

# Lesson 1

## Self-Image

Place the cards near the happy or sad face...

Short

Thin

Tall

Sporty



Gets lots of  
likes on social  
media

Wears glasses

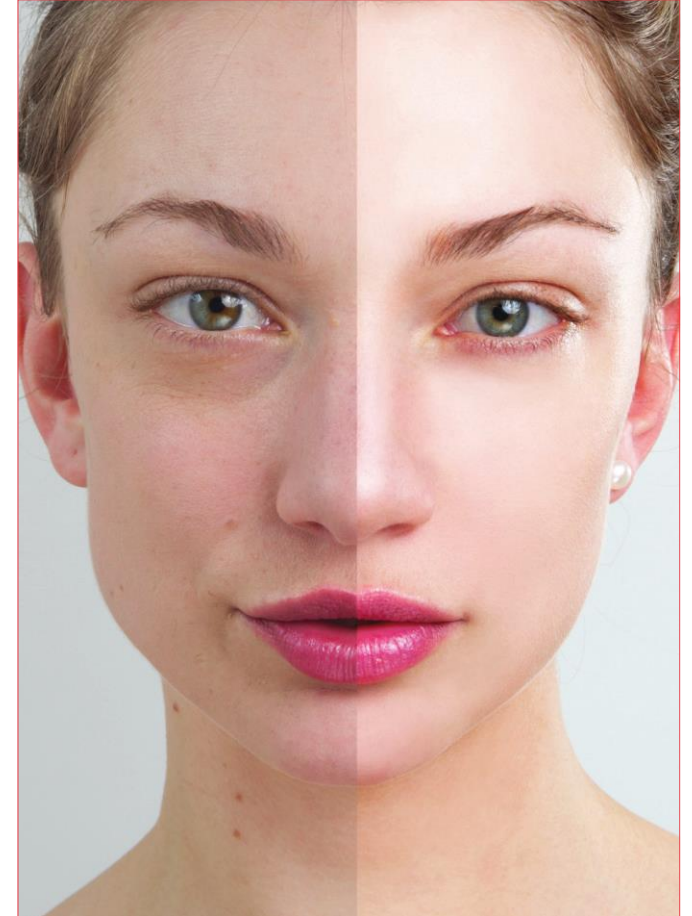


Is it fair to judge ourselves against images we see in the media or online?

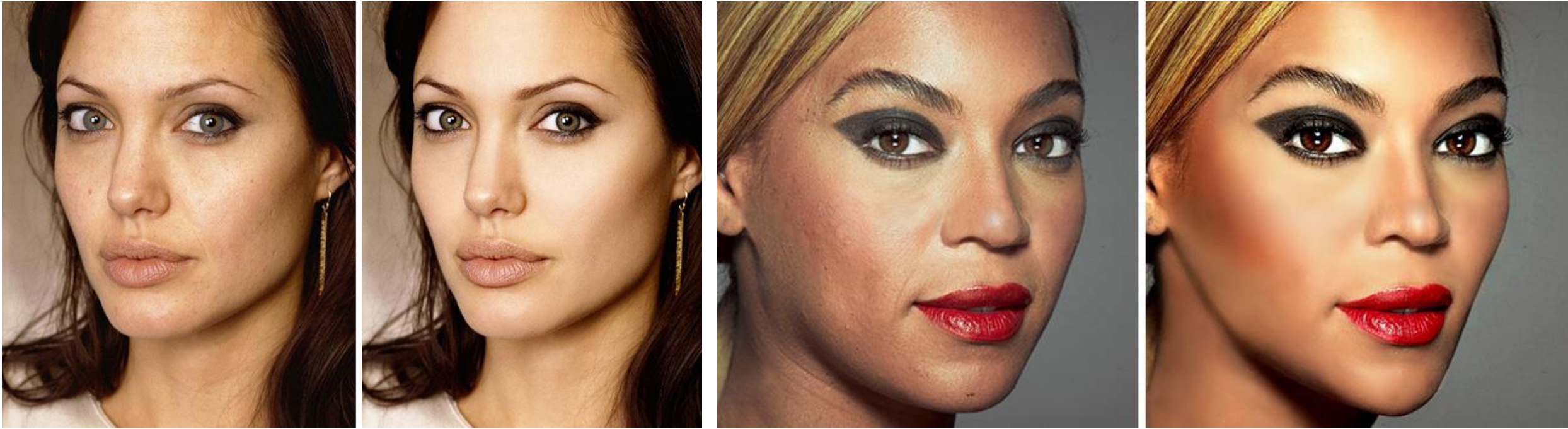
Is it fair to judge ourselves against our friends?

What could be the consequences of your perceptions regarding self-image, from images like this?

If we assume that being as thin as possible is positive, could this lead to anorexia or bulimia in some people?



How real are these images and how much are they airbrushed / using filters to change the appearance?



Can you tell if these images have been altered?

Celebrities have professional teams to work on their appearance and have a lot more money to spend on clothes etc. This is unrealistic for the majority of people.





If someone disliked their body image, what could images like this do to their wellbeing and self-esteem?



### NEGATIVE BODY IMAGE

- Unrealistic perception;
- Focusing on the things you want to change;
- Comparing your body to others;
- Feelings of guilt or shame about your body's appearance.

**It could affect their mental health and physical health e.g. going on an extreme diet when it is not needed, or leading to anorexia or bulimia. Important to note that both males and females are affected by this, and that it is NOT just a 'girl thing'.**

**Using affirmations is a simple technique to help transform negative self-image into positive self-image which in turn raises self-esteem.**

**How might you turn a negative statement into a positive one?**

*'I am heavier than I want to be.'*



*I am perfect, whole, and complete just the way I am.*

# Examples

- As long as I am good, kind, and hold myself with integrity, it doesn't matter what other people think of me.
- It's okay for me to like myself. It's okay for me to love myself.
- I have to be an advocate for me. I can't rely on anyone else to do that for me.
- A "perfect" body is one that works, no matter what that means for you personally.
- Just because someone looks perfect on the outside, doesn't mean they have a perfect life.
- If I spend too much time trying to be and look like someone else, I cease to pay attention to myself.
- When I look to others to dictate who I should be or how I should look, I reject who I am.
- I have no need to put someone down to elevate myself.
- I can be a good person if I choose to be.
- It's my life, I can choose the way I want to live it.
- When I smile, I actually make other people happy.



## **“What contributes to my self-image?”**

How I feel about  
my appearance

How I feel about  
my personality

How I get on  
with others

The things I can't  
do or struggle with

The talents or  
skills I have

How I think  
others see me

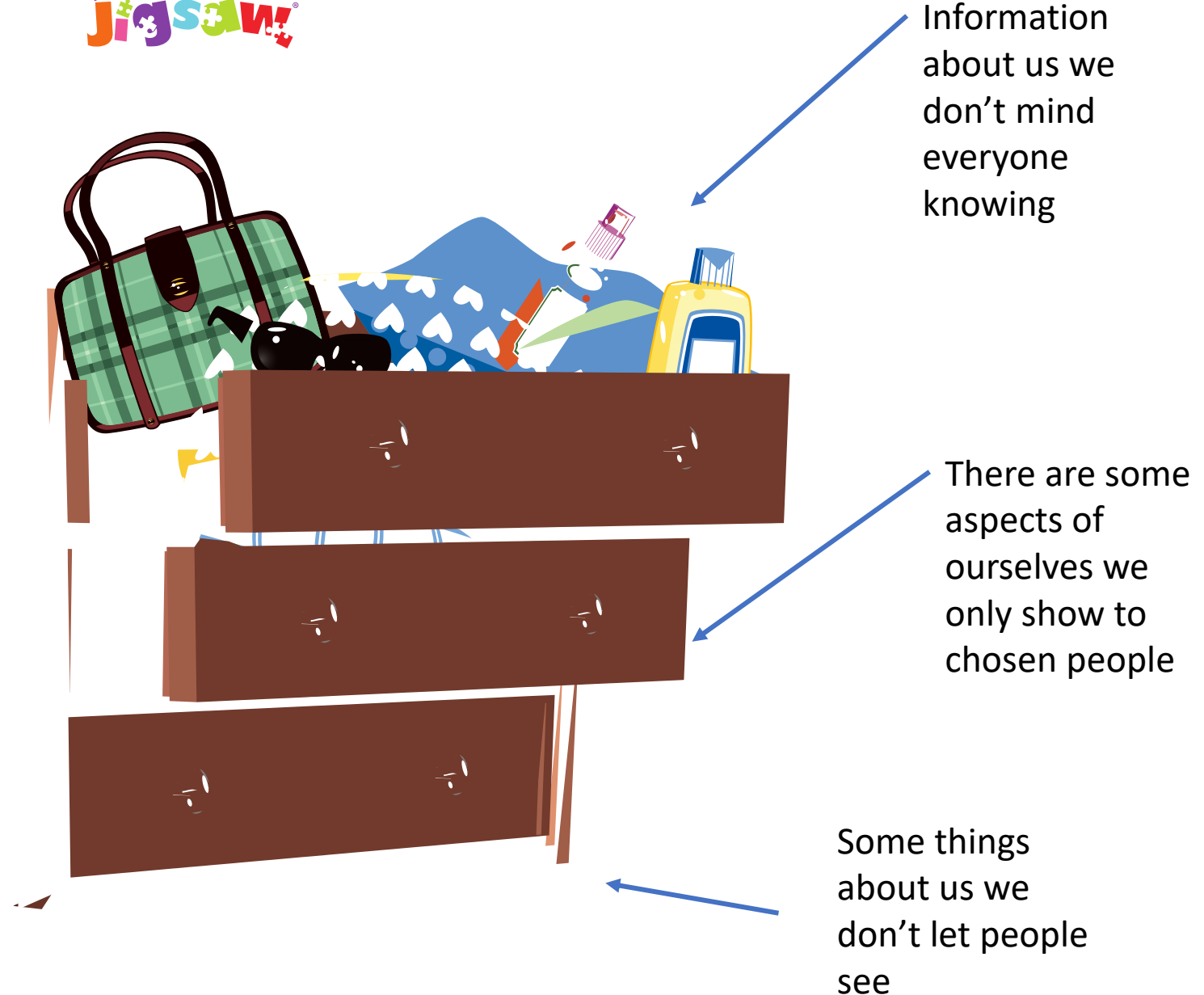
What I like  
about myself

What I dislike  
about myself

All of us have a picture inside us of how we see ourselves. This is called ‘our self-image’ and only we know about it. Our friends may see some of this but we may keep some of it hidden.



We are like a chest of drawers. There is some information about us we don't mind everyone knowing (top drawer), there are some aspects of ourselves we only show to chosen people (middle drawer), and there are some things about us we don't let people see (bottom drawer).

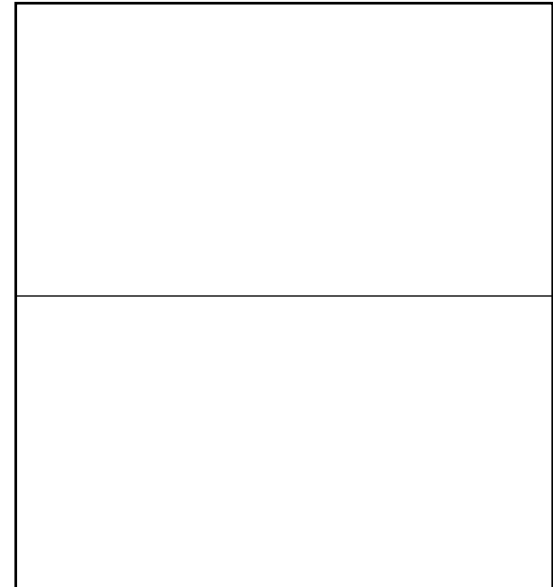


- 1) Write 10 words/ phrases inside the top box that best describe the internal picture (self image) they hold of themselves.
- 2) Draw a smiley face by the words that describe the parts of themselves they are happy with and a sad face by the words that describe the aspects of themselves they are unhappy about.

Reflect on the balance between smiley and sad faces? Children that are happier with their self-image, the better their self-esteem will be. Our self-image doesn't remain static and can and alter with time and in response to experiences, so it is helpful to try and be mindful of our self-image and to boost it whenever we can by using positive affirmations.

\*\*\*Any negative words/phrases – work with a partner to turn them into positive affirmations\*\*\*

Split your page into two boxes  
horizontally



1)In the bottom box write some positive affirmations.

Positive affirmations must be written in the first person, present tense, have no comparisons and describe it as if it is already the reality e.g.

“I feel brilliant in my new jeans”.

# Lesson 2

## Puberty for Girls

You will have an opportunity to write down any questions that you want to ask, but don't want to ask in front of children, on post-it notes and we will discuss them as a class if appropriate.



**What makes you  
embarrassed?**

- What does being embarrassed do to you?

- ❖ *What physical effects does it cause?*

- ❖ *How does it make you behave?*

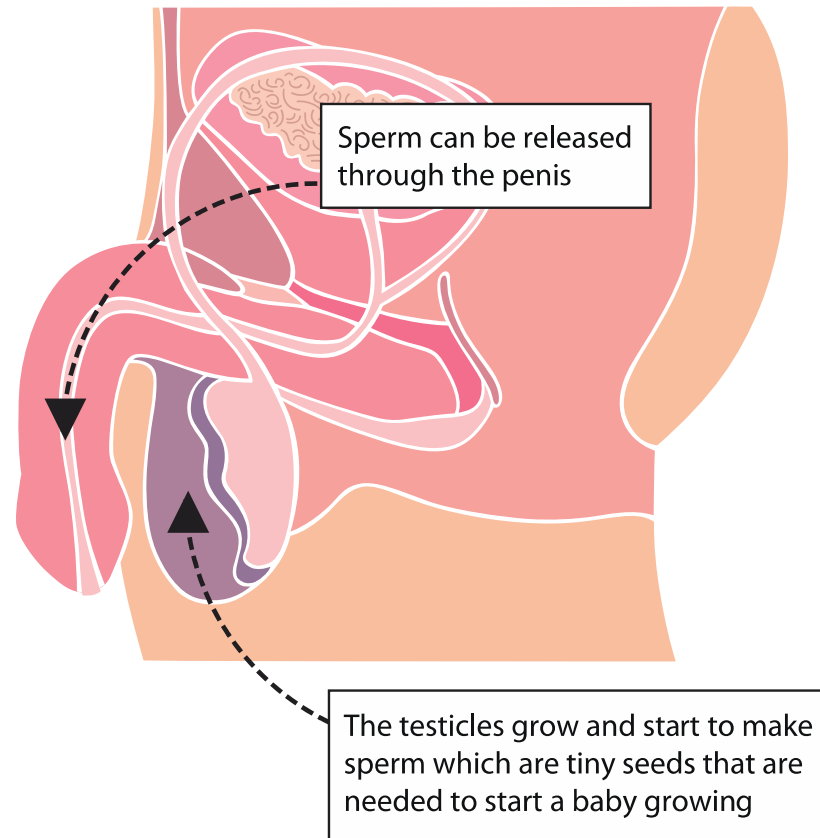
- How can you stop yourself from feeling embarrassed?



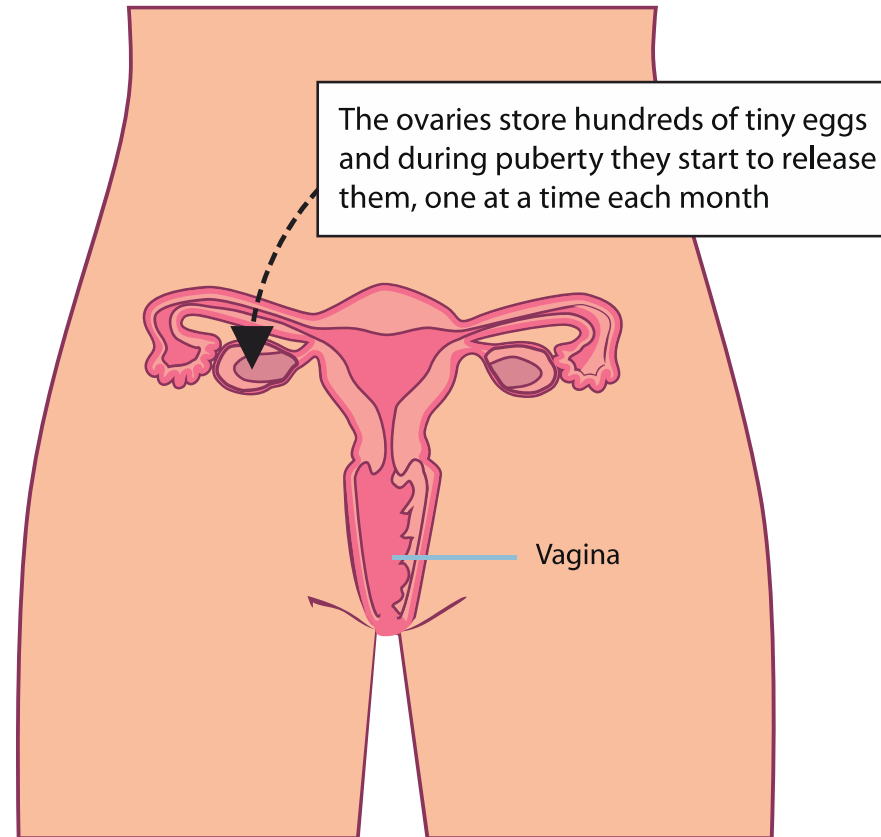
- Why can going through puberty make us feel embarrassed?
  - Private/Personal
  - Talk about body parts we don't normally
    - Affect us in a big way
    - Change our appearance

**Remember: It is completely natural  
and we all go through it**

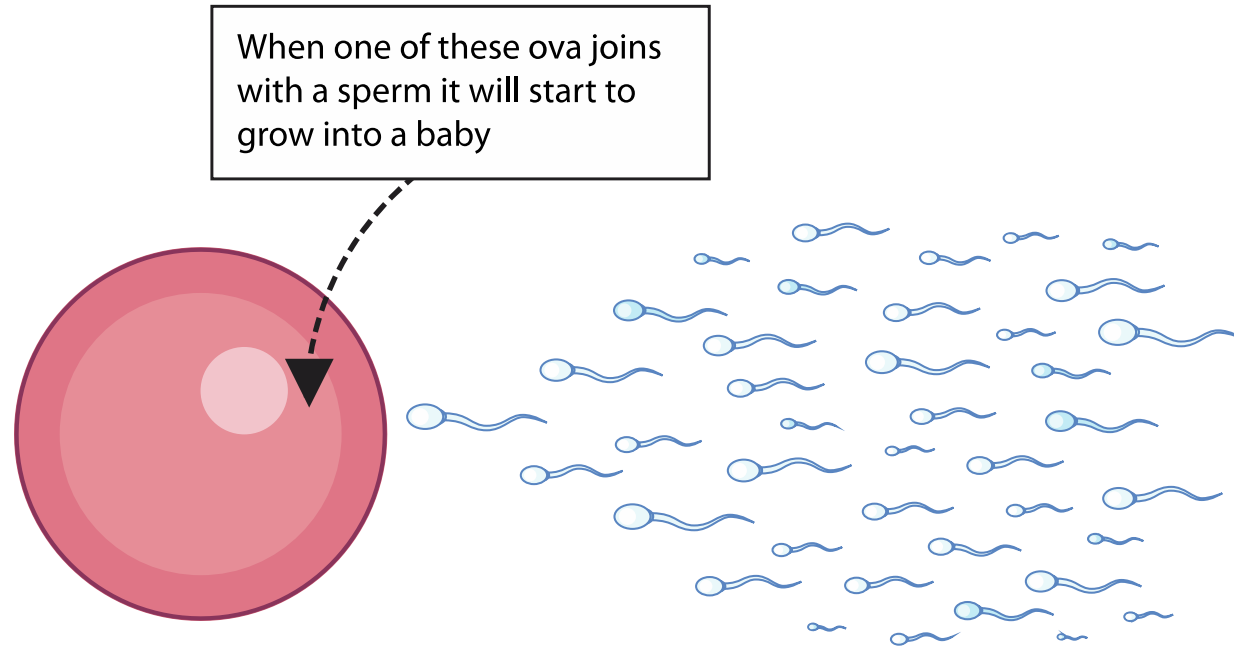
# What do you need to make a baby?



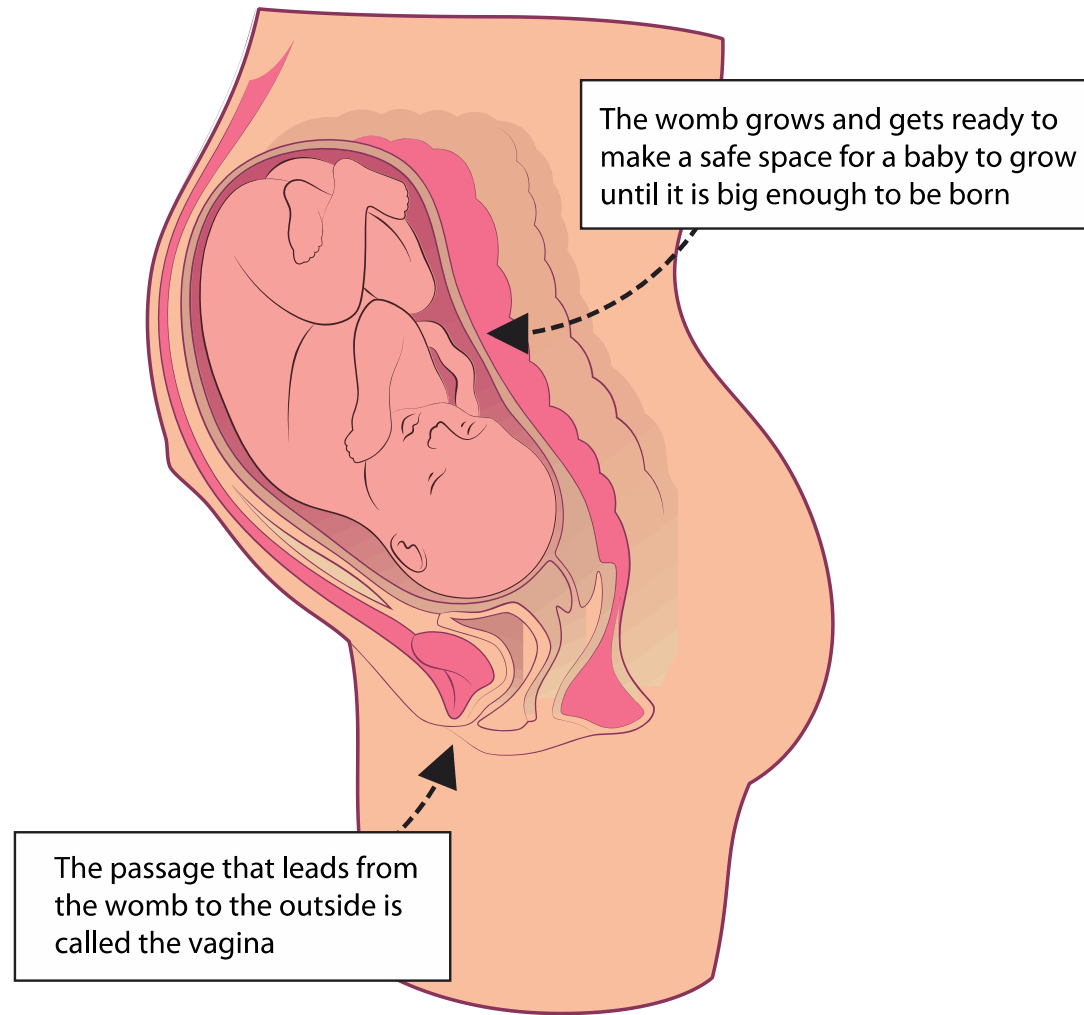
# What do you need to make a baby?



# What do you need to make a baby?



# What do you need to make a baby?



- 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. The vulva 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 sexual intercourse happens between a man and a woman, the man's sperm is released into the woman's vagina and they travel up through the cervix.*
- *Having a baby is a choice, and some people choose to have protected sex and to stop the sperm and egg from meeting. There are different ways that protected sex can happen and they will learn about this when they are older and ready for this information)*

- Can you remember the facts about menstruation?
- Do you know what sanitary products look like and how they are used?



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



- 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.
- 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.

# Sanitary Products

What are they?

How are they used?

## **Activities:**

1. Menstruation match up – match the words and pictures into the correct order.
2. The Great Growing Up Adventure – complete the worksheet.
3. Menstruation worries – write responses to given worries.
4. Exploration of sanitary products and writing any questions they have about puberty and conception for the 'Box': children to write questions.

## Question Time:

We are going to discuss any questions that people have asked.

If anyone has any other questions they want to still ask at the end, you can place another question(s) into the box.

# Lesson 3

## Puberty for Boys

You will have an opportunity to write down any questions that you want to ask, but don't want to ask in front of children, on post-it notes and we will discuss them as a class if appropriate.

- Is there anything to discuss from last lesson?
- How many of the changes that happen at puberty can you think of?
- If the bean bag lands with you, please state a change that can happen to boys, girls or both during puberty.

**When it comes to puberty, boys have less to worry about than girls**

**It's better to be an early starter on puberty than a late starter**

**If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers**

**Age 10 is too young for boys and girls to start going out together**

**The thought of having babies when I'm older is very scary**

**If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet**

**It's normal to start fancying people as you get older**

**When boys grow up they have to learn to be less emotional than girls**

**AGREE**

**or**

**DISAGREE**



- There are no right or wrong answers - these are genuinely matters of opinion about which different people will have very different views; in fact, it would be very boring if everybody thought the same thing.
- For some people, normality will mean fancying their own gender, and that who we 'fancy' is a very personal thing and is normal for that person.

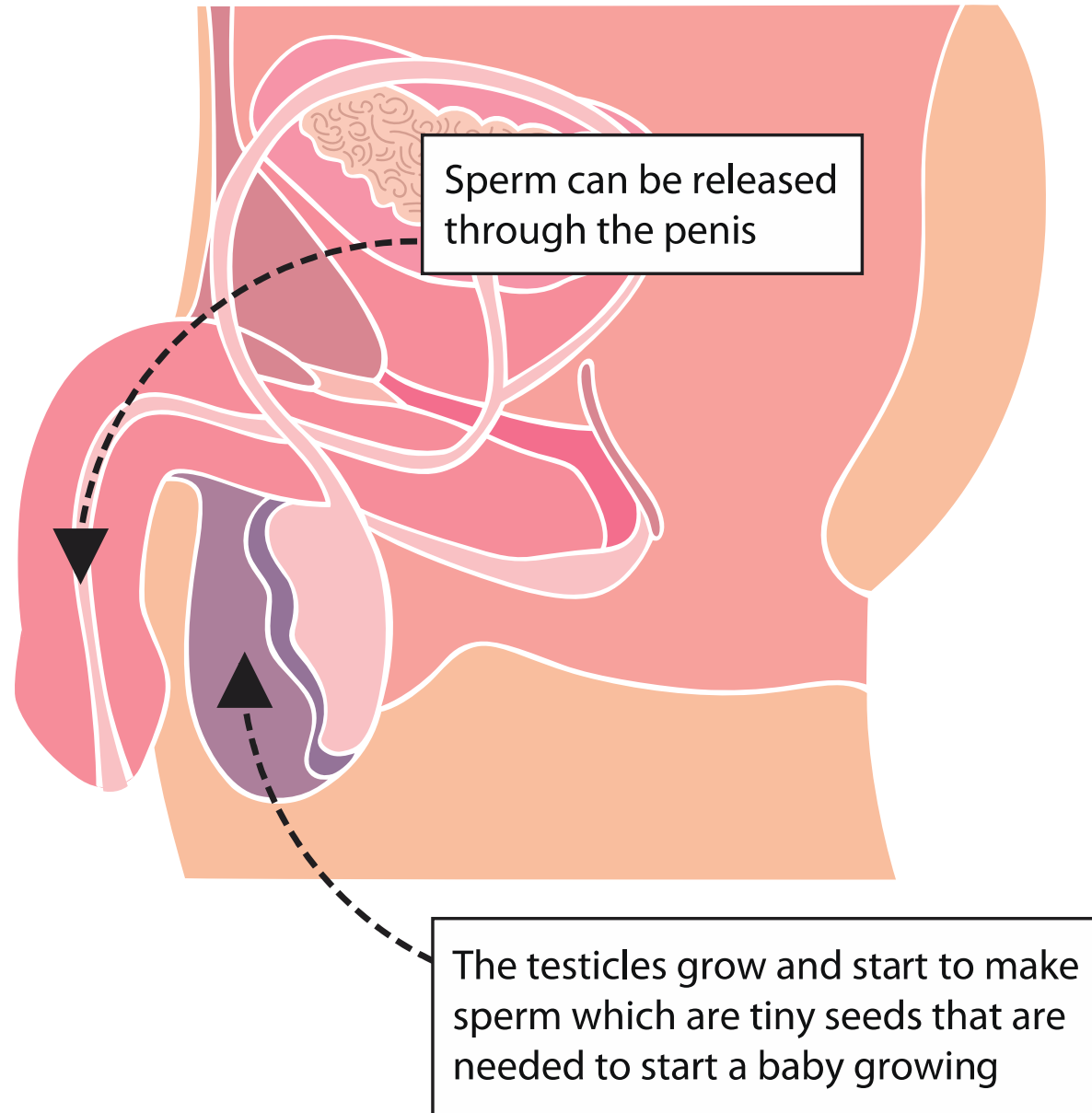
gay

lesbian

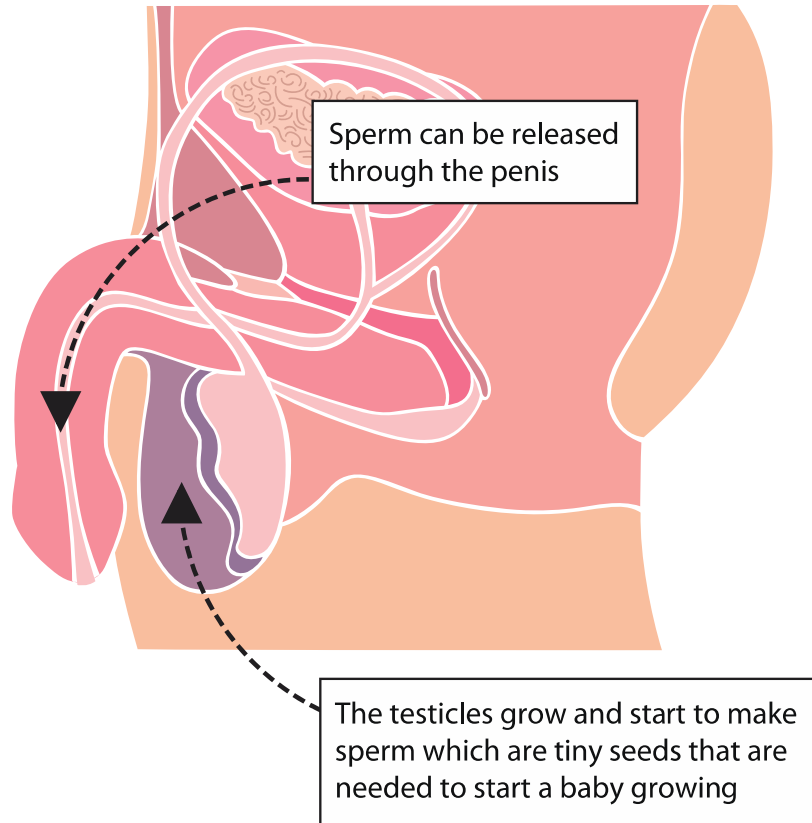
bi-sexual

transgender

# Male Reproductive System

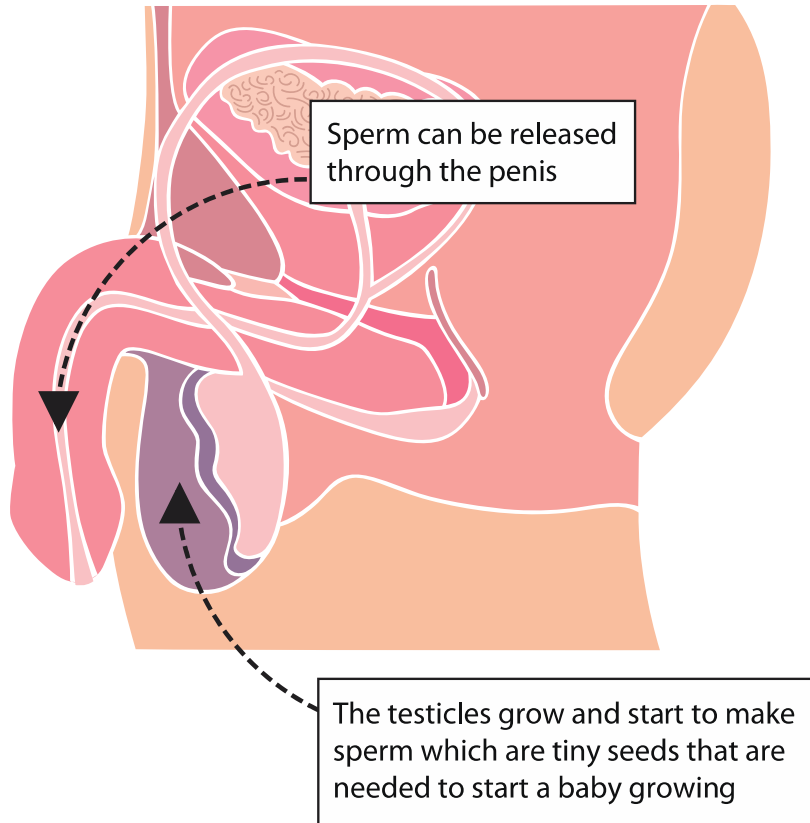


# Male Reproductive System



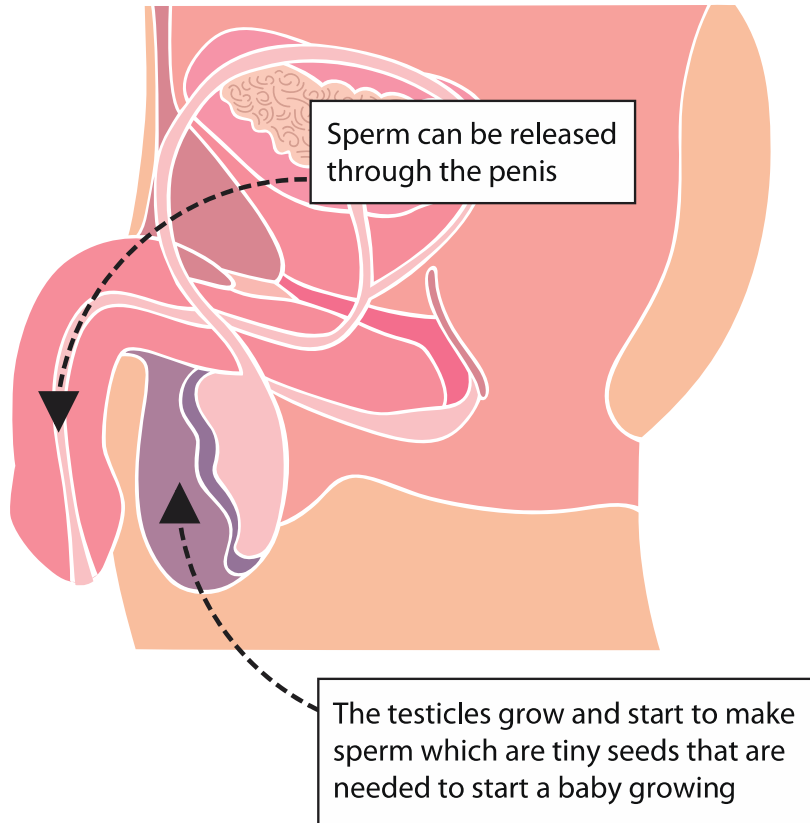
When a boy reaches puberty, his testicles start making more of a *hormone called testosterone*. This hormone is responsible for the changes to the boy's body at puberty. Puberty usually starts around the age of 12, but for some boys it can be earlier and for some much later. Whatever is the right time for that boy's body.

# Male Reproductive System



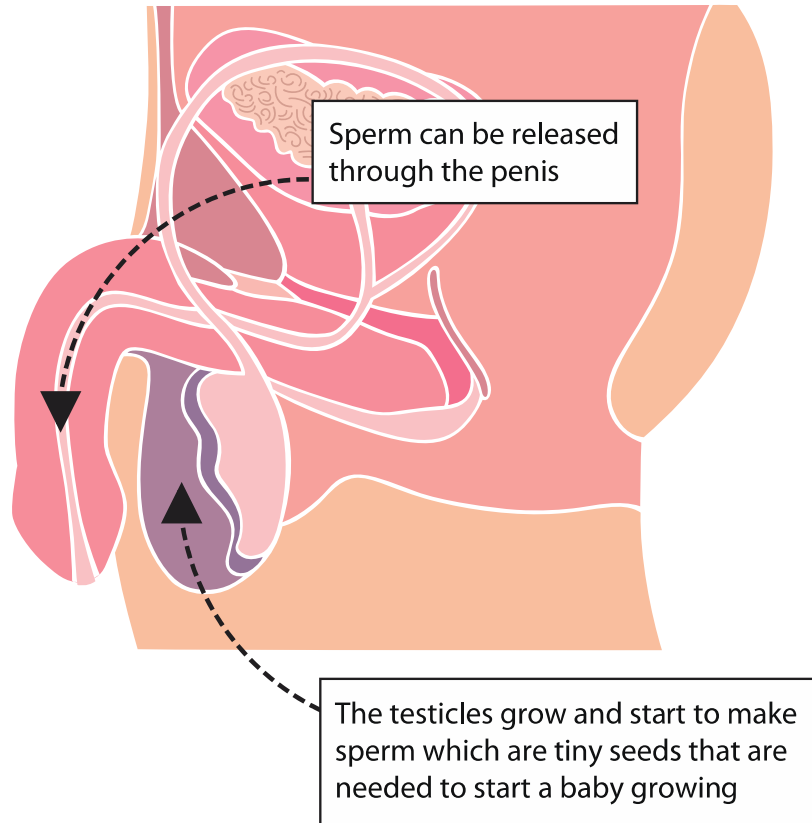
At puberty the boy's testicles grow in size and start making sperm. *The boy's penis may also get bigger. Body changes on the outside include growing facial hair, and thicker hair (pubic) on the body (under the arms, around the testicles), and sometimes on the chest, arms and legs. Boys may also get taller; their voice will get deeper because of changes in their Adam's apple (larynx) and they will become more muscular. Like the rest of puberty, these changes are individual, and not all boys develop in the same way at the same time, so we should try not to compare ourselves with what is happening to friends.*

# Male Reproductive System



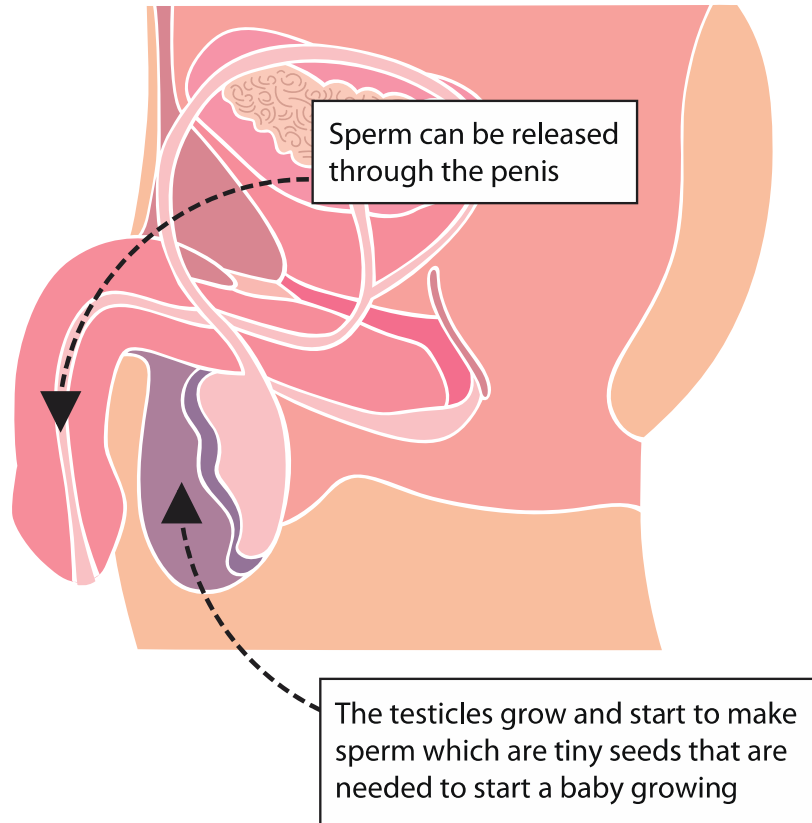
The boy's sexual organs have 5 main parts. This picture *shows a circumcised penis (where the foreskin has been removed for medical or other reasons), and some boys have a circumcised penis. Other boys still have the foreskin which means the top part of the penis isn't so visible. Emphasise that whatever is normal for them, is normal for them. It is also worth saying that there is no such thing as an 'average sized' penis. Every man's is different.*

# Male Reproductive System



The boy's testes are held in bags of skin called the scrotum. Inside *the testes there are many tiny tubes which make the sperm. At puberty the testes start to make millions of sperm every day. These sperm carry the messages (genes) about his characteristics and are necessary to fertilise an egg to create a baby.*

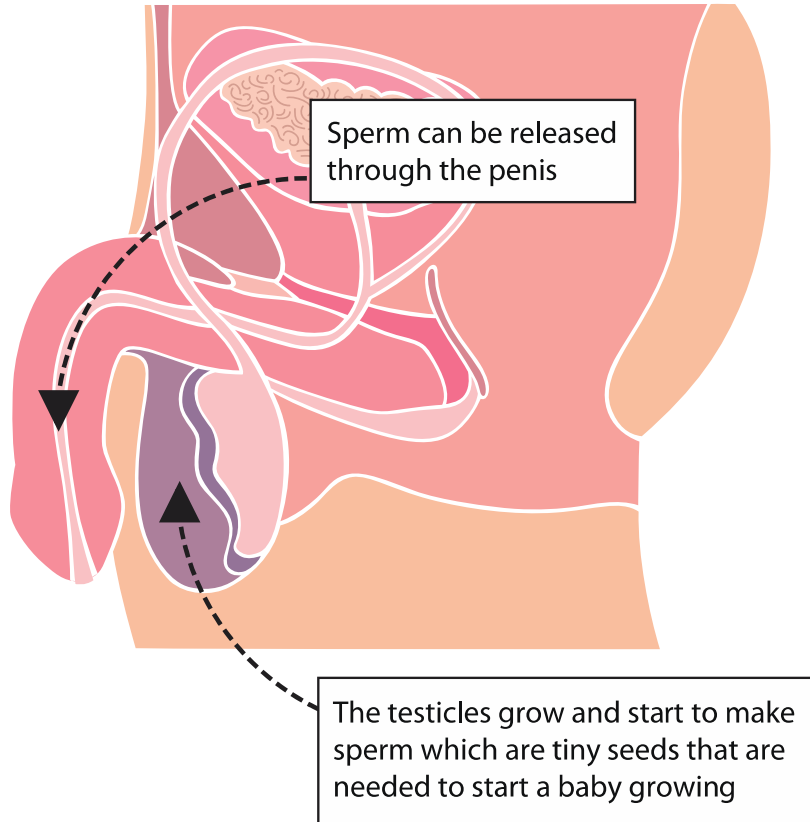
# Male Reproductive System



The sperm are stored in the epididymis. When a man becomes *sexually excited the spongy tissue inside his penis fills with blood and it becomes erect (stiff). This happens so the penis can enter the vagina during sexual intercourse.* This is called an erection.

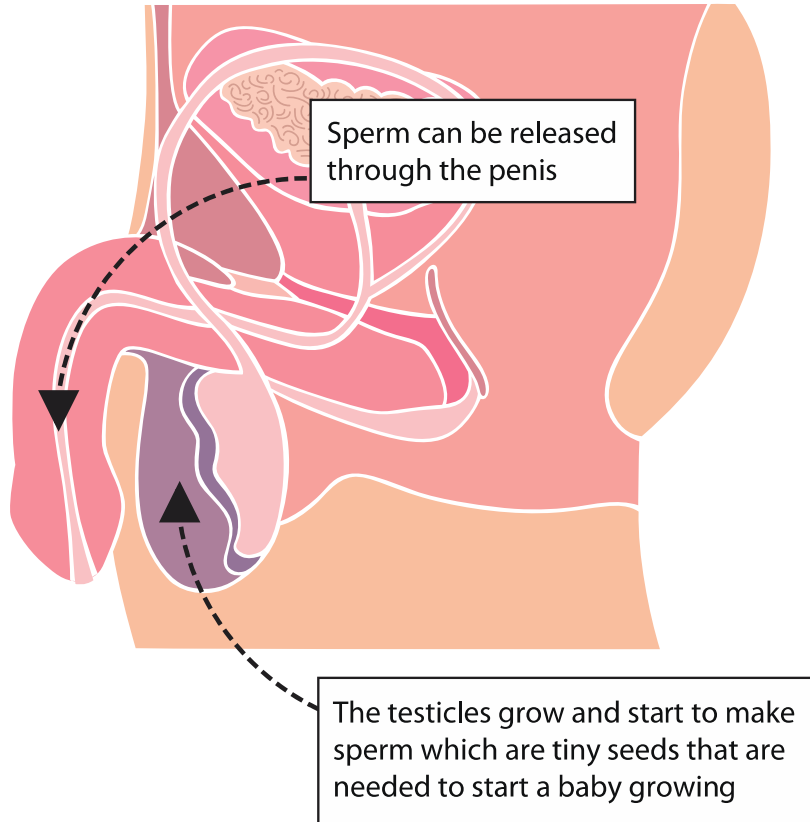


# Male Reproductive System



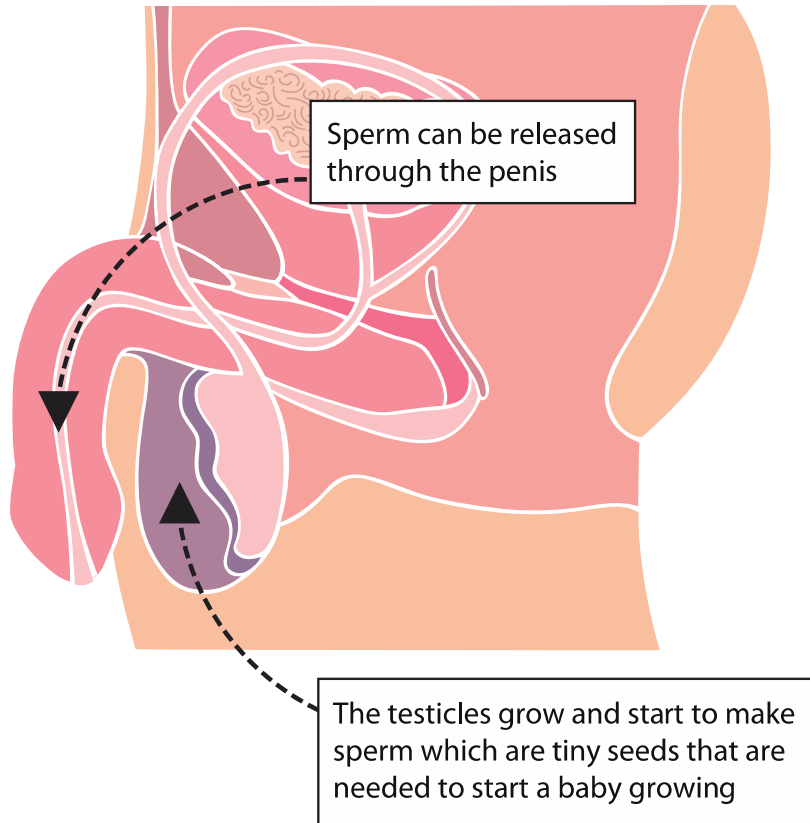
When having sexual intercourse (making love) the sperm are mixed *with a special fluid called semen that give the sperm energy and keep them healthy. The semen containing the sperm then passes out of the penis which is called an ejaculation.*

# Male Reproductive System



It is quite normal for boys and men to get 'wet dreams' at night where *a tiny amount of the sperm and semen stored in the epididymis leaks out. This can also be another sign that puberty has started and is nothing to worry about.*

# Male Reproductive System



During sexual intercourse, the sperm enter the woman's vagina *and swim to meet the egg to create a baby. As discussed last time, people can choose to have sex so that the sperm and egg don't meet, this is called protected sex and there are different ways this can happen, which you will learn about when you are ready to know about this.*

Boys 'n' Puberty Quiz - Ages 9-10 - Piece 3

Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason
Facial Hair	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis
Growth Spurt	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard
Hormones	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm

Take your copy of the 'Boys Puberty Quiz'.

Cut out each of the boxes – 10 words and 10 definitions.

Match up each word correctly.

Once checked, you can stick them into your book.

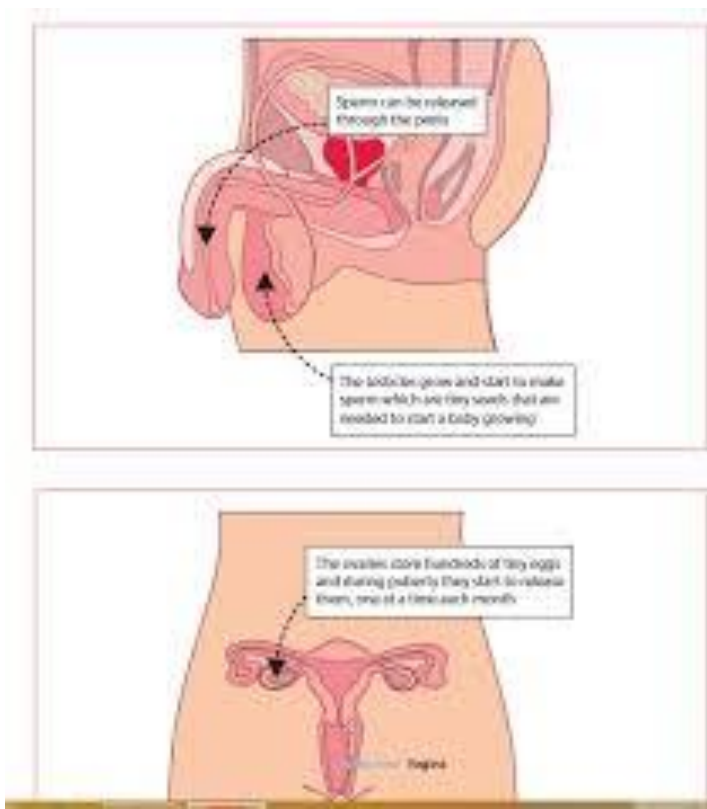
If you would like to write a question down to put into the box to be discussed you can do this now.

You are going to draft an information leaflet for children aged 7 - 9.

The title is 'Puberty – It happens to us all', with the sub-title 'A ten-point guide to the things you shouldn't worry about'.

They need to add 10 questions or concerns that they think boys and girls of that age might have about puberty. They should then decide what information or guidance they need to give to ensure the reader has both accurate facts and reassurance.

Use the information from the previous lesson to help.



# Lesson 4

## Conception

You will have an opportunity to write down any questions that you want to ask, but don't want to ask in front of children, on post-it notes and we will discuss them as a class if appropriate.

- Is there anything to discuss from last lesson?
- What are the different kinds of relationships we have with the people around us?

Mother	Daughter
Father	Son
Aunt	Nephew
Uncle	Niece
Brother	Sister
Boyfriend	Girlfriend
Boyfriend	Girlfriend
Best Friend	Best Friend
Classmate	Classmate
Mother	Team Mate
Father	Team Mate

## Relationships:

- Compare the words and match them up into pairs that would have a relationship with each other e.g. Mother/Daughter
- You can use the same word more than once.
- What sort of relationship is it?  
Family Relationships, Peer Relationships, Working Relationships and Relationships with Physical Attraction.



We are going to focus on relationships that involve physical attraction. These relationships often become very close and loving, and people may choose to be in a 'couple'. Some of these couples may decide they want to make a life together, may get married, and may decide to start a new family, but not all. These are all personal choices.

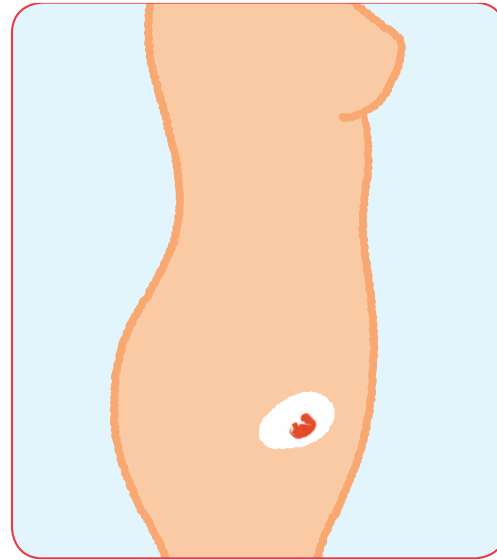
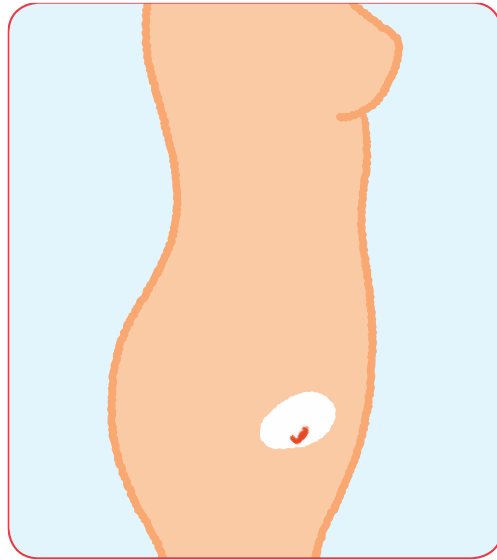
What are the important things a couple should consider before deciding to have a baby?

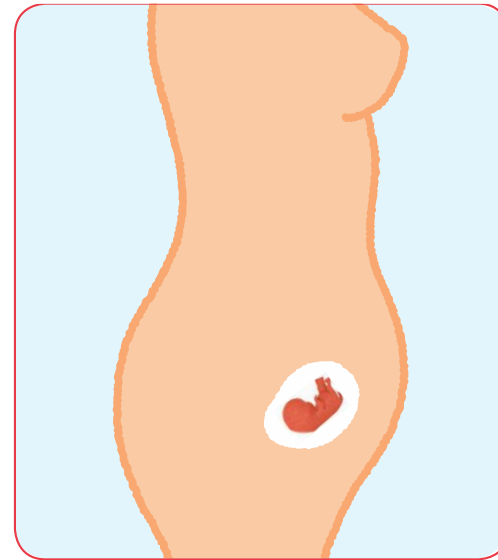
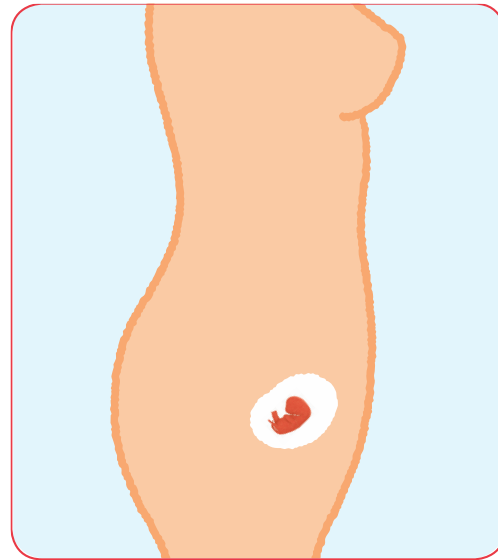
- Each group needs a set of the Having a Baby cards.
- Think....‘Before a couple decides to have a baby, they should...’,
- Set out the 9 cards in a diamond shape placing them in order of priority so that what they think is the most important consideration is at the top, working down to those they think are least important or irrelevant.
- Can you explain and justify their priorities, and emphasising what a big, life-changing step it is to take responsibility for bringing a new life into the world.

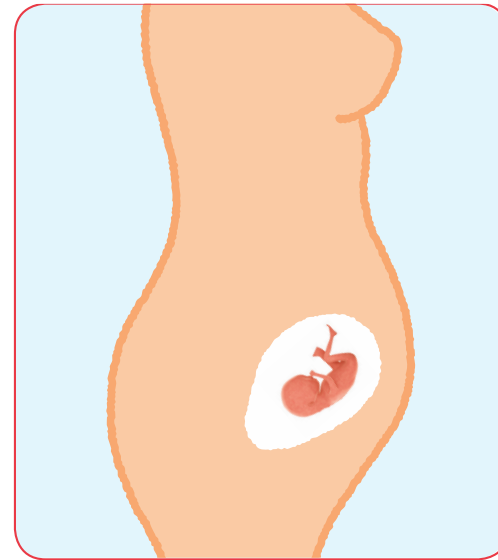
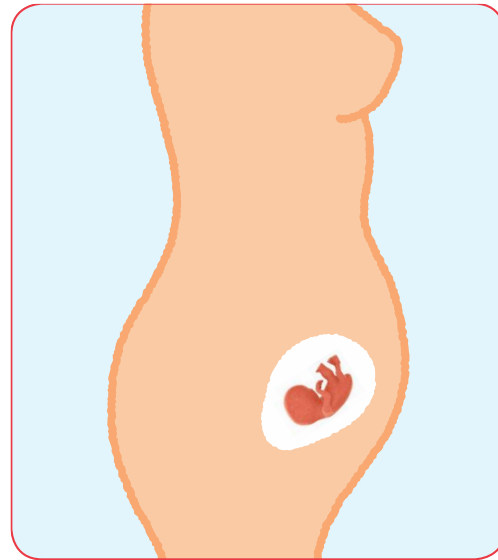
There are many different types of relationships in the adult world and they are not all as straightforward as we might assume. The care and responsibility for any baby/child that results from a relationship should be paramount whatever the circumstances.

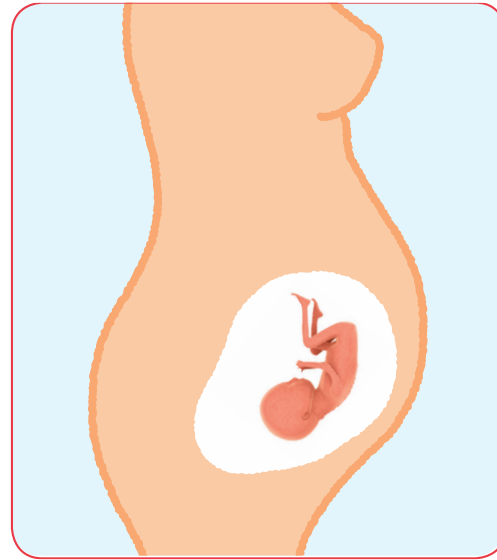
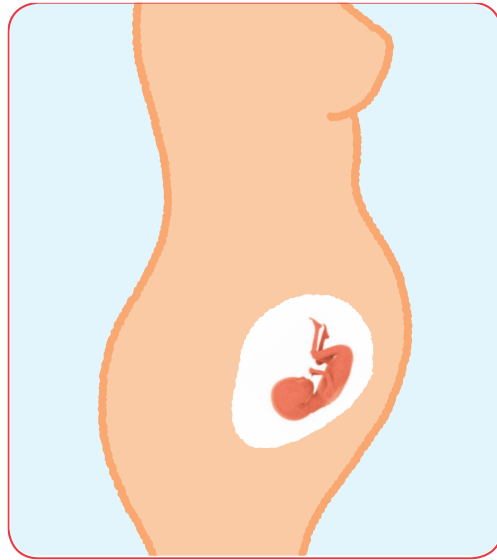
## ***‘Conception’ - the moment when a new life begins.***

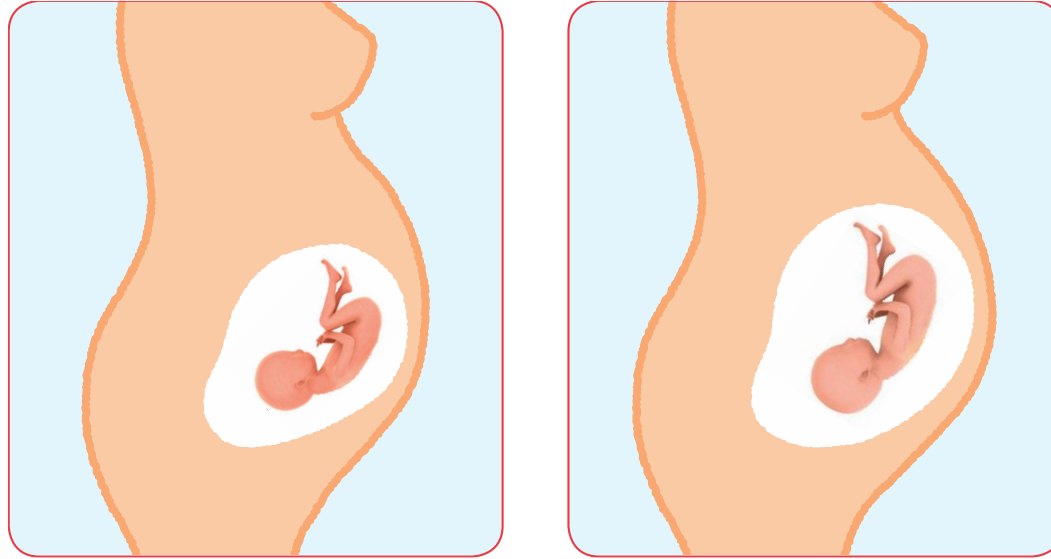
- Recap on the physical facts of how this happens and the most loving and private part of the couple’s own relationship, sexual intercourse.
- We want everyone to feel valued and included so we do not make a judgement about one form of conception over another, and there is a possibility that some people we know were not conceived in the ‘usual’ way.
- Whilst sexual intercourse is the way the sperm fertilises the egg in many cases, there are occasions when this might not be possible e.g. medical reasons or same-gender relationships.











- Are all babies conceived in this way?
- When sexual intercourse isn't possible to conceive a baby, doctors can help people to have a baby perhaps through egg donation, artificial insemination, surrogacy, or IVF. Or people can choose to adopt.



## The Truth About Conception

**If a couple makes love, it doesn't necessarily mean they will have a baby.**

**True**

If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.

## The Truth About Conception

**Fertilisation happens when the sperm meets the egg in the vagina.**

**False**

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

## The Truth About Conception

**One of the first signs to tell a women she is pregnant is her period will stop.**

**True**

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

## The Truth About Conception

**If two sperm fertilise one egg, it will  
form identical twins.**

**False**

Only one sperm can fertilise an egg, then the egg seals itself to keep other sperm out. Identical twins are formed when one fertilised egg splits into two completely separate cells and each one grows into a baby - they are identical because they come from the same sperm and the same egg. If there are two eggs and each is fertilised by a different sperm they will form non-identical twins.

## The Truth About Conception

**The baby is attached in the womb by a cord through which it gets oxygen and food from the mother.**

**True**

A baby in the womb can't eat or breathe in the way we do, so the umbilical cord lets it collect the oxygen and nutrients that it needs from the mother's blood - so she is eating and breathing for the baby as well. Your belly button is where the cord was attached to you when you were in your mother's womb.

## The Truth About Conception

**A women can't have a baby unless she has sexual intercourse with a man.**

**False**

If there are medical reasons that prevent a couple from having a baby in the usual way, there are things that doctors nowadays can do to help. Sperm can be artificially placed in the woman's vagina, or an egg can be taken and fertilised with sperm outside the body and then implanted in the womb. This is called IVF.

# Recap

- What are the different kinds of relationships we have with the people around us?
- What are the important things a couple should consider before deciding to have a baby?
- How is a new baby made, and how does this grow out of the parents' love for each other?
- Can people make love and not have a baby?
- What happens if a couple wants a baby but find they can't have one?

# Lesson 5

## Looking Ahead

You will have an opportunity to write down any questions that you want to ask, but don't want to ask in front of children, on post-it notes and we will discuss them as a class if appropriate.



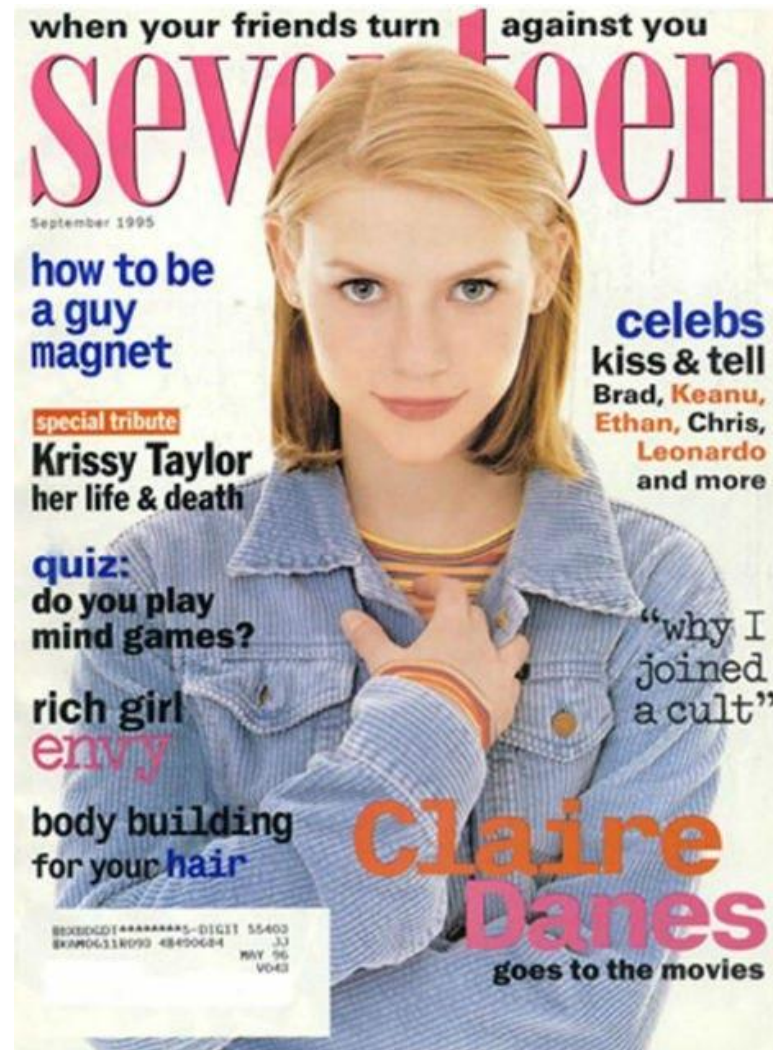
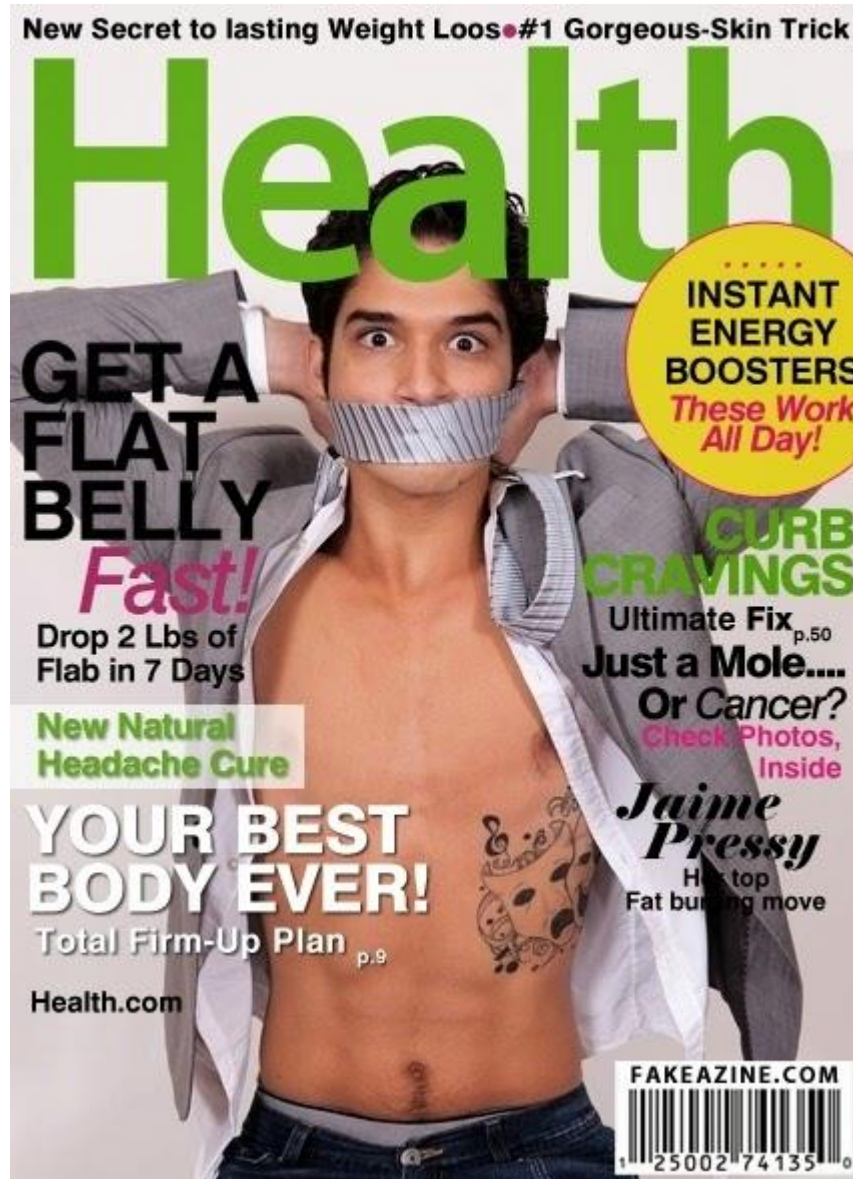
- Is there anything to discuss from last lesson?
- Do we understand conception?

What do these magazines show us about what life is like as a teenager?





What do these magazines show us about what life is like as a teenager?



- How are the magazines presented?
- What messages might be being given about teenagers?
- What responsibilities might you begin to have as you become older?
- What should these teen magazines say/promote?

***Make a graffiti wall  
(statements, words or  
phrases surrounding the  
page) on a piece of paper to  
show your perceptions of  
being a teenager.***



- Do you have a realistic and positive outlook on becoming a teenager?

Sometimes teenagers may experience challenging and difficult times, e.g. when bodies are changing during puberty, however this process of growing up through these years is normal, manageable and fun.

Growing up brings increased responsibilities.

What sort of responsibilities can you think of? (think in pairs)

e.g.

‘I am looking forward to staying out later with my friends’,

&

‘I will make sure my parents know where I am, who I am with and that I am safe’.

# Play Chinese Whispers.

Start the game with the phrase: 'One of the magic moments in the next school year for you will be...'

When the whisper has been all the way around, tell the children the original sentence as a means of creating a positive outlook towards moving into another school year.





# What are you looking forward to in the next school year?



POV: It's Friday morning and you're racing to assembly to sit on these benches at the back of the school hall. Who remembers?



- How do you feel about getting older?
- How do you feel about puberty?
- What sort of feelings might you experience at puberty/times of change?
- How can you manage these?

Taking the spinning top cube template, draw or write changes on the four sides of the cube. This is then cut out and made into a spinning top using a pencil as the spindle. Then play the game taking it in turns to spin the top. Whichever change lands uppermost, think of a way to best manage that change. Keep playing the game until each of the changes has been discussed.

