Year 5

Lesson 3 Puberty and Hygiene

Learning Intention

To explore the impact of puberty on the body and the importance of physical hygiene
To explore ways to get support during puberty

Learning Outcomes

Explain how to stay clean during puberty
Describe how emotions change during puberty
Know how to get help and support during puberty

Resources

- Kim's Game items including: spot cream, bra, comb, deodorant, make up, shaving foam, sanitary towels, tampons, panty liners, diary, teenage magazine, mobile phone, cloth to cover items
- Kim's Game Teacher Guide
- Puberty Problem Page
- Problem Page Teacher Guide
- Anonymous questions from Lesson 1

Activities

1. Recap/Introduction

In a circle, remind the class of the ground rules from the last lesson. Ask the class what they remember from last week. Refer to the learning outcomes on the whiteboard and discuss what they mean. Explain that in this session we are going to focus on how young people can take care of themselves during puberty.

2. Kim's Game

Tell the class that they are going to play a memory game and show them the bag of objects. Explain that all the objects inside the bag have something to do with puberty and growing up. Ensure that the objects relate to both physical and emotional changes.

- Take the objects out of the bag one by one, asking the class if they know what each one is. Name the objects and place them in the centre of the circle;
- Ask the class to briefly look at the objects and try to remember as many of them as possible;
- Cover the objects with a cloth and remove one of them without the class seeing what it is;
- Ask the children to identify which object is missing;
- Repeat this several times.

3. Discussion

Once the children have identified a number of the objects, discuss what some of them have to do with puberty. Ask questions such as: *What is this for? Who uses it? Why might someone going through puberty use this?* Use the discussion to explore how people can look after their bodies and feelings during puberty. Ask the class which objects they think are really essential and which objects people might choose to use.

Reinforce that soap and sanitary wear are essential, whereas we can choose whether to use make up or hair products and also choose which types we use. Consider gender stereotypes and social pressures to look or be a certain way. Encourage the class to think about making informed, healthy choices. For help with this activity refer to the Kim's Game Teacher Guide

4. Puberty Problem Page

Model this activity by putting one of the problems from the Puberty Problem Page on the whiteboard and reading it out. Ask the whole class what advice they would give to this person. In groups of four or five, give out a problem to each group and ask them to discuss what advice they would give.

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5. Problem Page Feedback
Ask one person from each group to read out the problem to the whole class. Then ask the group to share the advice they would give. Use the advice to discuss with the class how to manage puberty and reinforce the fact that strong feelings and emotions are a normal part of growing up. Repeat for each group and use the discussion to generate ideas about who to go to for advice and support. For help with this activity read the Problem Page Teacher Guide.

6. Anonymous Questions
Refer to the anonymous questions and explain which ones have been covered in this lesson. Address any outstanding issues and remaining questions.

7. Closing Round/Review
Use a go-round using the sentence stem: *One way to get help and support during puberty is …*

Additional Activities

Anonymous Questions
Type each question on a card and ask pairs to discuss possible answers. Take whole class feedback and discuss.

Kim's Game Small Group Discussion
Give small groups one or two objects from Kim's Game. Ask groups to discuss and record: *What is the object(s)? What is it for? What advice would you give to someone about using it?* Ask each group to share their findings with the class.

Problem Page Letters
Give each person a puberty problem and ask them to make a list of three things they would like to say to the person. Individually write a reply to the person.

Puberty Bingo
Give each child a Puberty Bingo card. There are four different cards, so they can have a different one from the person sitting next to them. Make up a Kim's Game kit bag ensuring the items match those on the cards. Take the items out of the bag one at a time, naming and discussing each one. As the children identify that the item is on their bingo card they can tick it off. Leave taking the deodorant out until last, as this is the one object on all the cards. The children will then all shout Bingo at once.

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