

LESSON 1: CHANGES

Overview: Pupils use a range of art materials to transform human shapes into adults

Great For: Exploring puberty in a creative way

Resources Needed: Large paper with two human body outlines drawn on (see page 4) – enough for each pair to have two humans big enough to decorate. Assorted art resources: Wool, pens, tissue paper, coloured paper, glue and scissors. Questions box and paper

Prep Time Needed: 15 mins

Works best in: Classroom

Number of participants: Full Class

Time Needed: 50 mins

Set Up: Prepare resources ready to hand out; draw human outlines onto flipchart (see page 4)


Age 8+

Learning Outcomes:

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

Who is this for: *This activity is a great opener for discussions before the onset of puberty. We recommend using this in Year 4 (England and Wales) or S5 (Scotland) as pupils will begin developing physically and may be in need of support before further changes happen. For pupils that may be maturing early, it should be complemented with extra sessions in small groups or one on one covering the content of Lessons 2, 3 and 4 so pupils know about periods before they start.*





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Introduction Introduce the topic to the class
5 minutes Establish ground rules (see Teachers' Guide)
Put the class into pairs

Main Activity Explain that today we are going to begin learning about how our bodies may start to change over the next few years. Ask pairs to discuss what they think will happen and to share some of their ideas.
40 minutes

Explain that as we reach puberty our brains start sending messages around our bodies to help them begin to change us into teenagers. These all happen at different times for us all, so we don't all change at the same time, although girls' brains tend to send these messages first. It's common for girls' bodies to start changing any time from age 8 (and occasionally earlier) and for boys' bodies to start changing from about age 10 (and occasionally earlier). Some people's bodies don't start changing until much later, for example 14 or 15 in girls and 15 or 16 in boys, and this is completely normal.

Provide groups with human body templates - perhaps on flipchart paper. Give them a range of materials such as wool, pens, tissue paper, glue and scissors and ask them to decorate the person to show that they have physically become a teenager. Ensure that students know that this means we are focusing on their bodies - not clothing. Invite the students to create their teenage 'bodies' and as you move around the groups encourage them to include every body part - including the genitals.

Reassure pupils that they are allowed to draw things they wouldn't normally draw in school. This can make people feel uncomfortable, embarrassed or laugh. Reassure pupils that it's ok to have a little giggle but then it's back to work.

Move around tables as they work discussing their understanding. Spend time addressing misconceptions as you move between groups and reminding students that these changes are a normal part of growing up.

Invite pairs to show the people they have created. Discuss the physical changes you can see, making sure to include any they have missed (see list below)

Ask if anyone knows any changes that you can't see (or hear) but are still part of puberty - they may need help with this, the answers you are looking for are periods for female bodies, and wet dreams for male bodies. Ask if anyone knows what these are

Explain wet dreams - these happen to anyone with a male body who is going through puberty and is when a sticky fluid comes out of the penis while you are asleep. It's a natural and normal thing that happens as part of the body getting ready to be fertile (be able to make babies) in the future. This happens to everyone at different times between the age of 9 and 15, everybody is different.

Explain periods - these happen to anyone with a female body who is going through puberty. When someone has a period, blood comes out of the vagina (the hole between the pee hole and the poo hole). They last for 3 to 7 days each time and start happening during puberty between age 8 or 9 and age 16 and then happen about once a month. They are a natural and normal part of the body getting ready to be fertile (be able to make babies) in the future.

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Plenary
5 minutes

Remind the class that everyone goes through puberty in their own time and in their own way. Ask the class how it might be for someone to be one of the first people going through puberty, or the last. How could we support someone going through this?

Finally, share a question box and explain that this box will be in the room and that pupils can put questions in to be answered anonymously. Ensure you answer questions in subsequent lessons.

LIST OF PUBERTY CHANGES

Puberty changes, universal:

- Increased size and strength of muscles
- Voice deepens (more so in boys)
- Increased body hair including top lip
- Underarm hair & pubic hair - starts thin and wispy and gradually gets thicker, darker and coarser
- Increased sweat and change in smell of sweat
- Increased skin oil production - can lead to spots and greasy hair
- Mood swings

Puberty changes, female:

- Breast growth - starts with breast buds, may be one side only at first
- Body shape changes - increased body fat, hips widen, waist narrows
- Vaginal discharge
- Onset of periods – menarche

Puberty changes, male:

- Voice 'drops', enlarged Adam's apple
- Body shape changes - tends to be more muscle, shoulders broaden
- Facial, chest and back hair - though not universal
- Testicles and penis enlarge
- Onset of wet dreams

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Below is an example of what the human outlines could look like. Please draw a pair of humans on each flipchart paper - big enough for pupils to decorate. They needn't be works of art - even wiggly outlines will do

