

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

Statutory Guidance Health Education Changing adolescent body (8a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals	Learning Intentions and Learning Outcomes Learning Intention To explore the human lifecycle To identify some basic facts about puberty Learning Outcomes Understand that puberty is an important stage in the human lifecycle Know some changes that happen during puberty	Lesson Title Lesson 1 Changes	Resources Lifecycle whiteboard summary Body Parts Bingo cards Bingo Flash cards Body Changes pictures Lifecycle Quiz slides Lifecycle Quiz answers Additional Activities Babies and Children worksheet
Health Education Mental wellbeing (6a,6b,6c,6d,6f) Health Education Changing adolescent body (8a, 8b) Menstruation (9a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals -describe the changes as humans develop to old age	Learning Intention To explore how puberty is linked to reproduction Learning Outcomes Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to	Lesson 2 What is Puberty?	Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart Puberty Card Sort Puberty Card Sort whiteboard summary Body Changes worksheet Puberty Changes Teacher Guide Suggested Reading <i>Where Willy Went</i> , Nicholas Allan <i>Hair in Funny Places</i> , Babette Cole
Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)	Learning Intention To explore respect in a range of relationships To discuss the characteristics of healthy relationships Learning Outcomes Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.	Lesson 3 Healthy Relationships	Healthy Friendships cards Relationship pictures Online Respect and Self-Respect video https://www.youtube.com/watch?v=mZtXwLzllpk

Lesson 1

Learning Intention

To explore the human lifecycle
To identify some basic facts about puberty

Learning Outcomes

Understand that puberty is an important stage in the human lifecycle
Know some changes that happen during puberty

Resources

[Lifecycle whiteboard summary](#)

[Body Part Bingo cards](#)

[Bingo Flash cards](#)

[Body Changes pictures](#)

Sets of red and green coloured cards for voting

[Lifecycle Quiz slides](#)

[Lifecycle Quiz answers](#)

Activities

1. Group Agreement

In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs, no personal questions); only say things you don't mind people knowing about.

2. Growing and Changing

Explain that these lessons are going to be about growing and changing, in particular how children change and grow into adults. Ask the children if they know what a lifecycle is; i.e. the stages of life, including reproduction, that a living thing goes through. Explain that they are going to look at the stages in the human lifecycle. Display [Lifecycle whiteboard summary](#) on the whiteboard. Ask at what stage in the lifecycle do humans reproduce? Do all humans grow and change at the same rate? In which stages of the lifecycle does the body change most? Emphasise that in the 'teenager' stage a person experiences a lot of changes as they develop from a child to an adult.

3. Define Puberty

Check whether the pupils know what puberty is; explain that this is a special time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. Tell the class puberty can start at any time between the ages of 8 and 16 and the changes happen gradually over a number of years; for the rest of the lesson we are going to think about how the human body changes during puberty.

4. Body Parts Bingo

Explain that each pair will receive a [Body Part Bingo card](#) with illustrations of parts of the human body, including the private parts. (There are four different cards, ensure each pair has a different card from those sitting next to them). Discuss how the class can manage their feelings while looking at the pictures. Select and show the [Bingo Flash cards](#) one at a time, naming and discussing each one. As the children identify a body part on their bingo card they can tick it off; continue until someone shouts Bingo! (If you put the card with the picture of the head at the end they all shout Bingo! at the same time). Lead a discussion with the class, asking questions such as: Which are female body parts? Which are male? Which parts are both male and female? Which body parts will change during puberty? How will they change? Correct any misunderstandings. Explain that males and females need their different private parts so that when they are adults they can have a baby if they choose to.

5. Spot the Changes

Display the [Body Changes pictures](#) on the whiteboard or print copies off for the class if easier to see. Explain that the pictures show some of the ways the body changes during puberty. Pair and share observations about what physical changes they can see in the pictures. Feedback as a whole group, highlighting changes that have not been discussed previously. Remind them to use the agreed words for the male and female body parts, which they learned in the previous activity. Try to focus the discussion on what changes they can see in the pictures, (i.e. body hair, spots on face, body shape, breasts, private parts) rather than other changes they might know about.

6. Lifecycle True or False Quiz

In pairs, give each pupil a pair of coloured cards: green for true and red for false. Play the role of the quiz show host, using the [Lifecycle Quiz slides](#) to go through each statement and ask pupils to vote whether they think the statement is true or false by holding up the corresponding card. Encourage the children to think about their reason(s) for deciding on true or false and check their understanding of the correct answer. Refer to the [Lifecycle Quiz answers](#) for support with answering questions.

6. Closing round

Introduce the talking object and do a go-round: *One way a person changes during puberty is...*

Additional Activities

Baby Photos

Ask the children if they would like to bring in a photo of themselves as a baby to show the class. The photos could then be displayed and/or used to recap this session during the next one.

Draw and Write Lifecycles

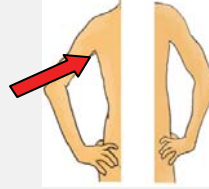
Explain to the class that they are going to do a draw and write activity showing two parts of the lifecycle. Using the [Babies and Children worksheet](#), first ask the class to draw a baby and then write about what it can do; secondly, ask them to draw what they themselves look like now and describe how they've changed since they were a baby.

Body Parts Bingo Cards

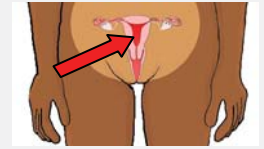
Penis



Armpits



Uterus



Fingers



Vulva



Nipples



Face



Testicles



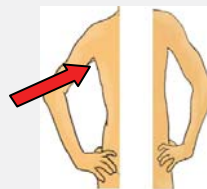
Ears



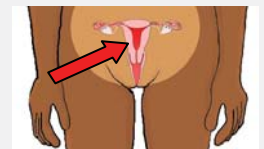
Penis



Armpits



Uterus



Legs



Vulva



Nipples



Face




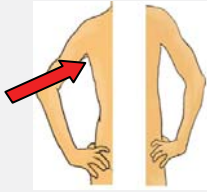
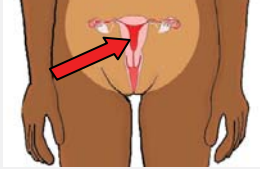






Testicles


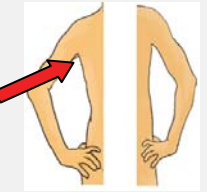









Feet

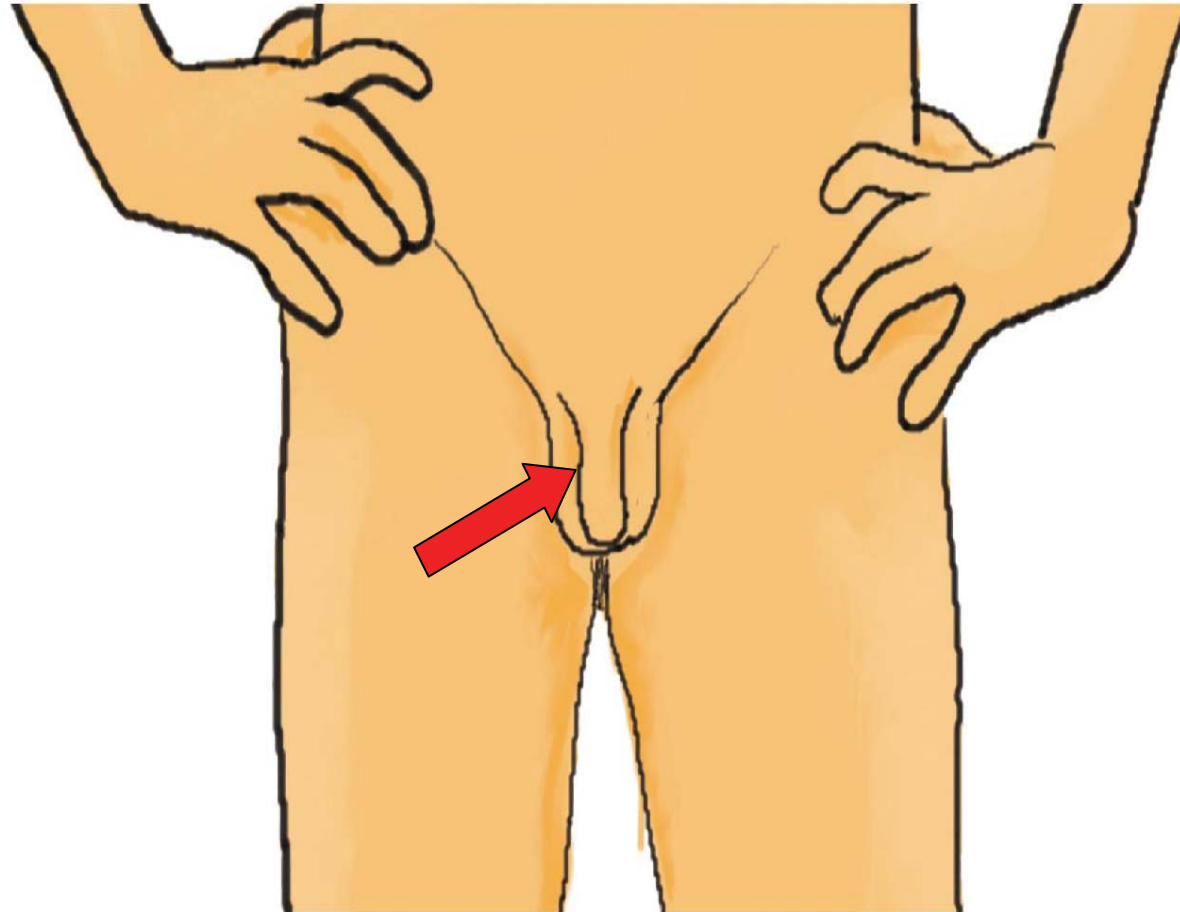


Body Parts Bingo Cards-2

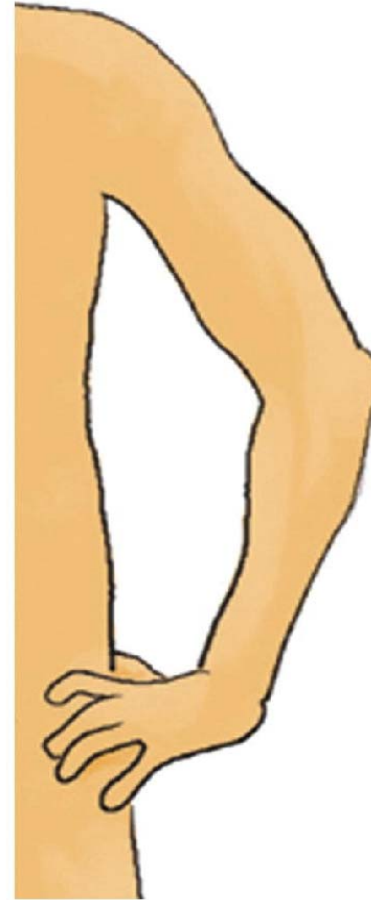
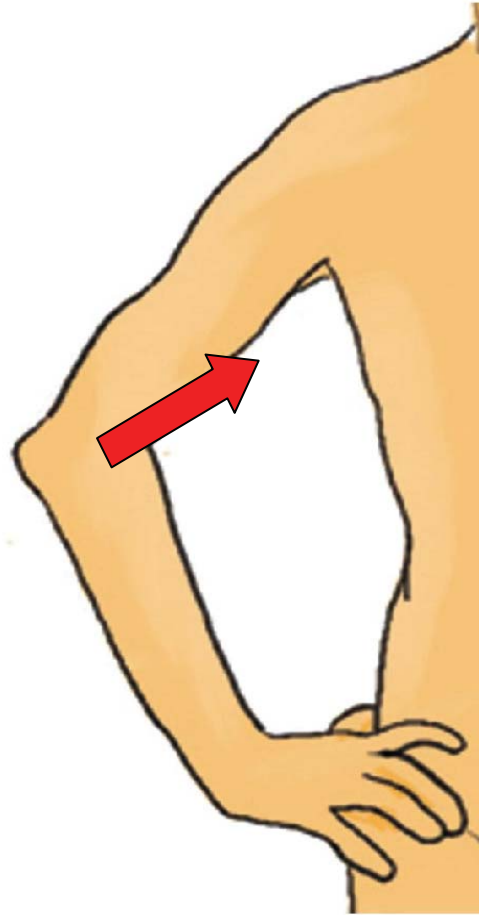
Penis 	Armpits 	Uterus 
Face 	Vulva 	Nipples 
Belly Button 	Testicles 	Nose 

Penis 	Armpits 	Uterus 
Face 	Vulva 	Nipples 
Legs 	Testicles 	Belly Button 

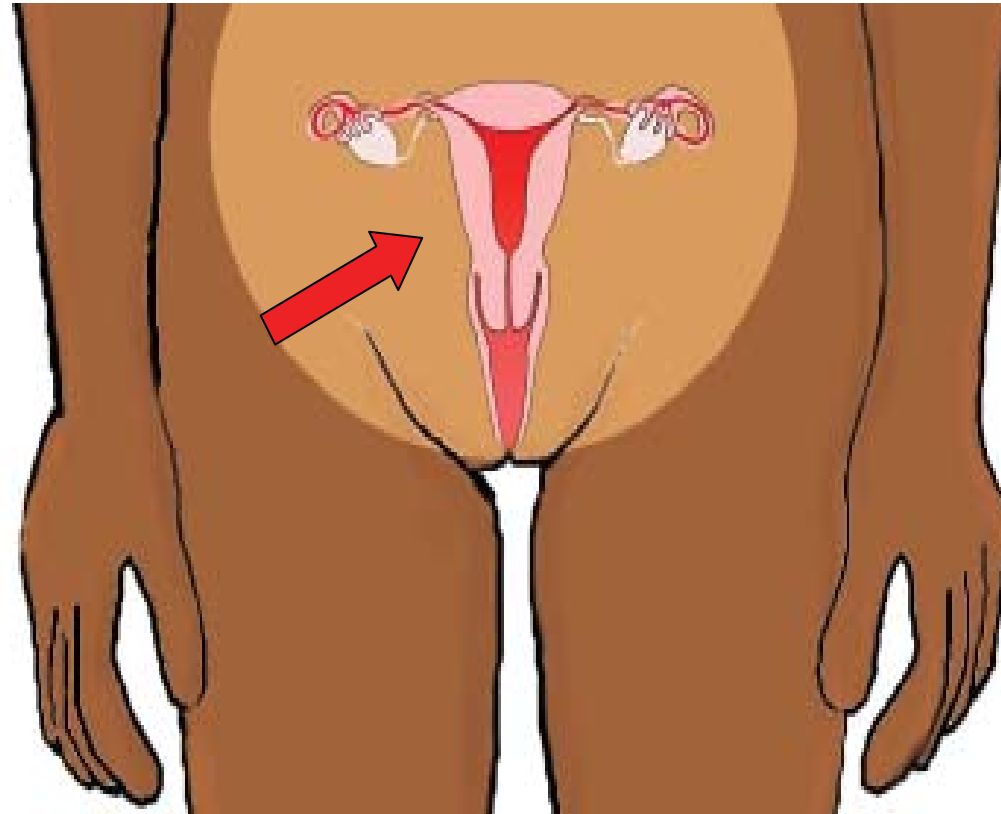
Penis



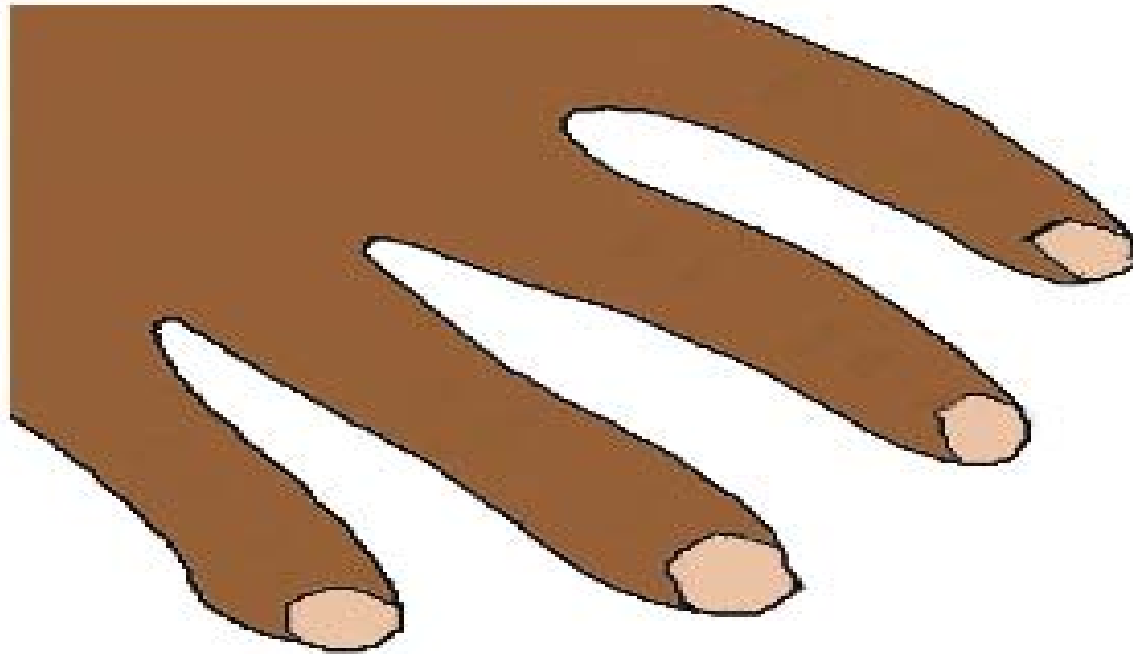
Armpits



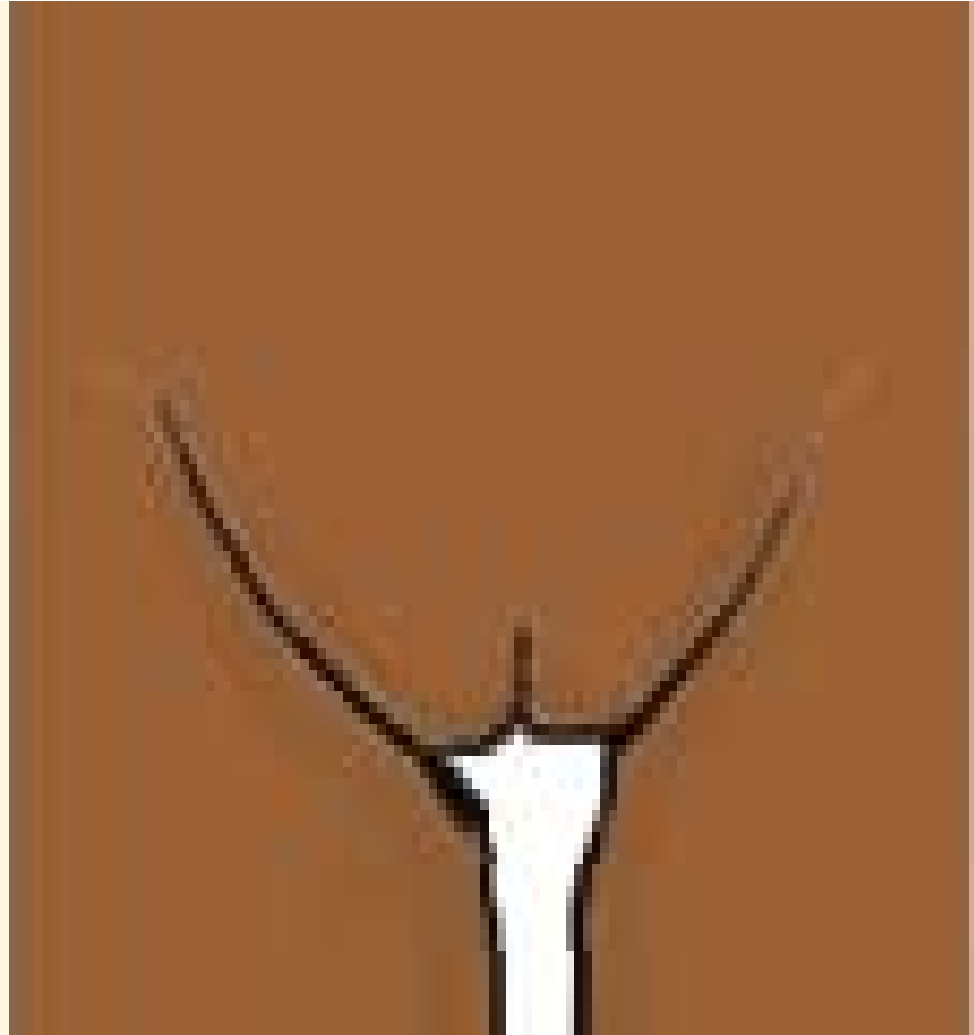
Uterus



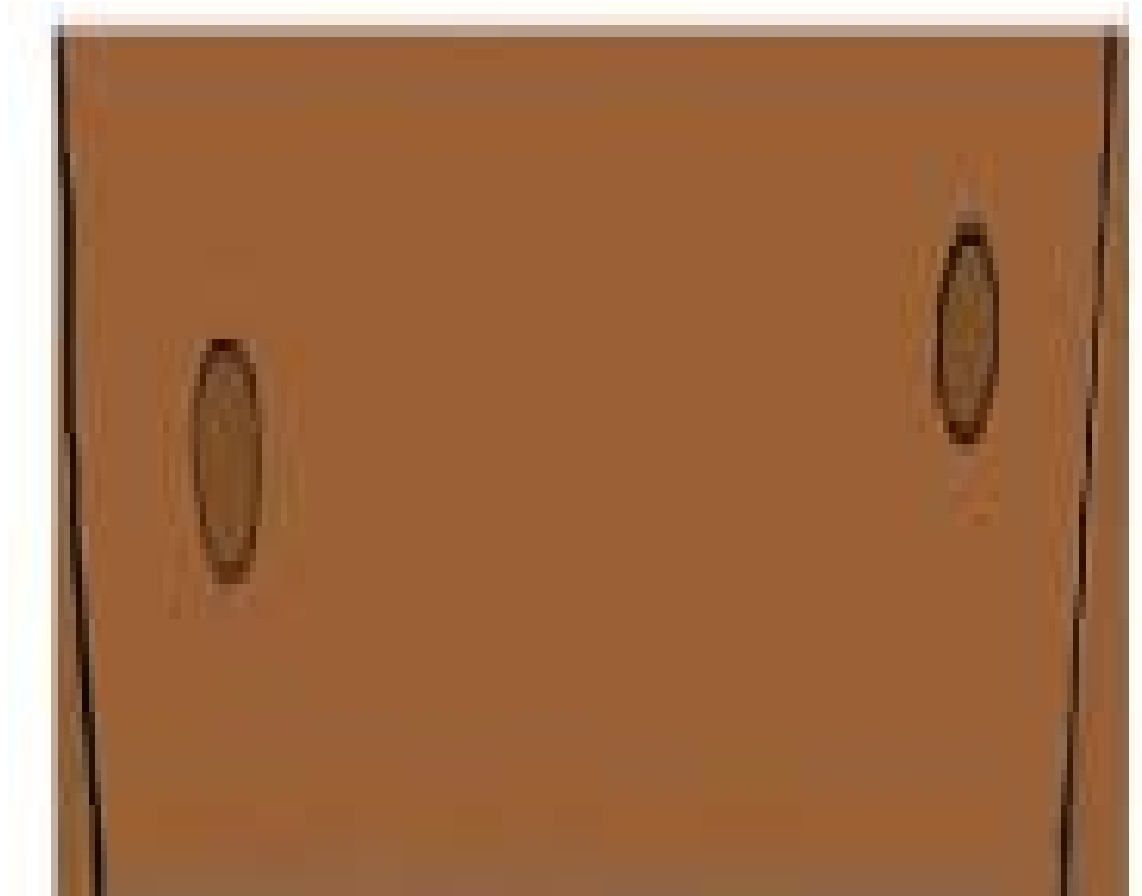
Fingers



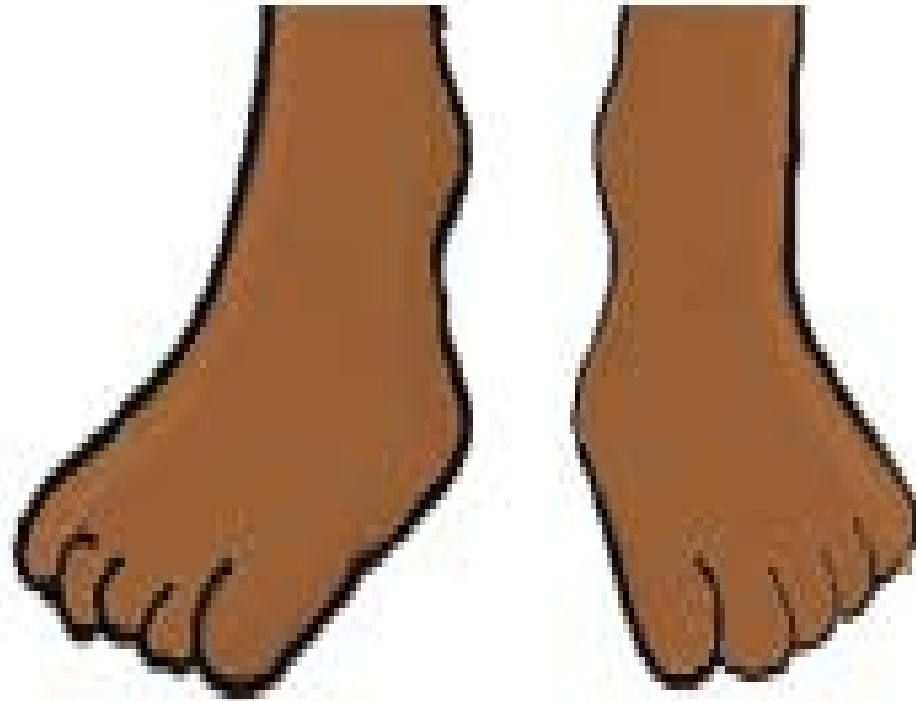
Vulva



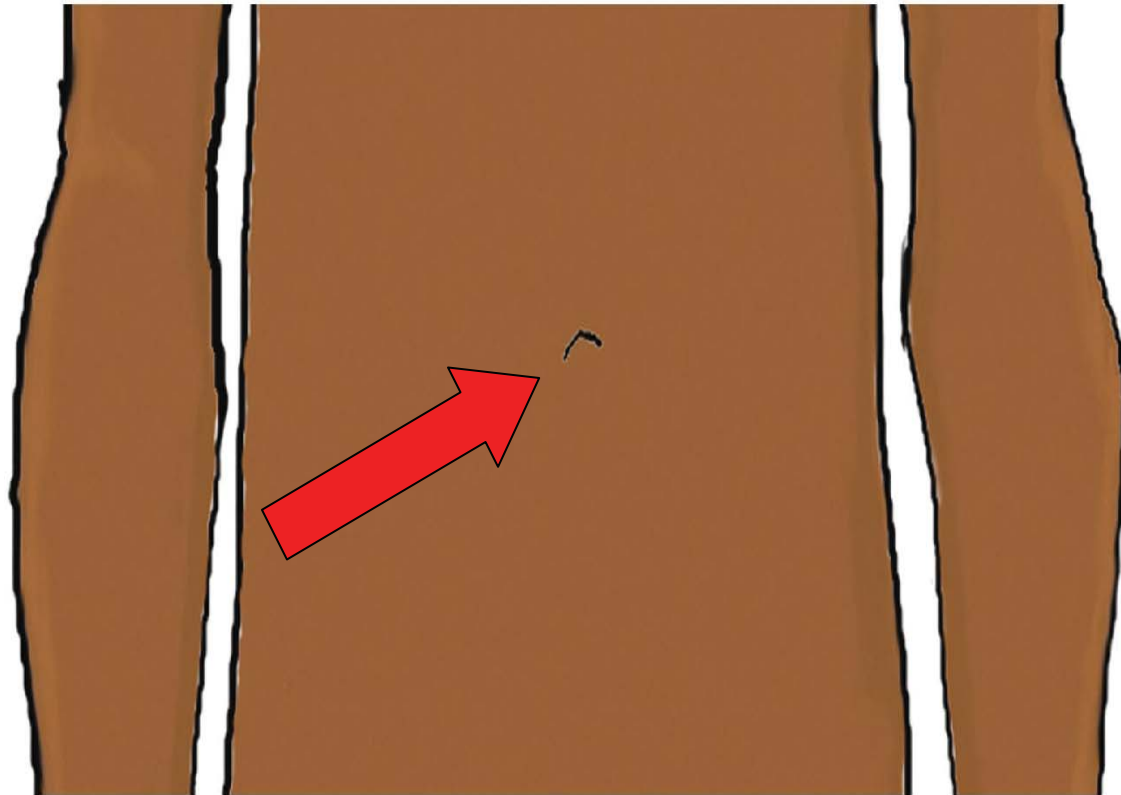
Nipples



Feet



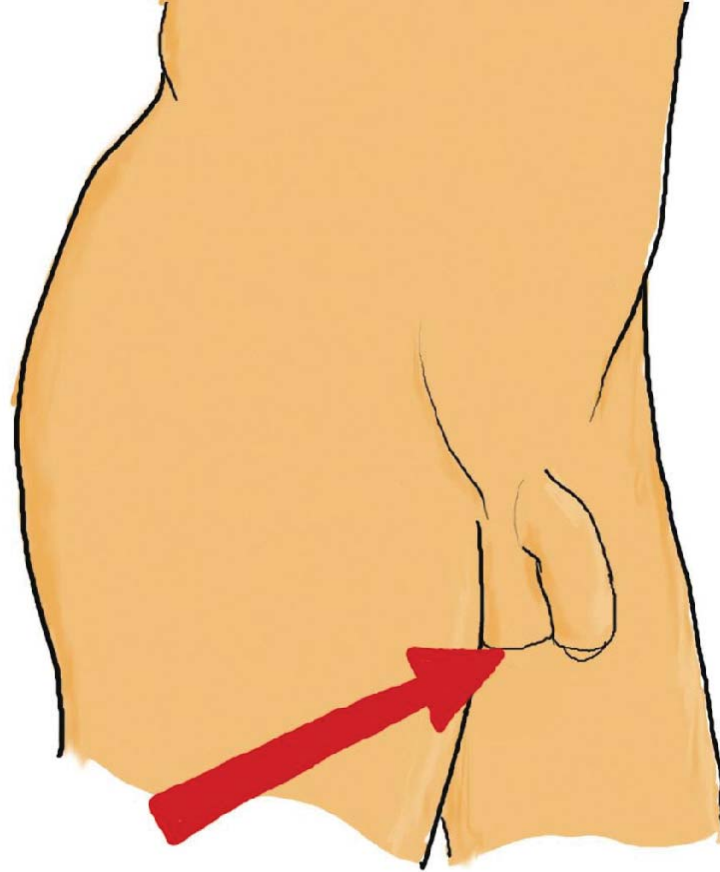
Belly button



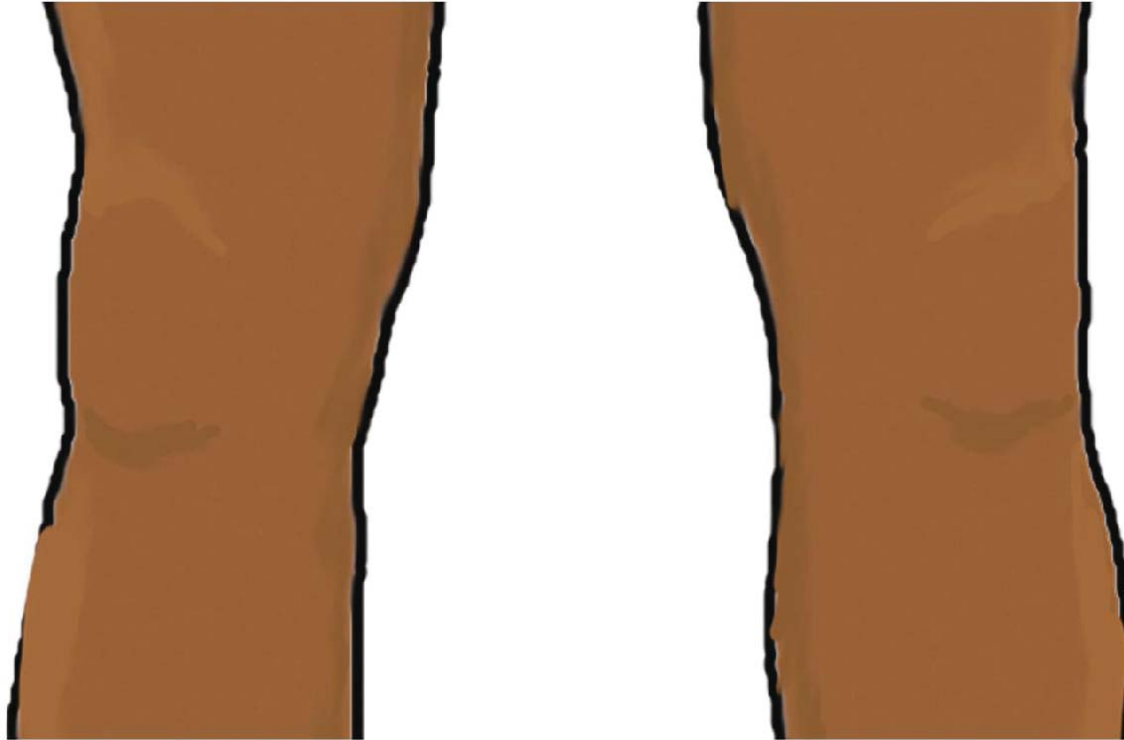
Face



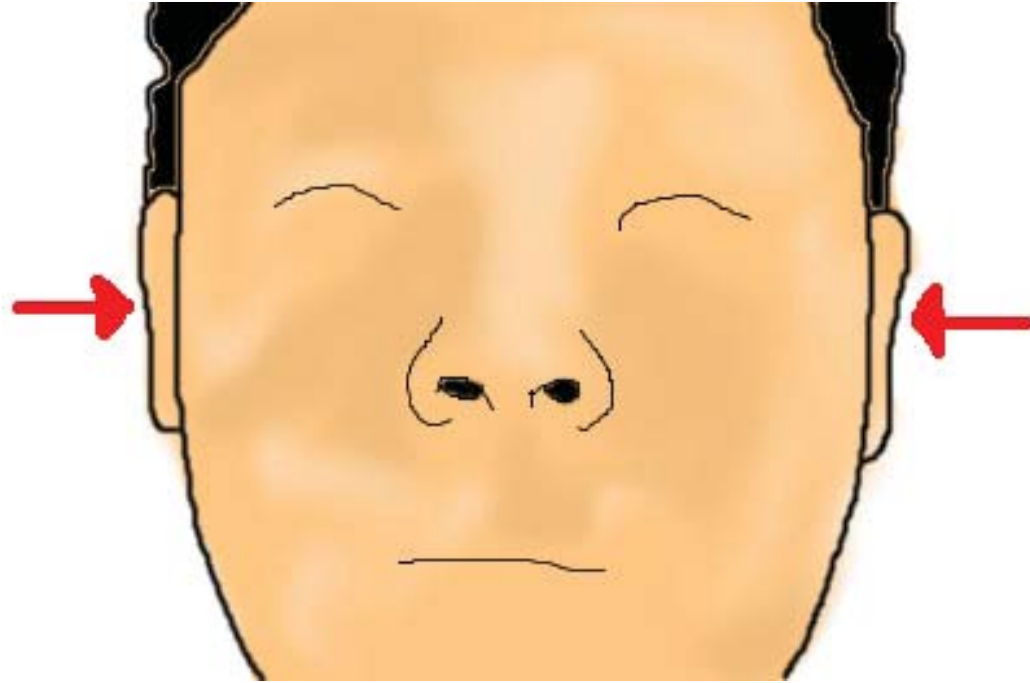
Testicles



Legs

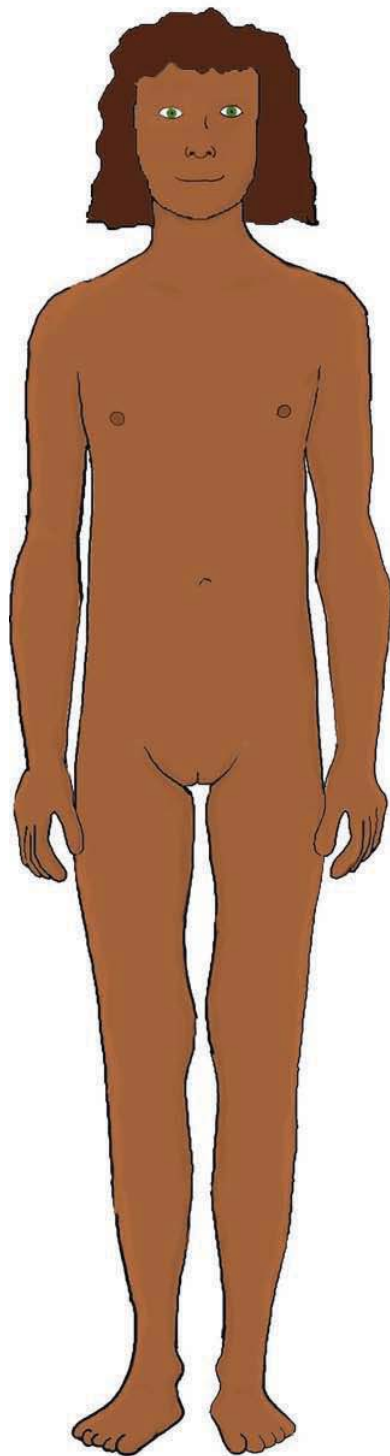


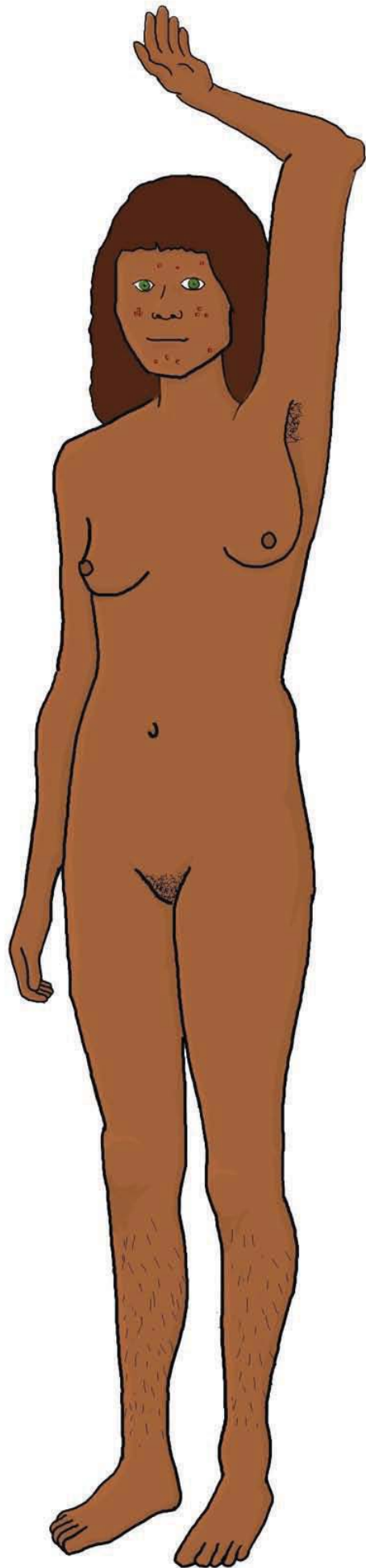
Ears

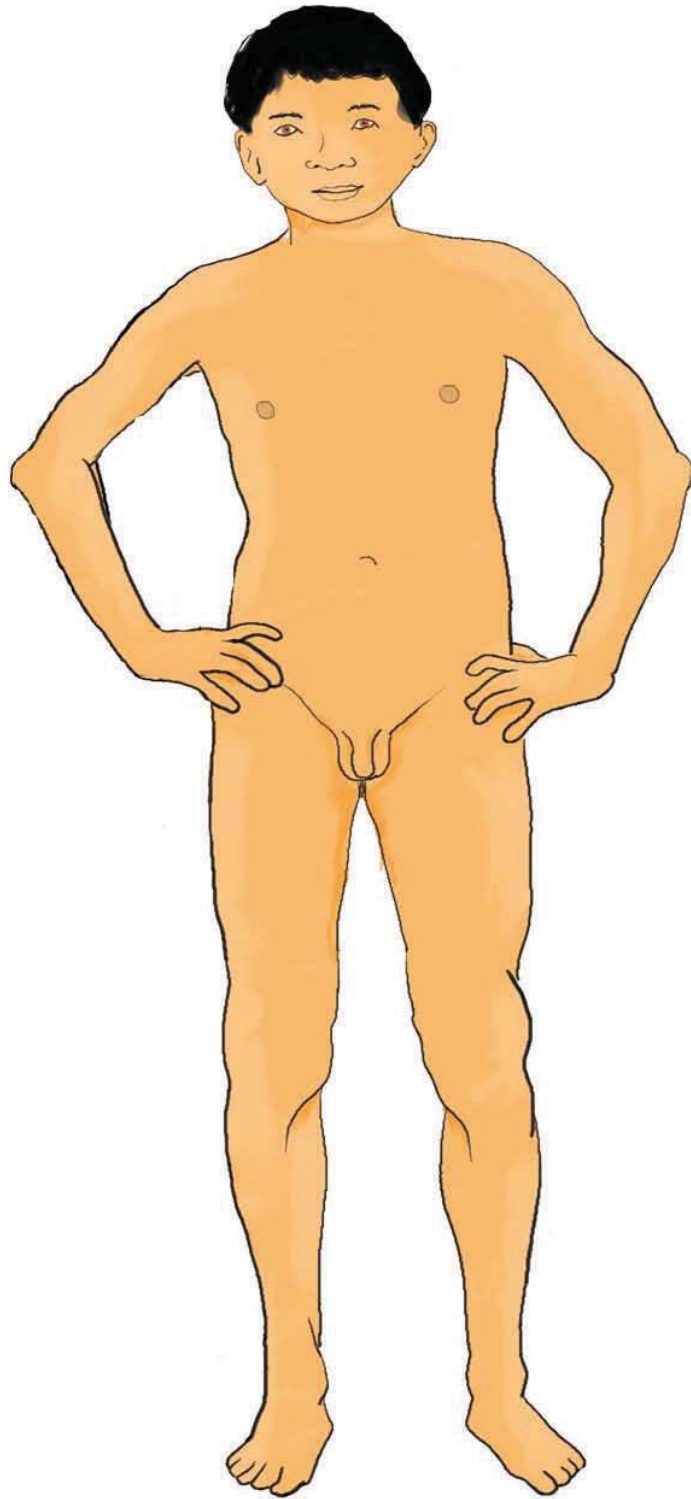


Nose











Lifecycle Quiz Answers

1. Most babies are born after spending about nine months inside their mother's womb

TRUE The womb is the part of the female body where the baby grows before being born. Some babies are born a little bit before nine months while others are born a little later.

2. All babies learn to walk before their first birthday

FALSE Babies learn to walk at different ages, usually between nine months and one and a half years.

3. All children's bodies start to change at the age of 13

FALSE Some children's bodies start to change as early as 8 years old, others not until they are 15 or 16. This is simply because everyone is different. The changes that happen during this time are called puberty. We will be learning more about puberty in the next lesson.

4. Some teenagers often get spots on their faces

TRUE As teenagers grow and change into young adults their skin can become greasy and many teenagers get spots. It is a normal part of growing up but can make teenagers worry about how they look. Washing the face regularly with soap or a special face wash can help.

5. Teenagers' voices get deeper

TRUE As children's bodies change into young adult bodies their voices change too. This is usually much more noticeable in boys.

6. Adults have more hair on their bodies than children

TRUE As children grow and change into young adults they will gradually get more hair on their bodies. This includes leg hair, facial hair, armpit hair and pubic hair.

7. Adults can grow new teeth to replace broken ones

FALSE Children start to lose their baby teeth at around the age of five or six. They replace these teeth with adult teeth and this change is usually completed by the age of twelve or thirteen. Adult teeth do not grow back if they are damaged so it is important to keep looking after them.

8. After the age of seventy elders shrink five centimetres each year

FALSE If people shrank five centimetres every year they would disappear completely. As people age the soft discs between their bones gradually get smaller which means that they will get a little shorter. It would take several years for someone to shrink by even one centimetre.

Lesson 2

What Is Puberty?

Learning Intention

To explore how puberty is linked to reproduction

Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

Resources

[Puberty Card Sort](#)

[Puberty Card Sort whiteboard summary](#)

[Body Changes worksheet](#)

[Puberty Changes Teacher Guide](#)

Activities**1. Group Agreement and Re-cap**

Go over the group agreement for these sessions being sure to include rules around personal information and questions. Recap learning from the previous lesson and remind pupils that puberty can happen at any time between the age of 8 and 16 and that it starts and ends at different times for everybody.

2. Introduction

Introduce the learning outcomes for this lesson, ensuring that pupils understand the words physical, emotional and reproduce. Explain that in this lesson the class will learn about two more important changes, which happen inside the body and enable humans to reproduce. The lesson will also explore how puberty affects our emotions and how we might feel as these changes happen.

3. Puberty Card Sort

In groups of three or four, give out a set of shuffled [Puberty Sort cards](#). There are eight statements and eight pictures. Groups should order the statements by number and read them before finding the corresponding picture cards. Once the cards have been matched, go through their answers using the [Puberty Card Sort whiteboard summary](#). The following questions can support the process: If someone needed advice on any of these changes, who could they ask? Which of the changes are physical and which are emotional? How does a female know when their period has started? How might the menstrual products pictured help? How does a male know that they have started to produce sperm?

For more guidance refer to the [Puberty Changes Teacher Guide](#) but remember this is an *introduction* to puberty so don't feel the need to explain each change in great detail, they will learn about puberty in more detail in Years 5 and 6.

4. Explaining Reproduction

Explain that one of the most important differences to start inside the body during puberty is that males produce a seed, called sperm, and females produce a special kind of egg, called an ovum; the sperm and egg are needed to make a baby. If adults decide to have a baby, the egg and the sperm usually join together inside the woman's body. With this age group it is not necessary to explain how the sperm gets from the man's body into the woman's body to join with the egg; if pupils are interested, you could tell them they will learn more about this in Year 6.

5. Body Changes

In pairs at tables, give out the [Body Changes worksheet](#). Ask the pairs to tick the male, female or everyone columns for each of the body changes. Display the worksheet on the whiteboard and take feedback from the groups, correcting any misunderstandings where necessary.

6. Puberty Discussion

Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to. On the whiteboard, make a list of positive and exciting aspects of entering puberty and growing up, e.g. being given more responsibility, staying out later, getting taller, choosing what kinds of clothes/make up to wear.

7. Review Learning

- When does puberty happen?
- Why do these changes happen?
- Can we choose whether these changes happen or not?

8. Go-round

Finish with a go-round: *One good thing about getting older is ...*

Additional Activities

Suggested reading:

Where Willy Went, Nicholas Allan

Hair in Funny Places, Babette Cole

Puberty Card Sort

1. Between the ages of 8 and 16 the human body changes a lot both inside and out. This is called puberty.

8 - 16

2. Chemicals called hormones make the changes happen. We all change at different times and in different ways because we are all unique.



3. People get more hair on their bodies including facial hair, armpit hair and hair around the private parts.

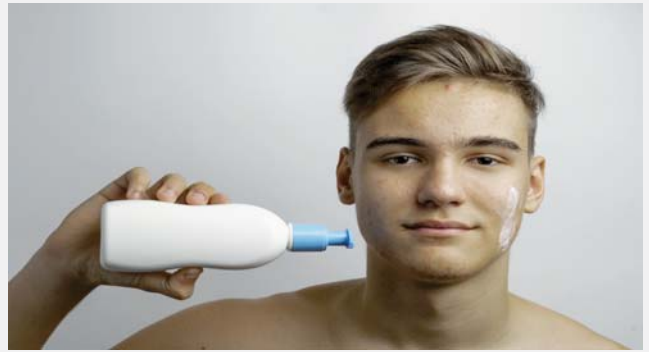


4. Armpits start to smell, and people might choose to use a deodorant.



Puberty Card Sort

5. The skin becomes oilier and teenagers may get spots.



6. Teenagers' moods can go up and down. They can get strong feelings for others and may get a boyfriend or girlfriend.



7. Females develop breasts. They start to have their period, a tiny egg is released each month and there is a small amount of bleeding.



8. Males might have a wet dream. When they wake up they might have a sticky patch on their pyjamas. It is a sign that they have started to produce sperm.



Body Changes

Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			

Puberty Changes Teacher Guide

PUBERTY CHANGES CHECKLIST

The following checklist provides an overview of the main physical and emotional changes which take place during puberty. Teachers need not expect to include all of this information in the first lesson; the whole checklist would be a lot of information for most classes. For example, in Year 5 some subjects, such as wet dreams might not come up in lesson 1 will be dealt with in lessons 2 and 3.

Changes for both males and females

- The body starts to grow, quite fast at times
- Private parts (genitals) grow and develop
- Moods and feelings can change a lot
- The body sweats more and smells differently
- Body hair grows darker and stronger (on arms and legs)
- Pubic hair grows
- Armpit hair grows
- Spots can appear on the face and shoulders
- Skin can become oily
- Hair may become greasy
- Sexual feelings can develop
- Masturbation might start

Female Changes

- Periods start
- Ovaries begin releasing eggs (ovulation)
- Breasts and nipples grow
- Nipples may darken in colour
- Hips get broader
- A white discharge comes out of the vagina
- The voice deepens a little
- Bones get heavier

Male Changes

- Shoulders and chest grow and develop
- Muscles get thicker
- The voice deepens and 'breaks'
- Facial hair grows
- Chest hair grows
- Sperm and semen start being produced
- Erections happen
- Wet dreams may start
- The testicles 'drop'

Further Notes

These notes offer guidance for teachers; they do not need to be read to the class word for word. Key information can be included where relevant and used at the teacher's discretion, depending on the needs and responses of the class. Some of the information goes beyond the subject matter of the lessons, but may be useful for answering spontaneous questions.

Puberty Changes Teacher Guide page 2

CHANGES TO EVERYONE

The body grows, quite fast at times

During puberty, between the ages of 8 and 17, everyone's body grows a great deal, both inside and out; height, weights, body shape and size all change. This is triggered by the sex hormones. It is natural for all genders to put on some weight during puberty – a lot of growth is happening and the body needs more fat and muscle. Boys and girls can grow at different rates – girls can grow more quickly, but boys can go on growing for longer. For girls, growth spurts are often connected with getting periods. Growth will also be different for each person – everyone changes at their own rate. There are times when a lot of growth happens in a few months – this is often called a growth spurt. Sometimes the brain can't keep up and teenagers can become quite clumsy and awkward.

Private parts grow and develop

Just like the rest of the body the private parts (genitals) grow and change. In males, the penis gets longer and thicker and the testicles and scrotum get bigger. In females, the vulva (the area between the girl's legs, the labia – the folds of skin around the vagina, and the clitoris get bigger. The male and female internal reproductive parts also grow and develop.

Moods and feelings can change a lot

Emotional ups and downs can be a big part of puberty as young people try to get used to their changing bodies and feelings and make sense of new experiences – somewhere between being a child and a young adult. There is a huge amount of hormonal activity and feelings can be influenced by sudden changes and rises in hormone levels. Sometimes people can feel moody, angry, frustrated or sad for no particular reason; at other times life can seem exciting; this is normal, although if someone feels bad most of the time, it would be good to talk to a trusted person. For further advice on mood changes see Year 5, lesson 3, Activity 4, Year 5 Puberty Problem Page.

The body sweats more and smells differently

Once young people reach puberty they sweat in a new way, again due to hormonal activity. More sweat is produced by the sweat glands – for example under the armpits and in between the legs – and it smells stronger. If the sweat isn't washed away it turns into body odour. Teenagers need to pay more attention to hygiene – see Year 5, Lesson 3, Activity 2, Kim's Game and Kim's Game Teacher Guide.

Body hair/pubic hair/armpit hair

One of the first signs of puberty is increased body hair. Hair on the arms and legs get darker and hair grows in the armpits and around the genitals (pubic hair). In males pubic hair grows round the base of the penis and on the scrotum and in females hair grows in between the legs and around and above the vulva. There are different ideas about why pubic hair grows, for example to absorb sweat or to protect the private parts. People make different choices about whether to keep or shave body hair. See Year 5, Lesson 3, Activity 2, Kim's Game and Kim's Game Teacher Guide.

Spots/Skin/Hair

Just as hormones affect the sweat glands, they also stimulate oil glands in the skin. The oil – called sebum – is actually protective to the skin but during puberty hormones are often in overdrive and the oil glands become over active. The skin on the face can get greasy and spots can develop because tiny holes next to hair follicles get blocked. The extra oil can also make the hair greasy. Many teenagers get spots, which can vary from small pimples to severe acne. Spots can also appear on the neck, upper back and shoulders and boys can be more affected because the male hormone testosterone tends to make them worse. Spots can be difficult to cope with and they can really affect someone's self esteem, but to start with, it can help to understand why they are happening. For further advice on spots, see Kim's Game Teacher Guide and the Puberty Problem Page Teacher Guide.

Puberty Changes Teacher Guide page 3

Sexual feelings can develop

Being attracted to other people, “fancying” them, having exciting feelings about someone that go beyond friendship – this can all start during puberty. Feelings become intense and affect the body in different ways. People can be attracted to others of the same sex/gender or a different sex/gender.

Masturbation

Masturbation is when a person touches, strokes or stimulates their own private parts because it feels nice. It’s quite common for people of both genders to explore their own private parts and masturbate during puberty. There have been all sorts of myths about masturbation – such as, it will cause blindness or insanity or, in males, it will use up all the sperm. However there is no evidence for this. Masturbation can provide a way for someone to understand their own body. However, not everyone likes to masturbate and some people would feel uncomfortable doing so.

FEMALE CHANGES

Periods Start/Ovulation

At some point during puberty girls will start having periods (menstruation). This is when they bleed from the vagina for 2 – 7 days, usually once a month. Once a month the female sex hormones trigger the release of an egg from the ovary (ovulation) and the sides of the womb thicken and form a soft, blood filled lining. If the egg is not fertilised by a sperm it will dissolve while the womb lining breaks down and passes out of the vagina as blood. This is a period. The amount of blood varies from person to person and can be light at times and heavy at others. It may take a while for periods to settle into a regular pattern when girls first start having them. Breasts can become tender before and during a period and women often experience cramping pains. Feelings can be influenced by the menstrual cycle, especially when a period is due - this is called premenstrual tension.

There are a wide variety of products that people can use to help manage their period; tampons, pads menstrual cups and other reusables. They are all used to absorb menstrual fluid. Pads are used externally and placed in the underwear. Tampons and cups are internal products and go inside the vagina. Whatever product is used they need to be changed regularly and they all have helpful and important instructions in the packaging. When changing tampons and pads always dispose of the used product in a bin rather than flushing down the toilet. Parents/carers may be able to advise on what menstrual products to try but in the end, it comes down to what works best for the individual. For more detail on periods see Year 5, lessons 2 and 3. There is an animation of the menstrual cycle at http://kidshealth.org/teen/sexual_health/girls/menstruation.html?tracking=T_RelatedArticle.

Breast and nipples grow

During puberty breasts, nipples and the circle of skin around the nipple (areola) grow and develop. Breasts can take up to four years to grow and mature. Both breasts and nipples can feel sensitive and even tender while they are growing and can also tingle and itch. The nipples and areola can darken. Each girl’s breasts start to grow at different times and breasts and nipples really vary in size and shape and texture. Sometimes one breast grows faster than another and although this evens out many women have slightly different sized breasts, just as people can have different size feet, hands etc.

Hips get Broader

It is natural for girls’ bodies to change shape and increase in weight during puberty, despite the media holding up images of slim women and teenagers. Girls’ hips get broader; how broad depends on someone’s natural body shape, everyone is different. Wider hips create more room for giving birth, providing a wider birth canal.

A white discharge comes out of the vagina

During puberty girls may notice a white creamy fluid in their knickers. This is a healthy vaginal discharge which starts before a girl’s first period and often precedes a period. The fluid comes from glands inside the vagina and helps to keep it healthy. Knowing what a healthy discharge looks like helps to spot an unhealthy one.

Puberty Changes Teacher Guide page 4

The voice deepens a little

Although girls' voices don't change as dramatically as boys, the voice does get gradually deeper – a female adult voice is naturally deeper than that of a female child's voice.

Bones become heavier

While boys' muscles get bigger, girls' bones become denser and heavier.

MALE CHANGES

Shoulders and chest grow and develop

On average, boys start growing later than girls, although they are not necessarily entering puberty later. They may be more likely to have growth spurts towards the end of puberty. One of the final phases of growth for boys is a broadening of the chest and shoulders, although again body size and shape varies from person to person.

Muscles get bigger

While boys are growing, the muscles get bigger, with the muscle fibres getting longer and thicker.

The voice deepens and 'breaks'

In boys, the voice box in the throat grows, making the voice sound deeper and gruffer than before. The 'Adam's apple' – the round bit in the front of the neck – can become more noticeable. Sometimes the voice might veer from high to low, sounding squeaky one minute and deep the next. This can be disconcerting and embarrassing, but like everything else in puberty, the voice settles down with time and can eventually become a whole octave deeper.

Facial hair grows

Males grow hair on their chins, cheeks and around the mouth – facial hair usually appears on the top lip first and then spreads to the rest of the face. The hair is soft to start with but grows thicker and stronger as time goes on. As with all puberty changes, the amount of facial hair varies from person to person and some males will start to grow facial hair earlier than others. It's an individual choice whether to shave or keep facial hair. Women sometimes have a small amount of facial hair, particularly on the upper lip – this is quite normal. For more discussion about facial hair see Year 5, Lesson 3, Activity 2, Kim's game and Kim's Game Teacher Guide.

Chest hair grows

As with facial hair, some men have a lot of chest hair, others have a little. Men can also have hair on their back and stomach area.

Sperm and semen start being produced

During puberty the testicles grow and start to produce sperm, which are tiny – invisible to the human eye. The sperm mixes with fluids to form a milky liquid called semen. Semen contains a sugary substance which helps the sperm to move faster. The male body can produce millions of sperm every day. Semen comes out of the body in an ejaculation. This is when a male has an erection and after a time the muscles at the base of the penis contract and push the semen out of the penis quite fast. An average ejaculation produces about a teaspoonful of semen and this can contain millions of sperm. Semen and urine cannot come out of the penis at the same time.

Erections happen

An erection (sometimes called a 'boner' or 'hard on') is when the penis goes stiff and hard and sticks out from the body (instead of being soft and hanging down). Physically, this happens because blood rushes into the tissue in the penis and the muscles around the penis tighten to hold it in. The penis can go hard and soft from quite an early age. During puberty, however, erections can happen a lot, sometimes because of growing sexual feelings or sometimes at random and at quite inconvenient and embarrassing times. This is normal and should settle down with time. It's very common to wake up with an erection.

Puberty Changes Teacher Guide page 5

Wet dreams may start

During puberty, boys may get an erection and ejaculate some semen during their sleep – this is called a ‘wet dream’. A wet dream may be caused by an exciting dream or may not be connected to a dream at all. Boys may have a few wet dreams, a lot or none at all – all of these are normal. It’s not possible to stop wet dreams happening – they happen unconsciously during sleep. (Adult men sometimes have wet dreams). There are different theories about why wet dreams happen but they definitely start during puberty when sperm production begins and are linked to increased hormonal activity. Another way that semen can come out of the penis is through masturbation. Boys may touch or rub their penis, get an erection and ejaculate.

See also Year 5, Lesson 3, Activity 3, Puberty Problem Page and Puberty Problem Page Teacher Guide.

Testicles ‘drop’

Boys’ testicles do not strictly ‘drop’ during puberty. Before a boy is born the testicles are inside the body and shortly before birth they descend into his scrotum. What is noticeable during puberty is the penis, testicles and scrotum get bigger, as this happens the testicles get heavier and hang lower, becoming more obvious than they were before. That is why people say that a boy’s ‘balls drop’ but they have already dropped into the scrotum long before puberty. The testicles hang outside the body to keep the sperm cooler than normal body temperature. (Heat can damage the sperm). This is why the testicles shrivel and cling to the body in cold temperatures and hang lower when it’s hot. Often one testicle hangs a bit lower than the other – again this protects the sperm by stopping the testicles from bumping into each other. For more information on puberty see:

<https://kidshealth.org/en/teens/puberty.html?WT.ac=ctg#catchanging-body>

Lesson 3

Healthy Relationships

Learning Intention

To explore respect in a range of relationships
To discuss the characteristics of healthy relationships

Learning Outcomes

Know that respect is important in all relationships including online
Explain how friendships can make people feel unhappy or uncomfortable

Resources

[Healthy Friendships cards](#)

[Relationship pictures](#)

Online Respect and Self-Respect video <https://www.youtube.com/watch?v=mZtXwLzllpk>

Activities

1. Group Agreement and Re-cap

In a circle, remind the class of the ground rules for these lessons. Make sure that you include respect for others.

2. Introduction

Introduce the learning outcomes for this lesson. Explain that the class will discuss a range of relationships that people might have during their lifetime. The lesson will also explore what makes us feel good in a relationship and what makes us feel unhappy or uncomfortable.

3. What Makes a Good Friend?

Write the word 'Friendship' on the board. Ask the class why they think people choose to have friendships? In pairs, ask them to write three qualities of a good friend; give a couple of examples e.g. trust, sense of humour, kindness. Make a list of their suggestions on the whiteboard noticing which words were common to several groups. Which words do the class think are the most important qualities in a friendship? Which qualities are linked to respect? Explain that all of the words on the board could be qualities in a 'positive' or 'healthy friendship'.

4. Healthy Friendships Card Game

In small groups, hand out sets of the [Healthy Friendships cards](#). Ask the children to take turns to read out a card. The whole group can then try to reach a consensus on whether the statement is part of a healthy friendship, an unhealthy friendship or depends and place the card in the appropriate pile. Circulate and support the groups to achieve the task. As a class discuss which statements were in which pile. Did they put any of the statements in the depends pile? Is it ok for friendships to have ups and downs? What might help someone if they were in a friendship that made them feel unhappy or uncomfortable?

5. Respectful Relationships

Give each group a [Relationship picture](#) or display them on the whiteboard. Explore the different relationships that people have at different ages and discuss how respect might be important in those relationships. Do any of the pictures show relationships where people look unhappy or uncomfortable? Ask the class to consider whether any of the qualities they thought were important in a friendship would also be important in an adult relationship; it should emerge that all the qualities are valid for both.

6. Respect online

Explain that it is just as important to respect people's feelings online as it is face to face. Show the clip "Online Respect and Self-Respect" <https://www.youtube.com/watch?v=mZtXwLzllpk>

7. Go-round

If a relationship is making us feel uncomfortable or unhappy it can be good to talk to someone we trust about how we are feeling. Remind the class of people in school who can support them and of Childline. Finish with a go-round: *One person I could talk to is...*

Healthy Friendships Cards

1. Likes to talk and listens to my ideas.

2. We are both happy spending time together and have lots of fun.

3. Tells me who I can and can't be friends with.

4. Gets moody and sometimes hits me if I don't do what they want.

5. Asks me what I would like to do when we spend time together

6. Always telling me what I should and shouldn't do.

7. They get jealous when I talk to other friends

8. Sometimes we argue.

9. Sends embarrassing pictures of me to our other friends to make them laugh.

10. Messages me all the time after school.



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures



Relationship pictures