

Lesson 2-Puberty

You can either follow the idea below, or:

- Sort the flash cards into groups of 'male', 'female' and 'both' if your child thinks they relate to that groups
- You, as the adult can then discuss the meaning of each word, as well as highlight any words that may be in the wrong group, or could be related to both male and female.
- There are also 'myth' cards along with the flash cards that are a good discussion point to help your child understand any misconceptions. There also might be other questions your child may ask you that can be addressed at the same time about puberty.
- You will find the flash cards and a Power point in the weekly resources for topic.

With the class still seated in a circle, use the Puberty Flashcards to re-open the children's thinking about the physical changes that occur during puberty. As you hold up each card in turn, the girls should all stand if it's a girl thing, the boys should all stand if it's a boy thing and everybody should stand if it applies to all. At the same time all the class should say out loud the word(s) on the card. All the items on the cards relate to changes and developments at puberty or to body parts that are affected by those changes. You may not want to use all the cards and might wish to be selective about those that are appropriate to use with your class. One or two - such as Clitoris and Ovulation - may be words that are new to them and need explaining, perhaps briefly now and more fully in the next phase of the Piece. The exercise should be fun and will work best if you can keep the cards coming in a quick-fire way so that the children are bobbing up and down - and it's fine if they have a bit of a giggle at some of the words and phrases!

Tell me or show me

After the frenetic stand up/sit down activity, review the words and ideas on the cards in a calmer way and check and consolidate the children's knowledge and understanding about them. The PowerPoint slides showing male and female body parts will be helpful to use in clarifying many of these points. Use the PowerPoint slides showing girl to woman and boy to man and the animations (The Female/Male Reproductive Systems) to reinforce learning.