

Lesson 1: In Class

Teacher Prompt:

- "How many of you...
 - like to sleep late on weekends?
 - have read a good book this month?
 - have ever had a pet?
 - would rather be older?
 - talk to someone in your household about the changes your body is going through?
 - have a private place to go when you want to be alone?
 - like to be teased?
 - tease other people?
 - wish you could stay up late at night?
 - wish your parents/guardians would give you more freedom?
 - dream about being famous one day?
 - have lied to the adults at home and wished you hadn't?
 - have rules in your home about what you watch on TV or your use of the computer?"

There are a variety of words used for body parts and sexual activities. Some of these words are 'nice', some are 'funny', and some are considered 'rude' or 'disrespectful'. Some students will not know the socially appropriate words or may have learned only slang. Students need to know what words they can use in class and also understand why some language is unacceptable.

It is important to acknowledge that we might have learned different words, and that's okay – it is helpful to know the words that medical practitioners might use. It is important that students not feel ashamed for their prior sexual health knowledge.

Using dictionary words in class will familiarize students with the anatomical names for body parts.

Dictionary	Childhood	Polite	Slang/Street
buttocks	bum seat tush	backside derriere bottom	ass bum butt

Dictionary	Childhood	Polite	Slang/Street
urinate	pee wee	going to the bathroom being excused	piss pee take a leak

Teacher Prompt:

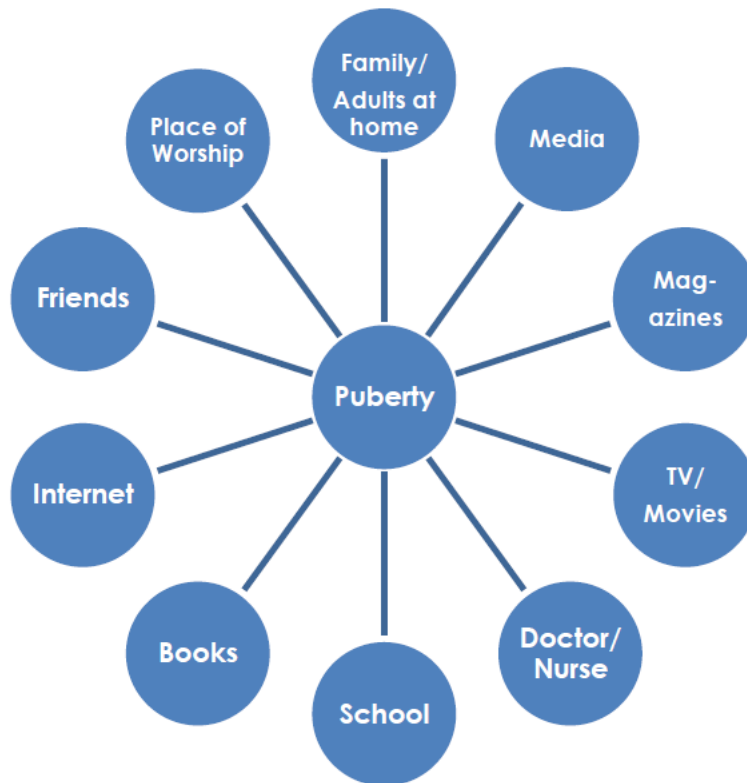
☒ "Where are some of the places that young people learn about puberty?"

Fill suggestions into circles surrounding the word 'PUBERTY' (as seen in the following example). Be sure to include 'school'.

Teacher Prompt:

☒ "Which ones might be good sources of correct information? Why?"

Encourage students to talk to someone they trust whenever they encounter information that is confusing to them or which they do not understand.



Discuss some reasons why the grown-ups in their homes may not talk to them about puberty.

Activity # 8: How Does Puberty Start?

Teacher prompts:

☑ "The changes of puberty happen due to **hormones**. Hormones are chemical messengers in our body that tell something in the body to change."

☐ "There are three hormones that tell our bodies to begin the change from a child to an adult (puberty): **testosterone**, **estrogen**, and **progesterone**. Everyone has all three of these hormones. Generally, females have more estrogen and progesterone, while males have more testosterone, but we all have some of each."

☐ "A gland called the **pituitary gland** is responsible for making the hormones that start the changes of puberty. The pituitary gland is located at the base of the skull at the back of your head." Help students find the location of the pituitary gland by asking them to touch the base of their skull at the back of their head.

Teacher prompts:

☑ "There is no 'right' time for these changes to start."

☐ "How and when a person begins to change depends on the genes that they inherit from their birth parents. Genes are like instructions that help the body to decide all sorts of things, like our eye colour, our height, the colour of our skin, and the shape of our ears!"

So....

- The pituitary gland at the base of the brain sends out chemical messengers in the blood stream, called hormones.

☐ These hormones travel to the **gonads** (the **testicles** and **ovaries**) and signal them to start working to make the hormones testosterone, estrogen, and progesterone.

☐ It is these hormones (testosterone, estrogen, and progesterone) that cause the changes at puberty.

☐ Everyone has all of these hormones. Estrogen is necessary for **ovulation**, while testosterone targets the testicles to start **sperm** production (**spermatogenesis**).

☐ Changes in females commonly happen between ages 8 and 16.

☐ Changes in males commonly happen between ages 10 and 18.

☐ Changes during puberty can feel like they happen really slowly, or like they happen all at once.

Activity #9: Periods of Rapid Growth

Tell the students that there are 3 stages of rapid growth in human beings

- “**Conception** to birth – when someone first becomes pregnant, the baby is called an **embryo** and is only the size of a grain of sand. This cell grows and multiplies in size many times over nine months until the baby is ready to be born.”

- "Infancy – from the time of birth, the baby will grow quickly and often triples it's birth weight in the first year of life."

- "Puberty – height, weight, and body shape change rapidly as children go through puberty."