

YEAR 7 LESSON 2 TITLE Healthy Lifestyles

KEY CONCEPTS

- ◆ Recognising that healthy lifestyles and the well-being of self and others depend on being informed and making responsible choices
- ◆ Understanding that physical, mental, sexual and emotional health affect our ability to lead fulfilling lives, and that there is help and support available when they are threatened
- ◆ Dealing with growth and change as normal parts of growing up

KEY PROCESSES

- ◆ Use knowledge and understanding to make informed choices about safety, health and well-being
- ◆ Know when and how to get help
- ◆ Value differences between people – demonstrate empathy and a willingness to learn about people different from themselves

CONTENT

- ◆ Physical and emotional changes and puberty

LEARNING OUTCOMES

by the end of the lesson, pupils will be able to:

- ◆ Understand the changes which happen during puberty
- ◆ Understanding some of the problems which can arise during puberty
- ◆ Name and understand the function of sexual body parts
- ◆ Understand the menstrual cycle
- ◆ Understand human reproduction

RESOURCES

- 'Puberty Changes' cards
- 'Problem Scenario' cards
- Post-its
- Internal and external genital diagrams (on CD-ROM)
- Copies of the Periods quiz
- 'Living and Growing' DVD, Unit 2, 'How Babies are Made' (Chapter 3) and Unit 3, 'Girl Talk' (Programme 7, Chapter 3)
- FPA leaflets, '4 Boys' and '4 Girls'

LESSON PLAN

Activity 1 – Body Changes in Puberty

Timing

15 mins. approx

Resources

'Puberty Changes' cards

Ask the class what they know about the changes which happen during puberty. Try to cover general points about: how long it lasts; changes to bodies and feelings; possible problems and benefits of the change.

- ❖ Copy the 'Puberty Changes' cards, and ask small groups to organise them into separate piles - for 'Boys only', 'Girls only' and 'Both boys and girls'
- ❖ Discuss any cards they are unsure of, and ask for suggestions on any omitted changes

Activity 2 – Puberty Problem Scenarios

Timing

15 mins. approx

Resources

'Problem Scenario' cards

- ❖ Divide the class into small groups and give each group a 'Problem Scenario' card – then ask them to write down what the person on the card might be feeling in this situation and what advice they would give to them
- ❖ Discuss as a class any other suggestions which could help the people on the cards

Activity 3 – Body Parts Name Game

Timing

15 mins. approx

Resources

Post-its; Internal and external genital diagrams (on CD-ROM)

This exercise will recap on basic knowledge about body parts and offer translations of 'street' language into more universal 'medical' terminology. Underline the importance of being able to know the more technical/medical terms as well as those used at home or with friends, and also that there is a time and a place to use different words (e.g. when visiting the doctor).

- ❖ Project the external, then internal, genital diagrams from the CD-ROM onto the white board. Ask the pupils to write down the names of the parts they can identify on post-its and place them on the board. Use one colour for 'street' language and another for 'medical/technical' language.
- ❖ Describe the functions of different sexual body parts and correct any myths and/or misinformation

Activity 4 – DVD Extract and Periods Quiz

Timing

15 mins. approx

Resources

Copies of the Periods quiz; 'Living and Growing' DVD

- ❖ Show the appropriate clip from the 'Living and Growing' DVD, Unit 3, 'Girl Talk' (Programme 7, Chapter 3).
- ❖ Ask pupils to fill in the quiz
- ❖ Answer any questions and correct any myths and/or misinformation about periods

Activity 5 – Reproduction

Timing	Resources
15 mins. approx	'Living and Growing' DVD, Unit 2, 'How Babies are Made' (Chapter 3)

If this hasn't been sufficiently covered in Science, use this extract from the DVD 'Living and Growing'. Explain to the class that, though they may already know this information, a 'catch-up' is useful to ensure that everybody understands all the basic details.

- ❖ Answer any questions

Activity 6 – Further Information

Timing	Resources
10 mins. approx	FPA leaflets, '4 Boys' and '4 Girls'

- ❖ Distribute copies of the FPA leaflets '4 Boys' and '4 Girls' for pupils to take home
- ❖ Show how to access 'ruthinking.co.uk' and 'brook.org.uk' on the white board

1
**The voice changes
and gets deeper**

2
Periods start

3
**Hair starts to grow
around the penis**

4
**Spots start
appearing on the
face**

5
**The body starts to
grow faster**

6
**Moods seem to
change a lot**

7
**Some people begin
to masturbate**

8
**A white liquid
might start coming
out of the vagina**

9
**Start to grow hair
under your arms**

10
**Hair starts to grow
on face**

11
**Hair starts to grow
around the opening
to the vagina**

12
**Start to sweat
more and smell
differently**

13
**The body changes
shape**

14
**Shoulders become
wider**

15
**Hair may become
greasy**

16
**Sexual feelings
begin**

17
**The penis and testes
get bigger**

18
**Breasts begin to
grow**

19
Hips become wider

20
**Sperm start being
produced**

21
**Eggs start to
mature in the
ovaries**

22
**The clitoris grows
a bit bigger**

23
**Spots may appear
on shoulders and
back area**

24
**Wet dreams may
start**

I've started to get hair on my body and my voice is breaking, but I'm worried about the size of my penis. It seems to be smaller than other boys'. Will it grow?

My friend says he's been circumcised. I didn't like to say I didn't know what this meant. Can you explain what being circumcised means?

There's a girl I fancy and I've asked her out. I'm really worried now because I've never kissed a girl before. What should I do?

I really like being with my friend Adam. We get on really well and enjoy doing things together. I'm not interested in girls. Am I normal?

I hate myself. My breasts are too big. I'm fat and everyone stares at me. I'm sure that they all talk about me when I'm not there. My mum tells me not to be silly and that I'm a perfectly normal shape. How can I look like the models in magazines?

I'm 11 and most of my friends have started their periods. Mine still hasn't come. Should I put a sanitary towel in my bag in case I start?

I fancied this really nice boy in my class and ended up going out with him. After two weeks he dumped me because I wouldn't kiss him. I want him back. What can I do?

My mum makes me wear flat shoes as she says they are better for my feet. I feel like such a frump. What should I do?

I'm 12 and I want to wear some make-up. It's the school disco next week and I know my mum will get cross if I put any on. What can I say to her to make her reconsider?

I seem to spend all of my time arguing with my parents about the clothes I like to wear and staying out late. I keep telling them I'm not a child any more and it's my life. How can I make them understand?

I get really embarrassed whenever a boy speaks to me or even looks in my direction. My face goes bright red and I start to sweat and stammer. This especially happens when I see one boy I particularly fancy. Is this normal?

I've started to get hair on parts of my body. None of my friends know about this. I'm really worried about getting undressed for games at school. What's happening to me?

Periods Quiz– True or False?

	True	False
Most girls start their periods by the time they're 10 years old		
A period happens when the lining of a girl's womb comes away and passes out of her vagina		
When a girl has her period she loses about one pint of blood		
Once a girl starts her periods, she has one every 28 days		
Once a girl starts a period, she bleeds for about 3 to 6 days		
Periods are always very painful for a girl		
Sometimes girls feel very moody and low before or during their periods		
If a girl has her period she should not play sports or go swimming		
Women have periods until they are about 50 years old		
Periods stop when a woman is pregnant		
A woman cannot have intercourse during her period		
A woman cannot get pregnant if she has intercourse during her period		

Periods Quiz Answers

1. **FALSE.** Girls can start their periods at any age between 9 and 17. Most girls start their periods at between 12 and 14 years old.
2. **TRUE.** Once a girl starts her periods, she produces an egg each month and the lining of her womb becomes thicker and spongy. If the egg is not fertilised, the lining comes away from the womb and is lost through the vagina. This is seen as bleeding and is called a period. Another name is 'menstruation'. Periods are not always regular and girls may not have a period every month.
3. **FALSE.** The amount of blood lost varies from about a tablespoonful to half a cupful.
4. **FALSE.** Not all girls and women have regular periods of exactly 28 days. When girls start their periods, they sometimes have them two weeks apart or five or six weeks apart, and may not even have one again for months.
5. **TRUE.** However, it can vary over time.
6. **FALSE.** Periods are not always very painful, but many girls and women have some discomfort before and during them. This may be a mild ache or could sometimes be more painful. It usually goes away soon after it arrives. If periods are really painful, a girl should go to see a doctor. If they are not so painful but are still uncomfortable, the best thing to do is to relax in a warm place – possibly curled up with a hot water bottle – until the pain leaves.
7. **TRUE.** Sometimes girls can feel very moody, but at other times they might not feel any different from normal. Before a period, this is called Pre-Menstrual Tension (PMT) or Pre-Menstrual Syndrome (PMS).
8. **FALSE.** Girls can do normal things when having their periods: exercise might even help if they feel some pain. However, if they are having a very heavy period, they may not feel like doing sports.
9. **TRUE.** As women become older, their periods become less regular and then stop altogether. This is called the menopause and means that they can no longer become pregnant and have a baby. The age at which this happens varies between different women.
10. **TRUE.**
11. **FALSE.** She can if she and her partner want to. Some people do not believe it is right to have intercourse during periods.
12. **FALSE.** A woman can ovulate (release a fresh egg) when she is still having her period. Also, a man's sperm can stay alive in a woman's vagina for at least 3 days - some experts say up to 5 days.

