

Group Puberty Lesson Plan

Target Group: Young People 13+	Length of Session: 55 minutes
Keywords: Body, Hormones, Emotions, Changes, Genitals, Gender	Learning Outcomes: <ul style="list-style-type: none"> To understand the impact of physical and emotional changes that occur during puberty including reproductive health and the range of experiences that may happen to young people Identify the anatomy of genitals including scientific and slang terms commonly used

Timing	Activity	Discussion Points	Resources Needed
5 Minutes	Introduction <ul style="list-style-type: none"> ➤ Confidentiality & Respect ➤ Cover Titles of Each Activity 	<ul style="list-style-type: none"> ○ Explain importance confidentiality and that some content can be sensitive ○ Explain how participants should conduct themselves in sessions ○ Discuss any concerns or questions ○ Express the importance of respecting others and having safe environment ○ Overview of the activities 	
20 Minutes	Puberty Activity <ul style="list-style-type: none"> ➤ See Document for Method/ Discussion Points 	<ul style="list-style-type: none"> ○ Impact of puberty changes in people physically, mentally and emotionally ○ Importance of hygiene ○ Everyone changes at different rates, shapes and sizes ○ Not helpful to compare yourself to others. ○ Reproductive system in preparation for sexual health session 	<ul style="list-style-type: none"> ● Flipchart paper ● Pens and coloured felt tips ● Puberty Crib Sheet ● Reproductive Cycle Diagram
20 Minutes	Body Parts Activity <ul style="list-style-type: none"> ➤ See Document for Method/ Discussion Points 	<ul style="list-style-type: none"> ○ Getting to understand the human body, there are male and female body parts but this does not define gender ○ People are diverse; everyone will have different experiences, feelings and opinions about what is important to them as individuals ○ Correct names of slang terms commonly used 	<ul style="list-style-type: none"> ● Flipchart Paper ● Pens ● Genital Word Cards ● Genital Word Crib Sheet ● Large Body Parts Diagrams
10 Minutes	Summary & Feedback	<ul style="list-style-type: none"> ○ Reflect on the session, allow for participants to discuss what they have learnt ○ Answer queries and address concerns ○ Refer students to www.letstalkaboutit.nhs.uk for further information, advice and helpful links 	www.letstalkaboutit.nhs.uk