

Welcome to
Positive Puberty
Information Evening

This information evening will help you to:

- Understand the content that will be taught during this Positive Puberty Unit and how this fits with our Conceptual Curriculum
- Understand lesson overviews that will be covered in your child's studio
- Be aware of the resources available to you as a parent



Conceptual Curriculum - 'Making Connections'

Adolescence is a transition from childhood to adulthood defined by physiological changes.

When schools provide sexuality education programmes focusing on puberty, to complement what their students learn at home, the students gain a fuller understanding of puberty and the changes that come with it (Reiss, 1993; Morris, 1996)



Information Evening Outline

1. What is puberty?
2. Why do we teach 'Positive Puberty'?
3. Who will teach the 'Positive Puberty' programme?
4. Learning sequence
5. How I can support my child
6. Questions
7. Do not consent form



1.

What is puberty?

Teaching the child as a whole

Self Esteem

Emotional Changes

Cybersafety/Digital
Citizenship

Physical Changes

Media

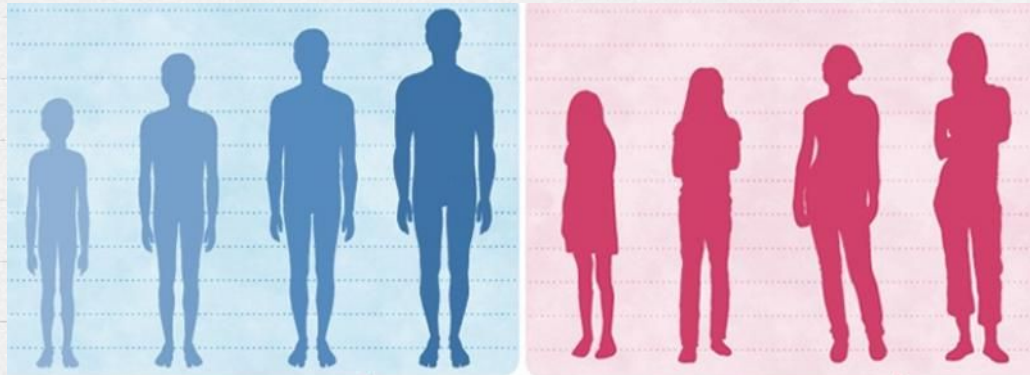
Body Image

Social Changes



Puberty not only involves physical changes but social and emotional changes too.

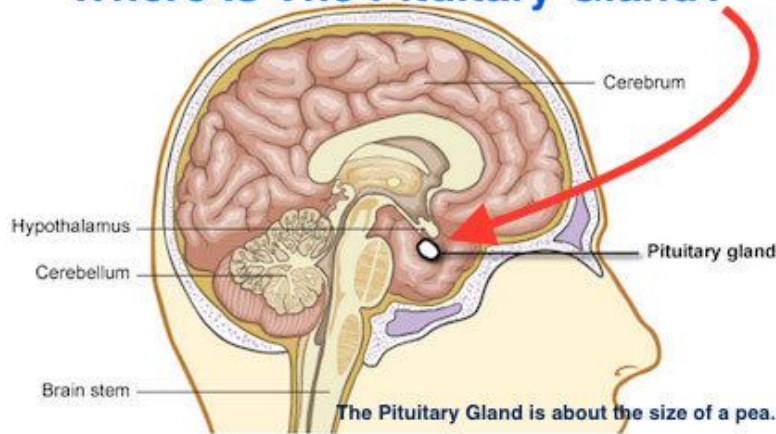
“Puberty is the time when young people develop their reproductive capacity. Puberty normally begins for females between the ages of 9 and 14 years. For males it is a little later, between the ages of 11 and 16 years.” (Maskill 1991)



What is puberty?

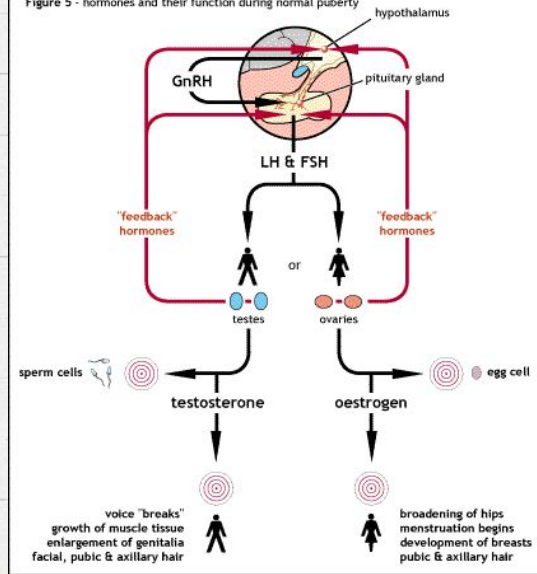
Every young person, whatever their gender, ethnicity, culture, religion, physical stature, and abilities or disabilities, experiences puberty.

Where Is The Pituitary Gland?



The Pituitary Gland is about the size of a pea.

Figure 5 - hormones and their function during normal puberty



2.

Why do we teach
'Positive Puberty?

Why do we teach 'Positive Puberty'?

- Links to the NZ Curriculum

So that our students:

- understand developmental changes and new needs
- acknowledge aspects that influence decision making
- develop a positive attitude



Why now?

- ❖ Prevent children from being frightened.
- ❖ View puberty changes positively.
- ❖ Have an educated understanding of what to expect.



Besides the easily recognisable physical changes there are also hormonal changes that affect mood. Most girls get their first period when they're 12 or 13 years old, which is about 2 or 2½ years after they begin puberty. Some girls get their periods as early as age 9, while others get it as late as age 16.

On average, boys begin going through puberty a little later than girls, usually around age 10 or 11. But they may begin to develop sexually or have their first ejaculation without looking older.

Can't I teach my child at home?

- X Sometimes the adults in a family know all that their child needs to learn and are confident about sharing what they know. When this is so, their children can gain an excellent understanding of the changes that will occur at puberty.
- X When adults in their family are less well-informed or less confident, young people can become confused and unsure about what is happening to them.

“when schools provide sexuality education programmes focusing on puberty, to complement what their students learn at home, the students gain a fuller understanding of puberty and the changes that come with it.”

Reiss (1993) and Morris (1996)

3.

Who teaches
'Positive Puberty'?

Who teaches 'Positive Puberty'?

- Taught on a two year cycle to senior school students
- Where possible, Male teachers will teach the boys and female teachers will teach the girls when they cover the more gender specific detail
- These lessons will be taught from weeks 2-4 this term
- Integrated into concept

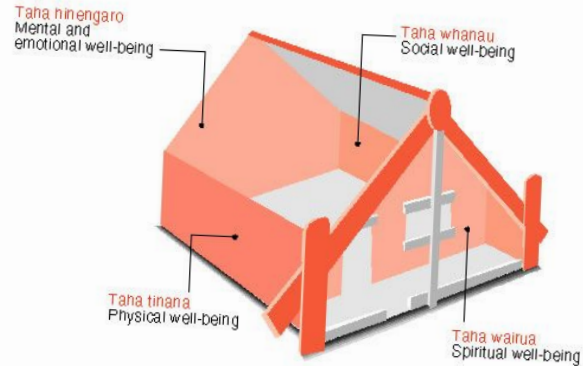


4.

Lesson sequence

1) What is health?

- X What does it mean to be healthy?
- X Te Whare Tapa Wha (a model of health)
- X Discussion on how different cultures may have different views of health



2) Physical changes - boys and girls

- What happens during puberty?
- When does it happen?
- What causes these changes?
 - hormones

General changes

hair

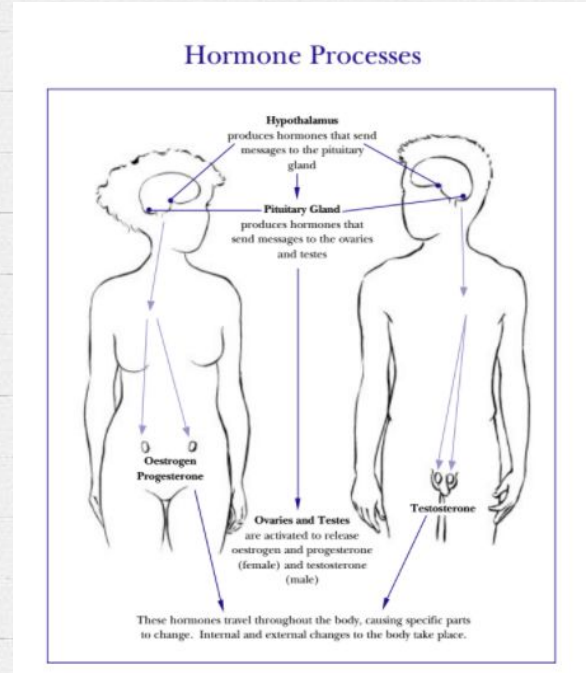
pimples

tiredness

growth

sweat/ body odour

voice breaking



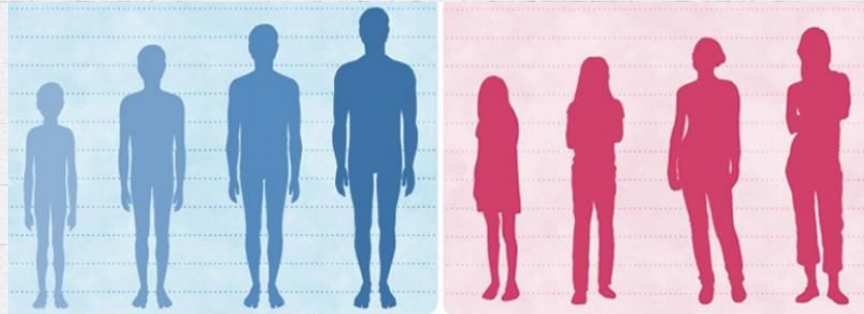
3) Detailed physical changes – girls and boys separate

Boys

- x Wet dreams
- x Ejaculation
- x Voice breaking
- x Hygiene

Girls

- x Menstruation – sample pack
(pads,tampons,liners)
- x Breast changes/bras
- x Vaginal discharge
- x Hygiene



4) Emotions

Identify and discuss possible emotions

- X Increased sensitivity
- X Tiredness
- X Trouble concentrating
- X Anxiety
- X Irritability
- X Sadness
- X Moodiness



Explore ways to deal with these emotions

5) Body Confidence

It's not just what we see in the mirror.

Body Image is also about how we **think** and **feel** about what we look like.



6) Media

Research shows that the media can have a powerful effect on our body image and wellbeing.

Changing the way we view and respond to the media can be empowering.

We will teach the children how be critical viewers of the media by getting them to question

- What's not real
- What are the messages
- How do the advertisers want us to feel



7) Cybersafety and Digital Citizenship

Support our children to use technology safely, responsibly, and respectfully

- x Help children to identify and demonstrate cyber safe behaviours
- x Discuss who they could talk to if they need help
- x Create a cyber safety contract/pledge



Digital citizenship doesn't end in the classroom. Home environments also shape kids' relationships with technology. While we promote technology use for learning, fun, and bringing people together, it's also important to balance media and tech use with undistracted face-to-face time. - Common Sense Media

5.

How can I support
my child?

- resources

How can I support my child?

Talk openly with your child throughout puberty. Be prepared to talk to a girl about the expected events of puberty, including menstruation, when you see the first signs of breast development, or earlier if she seems ready or has questions. A boy should know about normal penile development, erections, and nocturnal emissions before age 12 — sooner, if he's an early developer. And it's also important to talk to your child about what's happening to members of the opposite sex. If your child has a question, answer it honestly. If you feel uncomfortable, need answers to questions, or are uncertain about how to have these talks with your child, ask your doctor for advice.



Resources

[Kidshealth.org](https://kidshealth.org)

[Family Planning](#)

[Commonsense](#)

[media](#)

[Netsafe](#)

Thanks!

Any questions?



Thank you for
attending
this evening.

Do Not Consent
Forms are due
back at school
tomorrow
(Thursday)