

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Helpful or unhelpful – managing change	<ul style="list-style-type: none"> Recognise some of the changes they have experienced and their emotional responses to those changes. Suggest positive strategies for dealing with change. Identify people who can support someone who is dealing with a challenging time of change. 	<p>Introduce the question box –questions can be submitted anonymously throughout this unit.</p> <p>Recognise some of the changes they have experienced and their emotional responses to those changes. Suggest positive strategies for dealing with change. Read Sophie’s story.</p> <p>Activity- sort into ‘helpful’ and ‘unhelpful’ responses. Identify people who can support someone who is dealing with a challenging time of change</p>	Change Support Conversation Discuss
2	I look great!	<ul style="list-style-type: none"> Understand that fame can be short-lived. Recognise that photos can be changed to match society's view of perfect. Identify qualities that people have, as well as their looks. 	<p>How are people portrayed in the media? How are pictures manipulated and not always a true representation? (Bigger eyes, flawless skin etc.) People tend to make themselves look ‘perfect’ online. How might this make young people feel when they view these pictures? Look at manipulated images/photos of celebrities who have spent hours being dressed and groomed. Consider how this can make people feel dissatisfied with their own appearance. Activity- choose a name from the hat and write 2 things you like about who they are and 2 about how they look. Share.</p>	Body image Self- esteem Manipulation
3	Pressure online	<ul style="list-style-type: none"> Understand the risks of sharing images online and how these are hard to control, once shared. Understand that people can feel pressured to behave in a certain 	<p>Explain that there may be times when people are put under pressure to behave in a certain way and do something that is risky, unhealthy or makes them feel uncomfortable. Make a verbal list of all the pressures [e.g. media, friends, classmates].</p>	Media manipulation Stereotype Gender stereotype Body image Peer pressure

		<p>way because of the influence of the peer group.</p> <ul style="list-style-type: none"> Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be. 	<p>Discuss the School policy about Bullying and what a person could do if these things were happening to them? Discuss who could help a person in this situation.</p> <p>Show some photographs and ask: 'Can anyone share them?' Agree that the answer is 'No. Because they belong to me'. Has anyone shared a photograph online before? What happens when a picture is shared online? Has anyone felt pressure to post a picture?</p> <p>Activity-Watch Lucy's video: https://www.youtube.com/watch?v=kwCL-VP3FYc</p> <p>Were there any parts, up until the end of Lucy's school day, where it feels uneasy or uncomfortable about who she might meet?</p> <p>Were there any clues that the boy was not who he said he was?</p> <p>What could be the consequences of sharing a photograph online?</p>	
4	Preparing for Periods	<ul style="list-style-type: none"> Know the key facts of the menstrual cycle. Understand that periods are a normal part of puberty for girls. Identify some of the ways to cope better with periods. 	<p>Have items of feminine period protection available to show the children.</p> <p>During puberty, females begin to release eggs. These are periods – introduce menstruation.</p> <p>Video link: http://kidshealth.org/en/teens/menstruation.html</p> <p>Time to answer questions. IWB slide showing female reproductive organs and different types of sanitary products.</p> <p>Feminine hygiene and feminine products for protection.</p> <p>Regular changing of pads and tampons and regular washing. Importance of hygiene.</p>	<p>Puberty</p> <p>Menstrual cycle</p> <p>Eggs</p> <p>Periods</p> <p>Menstruation</p> <p>Sanitary pads</p> <p>Tampons</p>

5	Is this normal?	<ul style="list-style-type: none"> Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it. Suggest strategies that would help someone who felt challenged by the changes in puberty. Know where someone could get support if they were concerned about their own or another person's safety. 	<p>'Puberty' is the word given to the time in a person's life when their body begins to change from a child's body to an adult's body capable of reproduction. Clarify that puberty involves physical, emotional and psychological changes.</p> <p>Share some true or false puberty statements to address any misconceptions. Puberty can be a challenging time – changes physically and emotionally.</p> <p>Do the children know what an Agony Aunt is? Explain that they communicate in writing. The person with a problem explains this to the Agony Aunt in the form of a letter. The Agony Aunt writes a letter back, which offers advice about how the person might solve their problem.</p> <p>Activity- Write an Agony Aunt letter.</p> <p>Read and record their ideas as 'Agony Aunts' to support and help a range of young people with challenging situations in puberty.</p>	<p>Egg</p> <p>Sperm</p> <p>Puberty</p> <p>Period</p> <p>Ovary</p> <p>Fallopian tube</p> <p>Uterus (womb)</p> <p>Lining</p> <p>Vagina</p> <p>Sanitary pad</p> <p>Tampon</p> <p>Physical changes</p> <p>Emotional changes</p> <p>Rights</p>
6	Dear Ash	<ul style="list-style-type: none"> Explain the difference between a safe and an unsafe secret. Identify situations where someone might need to break a confidence in order to keep someone safe. 	<p>What is a surprise? What is a secret? Are all surprises secrets? Are all secrets surprises? How might a secret make someone feel? Some secrets are safe to keep and some secrets are unsafe and we need to talk to someone about them. Can anyone think of an example of a safe or an unsafe secret? Read children the story 'Chris's secret'. Answer questions about how the characters felt. Did they make the right choices? Why?</p> <p>Is it ever Ok to 'break a confidence' and tell someone else? What advice would you give to Chris in this situation? What advice would you give to Scott in this situation?</p> <p>Activity- Ask children to choose one of the scenarios and consider what advice they would give the person who wrote the letter in that situation.</p>	<p>Secret</p> <p>Surprise</p> <p>Safeguard</p>

