puberty impact on feelings and behaviour.
- Children understand the importance of personal hygiene.

Success criteria

- I can name parts of my body.
- I can talk about the different parts of my body and what they do.
- I can describe the changes that take place with puberty.
- I understand how to maintain personal hygiene.

Resources to support this activity

- PowerPoint Slides

NOTE: This learning activity is described as one session, however some learners might benefit from splitting this lesson, taking points 1 to 5 in the plan in the first instance, then working from point 6 where the activity starts to address menstruation. PowerPoints provided can be adapted to suit your learners and any alternative delivery plan.

Learning about menstruation can be revisited and enhanced by using the resources produced by Hey Girls. Create and use opportunities in P6 and P7 to do so. There are free resources, lesson plans and supporting material available here: <https://www.heygirls.co.uk/education/schools/> Hey Girls undertook consultation to find out what the gaps were in period education. They spoke to pupils, teachers, schools, stakeholders and the general public. Research showed that current provision of period education at the end of Primary School is often quite good. The problem is that learning is often delivered only once, and often only to girls. Hey Girls resources will help you to continue the conversation and create positive environments for pupils to ask questions about the changes happening to their bodies.

Activity

1. Introduce the session as being about how the children's bodies change as they grow up. Start with a question and chat with a shoulder partner – identifying 5 things each: *How has your body changed since you were a baby?*
2. After some feedback (some things mentioned might refer to the previous learning) recap on learning from the last activity, remember talking and learning about parts of the body, the private parts that you can see called genitals and the internal parts that are connected called reproductive organs. Explain that as the children are growing these parts of their bodies grow up too.
3. Then, share the question '**What is puberty?**' on the smart-board: read through the 2 slides and check understanding. There may be questions, some of which you will want to answer immediately, some that you might want to leave until later - have a paper/flipchart on the wall to one side, explain this is where any questions about puberty can be noted down, assure children you will come back to them at some point today or later.
4. Tell the children that one question that children often ask is "**when will puberty happen to me?**" Introduce this on the slide, read it 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.
5. **What happens to...** Introduce the next task along these lines: Let's think about some of the changes that happen to boys and girls with puberty. Acknowledge some children may know a bit about the changes that happen with puberty. Ask children to work with a shoulder partner to identify some of these changes. After a few minutes, rather than feedback use the subsequent slides to explore each area: Hair/Skin/Body shape/Breasts/Voices/Smell. Any surprises or questions?
6. **Menstruation:** Move on to talk about menstruation, introducing along these lines: 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.
7. **Girls start their periods.** For girls, a change with puberty is that they can start their period. Use the slides provided and talk through with the children. The first slide with the title is an opportunity to ask what children already know. (Remember, the question sheet can be used to keep a *note* of questions the children ask that, if not now, can be answered later). (Links to Hey Girls resources are given earlier, you can decide if you want to extend the learning at this point or in further/follow up work).
8. Explain, along these lines, that changes also happen to boys. These changes can happen anytime from now, to when a boy is older. Use the slides: **Boys start to have erections** (again a title only slide to explore what is already known) and **boys might have wet dreams**.
9. **Pause and review.** 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 you are not sure, but you will find out the best answer that you can for the next lesson.
10. Ask the children to work with a shoulder partner to think about this question: *What have we learned about today that's most interesting for you?* Get some feedback around the room – acknowledging how interesting and important all this learning about puberty is.

11. **End by recognising that after thinking about it a bit, there might be more questions that children would like to ask.** Remind them that they can ask someone at home, or can ask you. 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

Check this resource. Tell children about it and encourage them to look at it in the coming week:

<https://www.nhs.uk/Livewell/puberty/Documents/4youmarch2010nonprinting.pdf>

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.

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)

This information may be of use for you and for parents/carers:

- Taking care of your body: answers for boys with autism: <https://kidshealth.org/en/kids/autism-hygiene-boy.html?WT.ac=ctg#catboy>
- Your changing body: answers for boys with autism: <https://kidshealth.org/en/kids/autism-puberty-boy.html?WT.ac=ctg#catboy>
- Taking care of your body: answers for girls with autism: <https://kidshealth.org/en/kids/autism-hygiene-girls.html?WT.ac=ctg#catgirlstuff>
- Your changing body: answers for girls with autism: <https://kidshealth.org/en/kids/autism-puberty.html?WT.ac=ctg#catgirlstuff>

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

2.1.1 Names of parts of my body

2.1.3 Feelings and puberty

2.1.4 Personal hygiene

Practitioner Notes

