

ACTIVITY 1: TRUE OR FALSE

Overview: Teacher calls out a series of statements and students must decide whether they are true.

Great For: Exploring menstruation; covering a wide range of topics; breaking down misconception and myths.

Resources Needed:	Selected list of statement (see below)
Prep Time Needed:	5 mins
Works best in:	Classroom
Number of participants:	Full Class
Time Needed:	15 mins
Set Up:	None

Age 8-11

Learning Outcomes:

Pupils understand the changes of puberty for male and female bodies, that some people get periods and that this is normal.

Activity: Read out a series of statements – depending on how much time you have, it could be anything from 5 statements to 15. Ask pupils to determine whether they are true or false or somewhere in the middle. They could do this by positioning themselves along an invisible line between one side of the classroom (Definitely True) and the other (Definitely False), or by remaining seated and indicating their opinion using individual whiteboards, hand gestures, or coloured card (e.g. green – true; red – false).

Ask pupils why they have answered what they have – tell them the correct answer; and explain why. Answer any questions that arise as part of the activity, using this as a prompt to start discussion. The handout gives ideas of different statements to get you started, with answers provided.

Q. True
or false?

ACTIVITY 1

Read each statement aloud and ask pupils to decide whether it is True or False. Answers are provided in below statements.

“My period began 1-2 years after I started to get discharge.”

TRUE OR FALSE: PUBERTY

Everyone gets lots of spots when they are a teenager

FALSE - some people will get spots, some people won't, some will get more, some less

Every girl will start her period at 12

FALSE - periods can start between 8-16, average time is around 12-13

All boys will grow a beard

FALSE - hair growth is unique to us all, some people have more, some have less

Mood swings are likely as people go through puberty

TRUE - hormones - chemical messengers that tell the body to start changing - fluctuating in the body can cause mood swings

The penis and testicles grow larger

TRUE - during puberty this will happen, but please don't worry about it - size doesn't matter!

Everyone will grow a lot of hair all over their bodies

FALSE - hair growth is unique to individuals - but some people will become hairy

More sweat is produced and hygiene becomes more important

TRUE - and when sweat dries bacteria can grow which causes the smell. Regular washing of the body and clothes will help

Girls breasts grow overnight

FALSE - growth begins with breast buds and then breasts form. These sizes and shapes are unique to all females and will grow at different times to their peers

Boys grow a 6 pack during puberty

FALSE - muscles do increase in mass around the shoulders and back but a 6 pack is formed from reducing all fat in the rib area and training, it is not a normal body shape

You will become as tall as your family members

COULD BE TRUE OR FALSE - often we take after our parents and grandparents and our height may be guided by them but not always

Everyone gets growing pains

BASICALLY TRUE – growing a lot in a short space of time can be a bit sore. People often get sore legs just before they go to sleep while they are growing, though everyone is different

Girls should start shaving their legs

FALSE People can shave (or wax /epilate) their legs if they want to, but there is no should about it

Breasts grow at different speeds

CAN BE TRUE – one might grow faster than the other, but no one apart from you will notice

puberty...

Describes the changes that happen as **children** develop into **adults**

ACTIVITY 1

TRUE OR FALSE: PERIODS

A period is when someone pees blood

FALSE: period blood does not come from the urethra (pee tube). It is part of a separate bodily system and comes from the womb, leaving the body through vagina. Remind pupils that female bodies have three holes

A period is when someone loses a lot of blood each month

FALSE: the average blood loss is around 1-2 egg cups full but it can look like more. If someone is losing a lot of blood they should see their doctor.

A period is the name for shedding the lining of the womb TRUE

A period always comes every 28 days

COULD BE TRUE OR FALSE: the average cycle is around 25-35 days – it will be different for everyone

The start of a period is Day 1 of the menstrual cycle TRUE

A period is made up of blood alone

FALSE: period blood is a mixture of tissue, blood & mucus

A period always lasts for 5 days

FALSE: period length varies from person to person, it normally lasts between 3-7 days

You can hold in a period like you can hold in a wee

FALSE: the muscles in the vagina are not like the muscles in the urethra, you cannot stop or start period flow at will, it just drips out. This is why period products are used

Period flow is always bright red

COULD BE TRUE OR FALSE: period flow can vary in colour from brown to bright or very dark red. It may depend on the day of your cycle

Most people with a female body have periods between the ages of around 12-55

TRUE: there is variation in ages but most biological females will have regular periods between menarche and menopause

Periods are natural and a normal part of growing up for anyone with a female body TRUE

All period products are thrown away after use

(FALSE: some period products are disposable (used once and thrown away) and some are reusable (used, washed and used again many times))

