

Lesson 3-Puberty

You can either follow the idea below, or:

- Discuss the word puberty with your child, and discuss what this means for both girls and boys
- You will find a Power point in the weekly resources for topic for lesson 3 to help guide your discussion if your child feels embarrassed or can't think of anything relating to puberty.

With the children seated in a circle, set up a 'puberty round': starting with the word 'puberty', which you supply, and working clockwise round the circle, each person makes a statement about changes that happen at puberty which starts with the final letter of the previous person's statement. A typical sequence might be: *Puberty / You grow taller / Relationships change / Everyone is different / Testicles start making sperm / Many boys have wet dreams / Sanitary towels are useful when you have a period, etc.* Give each person time to think, but allow others to prompt with suggestions if they really get stuck.