

Puberty

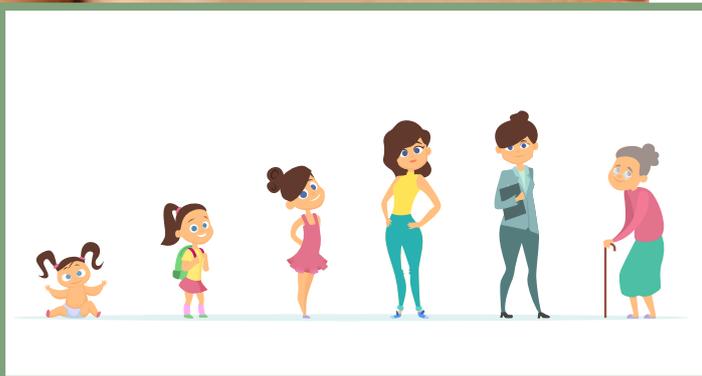
PDMU STRAND:

**Personal Understanding
and Health**

**Mutual Understanding in
the Local and
Wider Community**

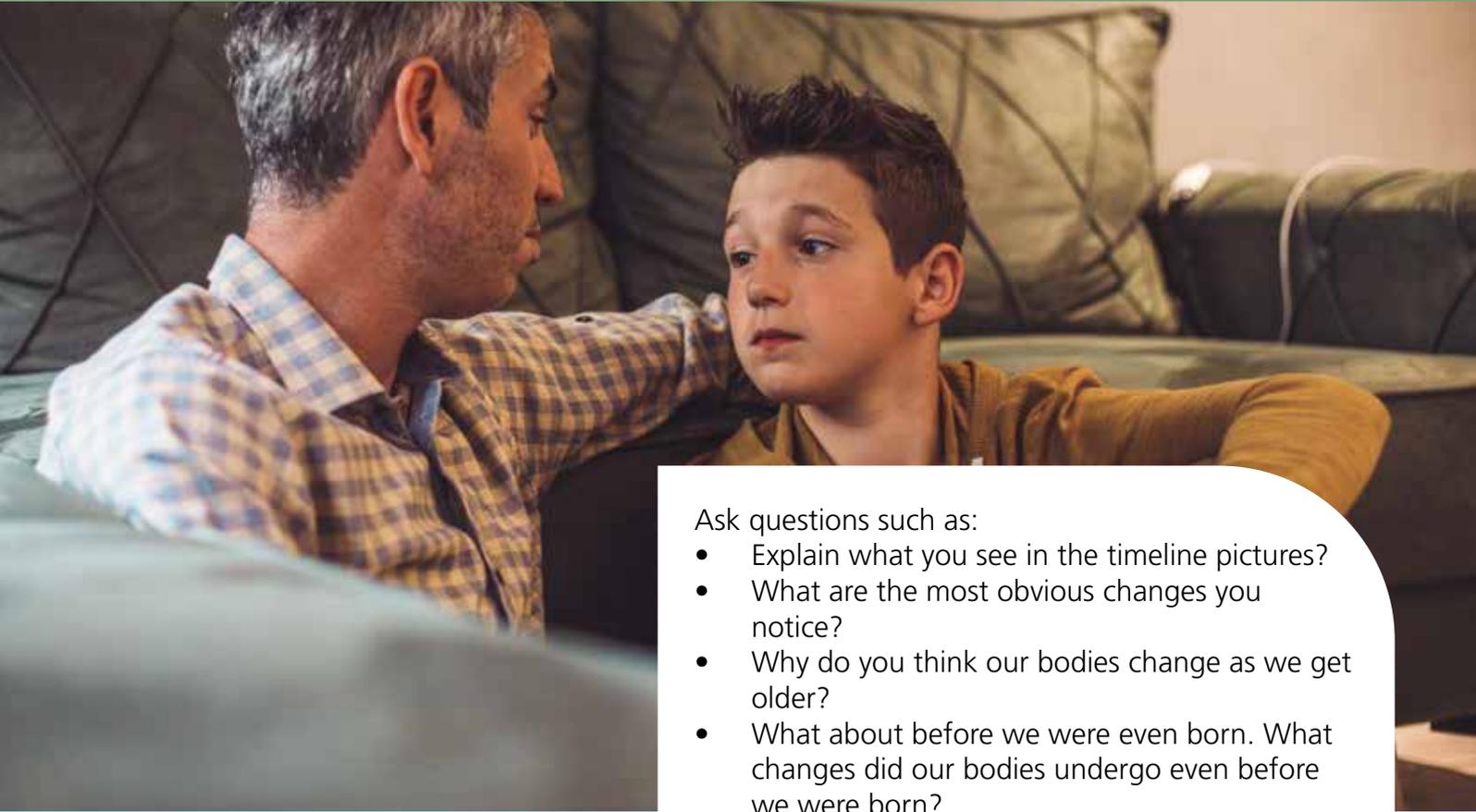
Chatting

Display the following pictures:



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Ask questions such as:

- Explain what you see in the timeline pictures?
- What are the most obvious changes you notice?
- Why do you think our bodies change as we get older?
- What about before we were even born. What changes did our bodies undergo even before we were born?
- Do our minds change? In what way?
- Are the changes the same in everyone? Why or why not?
- Explain to the children that over the next few weeks we will be talking about changes that happen between the ages of about ten to fourteen which is a time called 'puberty'. Explain that they may feel a little embarrassed talking about this but that is normal.
- Invite the children to come up with a few class rules that would help to lessen the embarrassment while we talk about this subject.
- If the class does not suggest the following, put them forward for discussion:
 1. Listen respectfully to each other – no question is a silly question.
 2. It's OK not to know the answer. If you feel uncomfortable about answering, it's OK to say that.
 3. No comments about other people.
 4. Suggest a way of asking questions such as 'Many young people worry that ... ' which might make the children more comfortable.
 5. Discussion with parents/guardians is important around this subject. They went through puberty too!

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Video

Invite the children to watch Video 3. When you have watched the video ask questions such as:

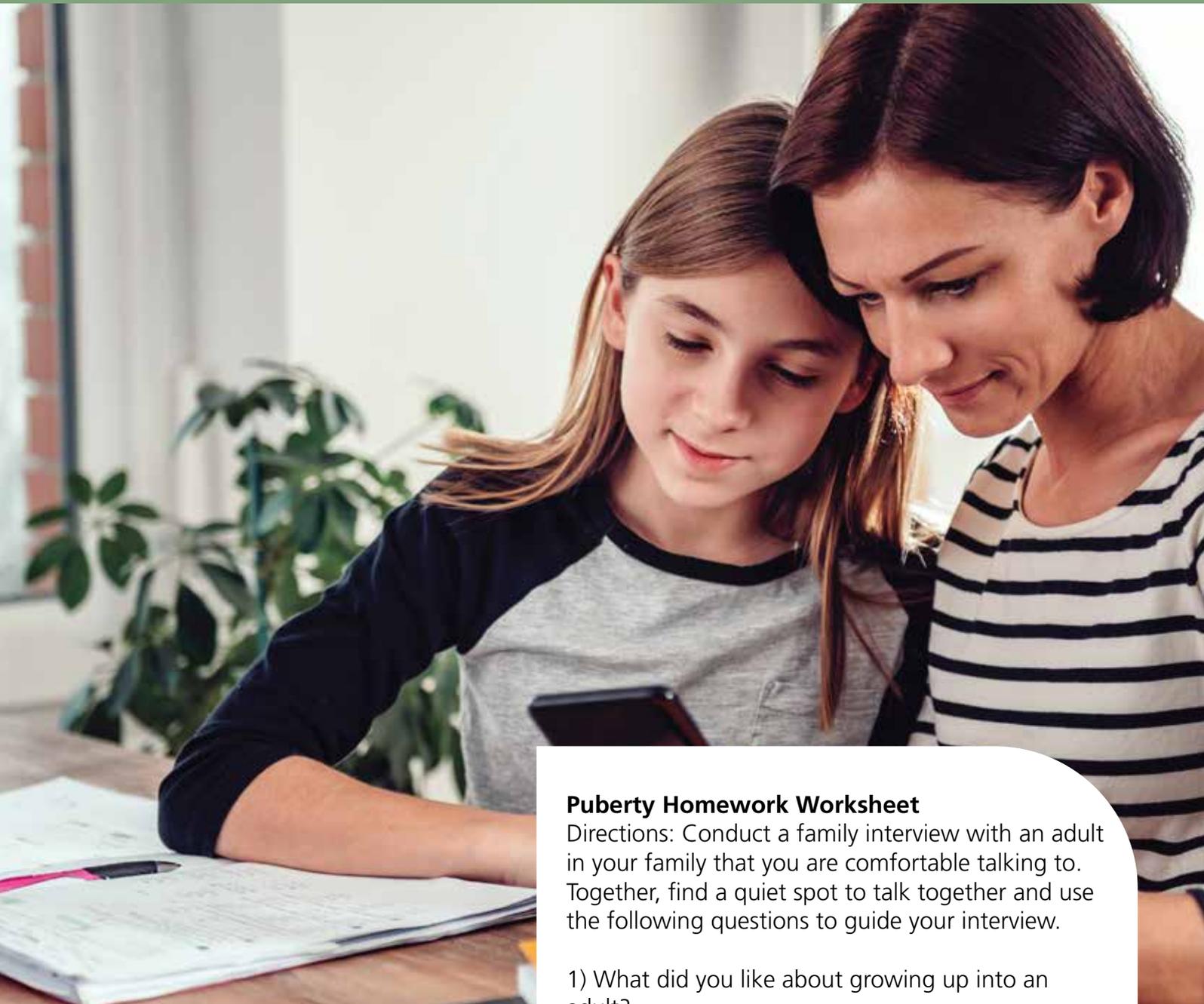
- When does puberty start for girls? For boys?
- What are sex hormones? What is the main male hormone? What are the female hormones?
- How do you feel about the changes to your body? Why?
- New hormones make you feel differently – do you know how?
- You don't have to be in a rush to have a boyfriend or a girlfriend but over the next few years, you might find yourself attracted to a particular boy or girl. This is a normal part of growing up. What do you think are important things to remember when you have a boyfriend or girlfriend?
- Do you think you should tell your parents/guardians if you have a boyfriend or girlfriend? Why or why not?
- Social media plays a big part in young people's lives during puberty. What do you think are the advantages of social media? What are the disadvantages?

Your parents went through puberty too!

- Remind the children that their parents, and every adult, went through puberty when they were young.
- Invite the children to find a quiet time to talk with their parents about puberty at home.
- Assure them that it is between them and their parents and they don't have to share it with the class unless they wish to.
- Distribute the following worksheet to the children to complete at home.

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Puberty Homework Worksheet

Directions: Conduct a family interview with an adult in your family that you are comfortable talking to. Together, find a quiet spot to talk together and use the following questions to guide your interview.

- 1) What did you like about growing up into an adult?
- 2) What did it feel like to go through puberty when you were my age?
- 3) What was difficult about going through puberty for you?
- 4) What do you wish you had known about puberty when you were my age?
- 5) What advice do you have for kids going through puberty today?
- 6) Can we talk about this again if I have more questions?

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Reflection

Invite the children to sit with their feet on the floor and to close their eyes. You may put on some quiet, reflective music if you wish. Then read the following slowly:

Think of the timeline pictures we looked at today showing how we grow from babies to old age. Imagine yourself on that timeline now. Think of how you looked as a baby. Remember when you started school. Recall the excitement of your First Communion day. You are more mature now. Gradually you will grow and change to adulthood. The changes are not just physical, you are becoming more mature. You can make decisions much better now than when you were younger. You can choose your own friends. You are becoming more aware of your opinions and feelings.

God loves us at every step of our timeline: when we are babies, toddlers, children, teenagers, young adults, middle-aged and old. At every stage he walks with us. Our bodies are sacred. They are a precious gift from God. We can turn to God for help. We can also turn to our parents/guardians.

This is a wonderful and exciting journey. In the Bible we read, 'Before I formed you in the womb I knew you, before you were born I set you apart' (Ps 139). In the quiet of your mind thank God for your life so far and ask God to be with you as you grow and change. When you are ready, open your eyes.