

MY BODY: PUBERTY: WHAT I'VE HEARD ABOUT SEX?



Lesson Objectives:

- Children will review both the physical and emotional changes that take place during puberty for both girls and boys.
- Children will consider where we develop our attitudes to sex, as well as our beliefs and values. They will explore where information about sex comes from and its validity.
- Children will be given the opportunity to ask questions and discuss their worries regarding puberty and sex, both in a group and anonymously.

Key Messages:

This session is most likely the last real opportunity for children to ask questions in a formal setting around puberty, their bodies and what they have heard about sex. In a month or two, many of these children will be sat on a bus heading off to high school surrounded by teenagers and their smart phones... it is much better that we give children the opportunity to ask us the questions they have - rather than leave it to their peers behind the bike sheds...

The most important message for young people to take from this lesson, is that we all have questions - it is natural to be curious - but it is better to ask trusted adults rather than google...

As a starting point we will review children's knowledge and understanding of puberty, before using this as a means to open up the conversation about sex. It is important to highlight the fact that, again, like all our lessons, this is young person led - meaning we will only be discussing these topics from the classes perspective and understanding.

Closing:

Today we have been given the opportunity to talk and ask questions about sex. Thank you all for showing how mature and sensible you can be. Many adults struggle with this topic - and that is a shame. Sex is something that is natural and a normal part of life. It is perfectly normal to have questions or worries about sex and we should be able to ask questions. Remember if something comes up you can always ask us at school or your parents at home.

Key Messages continued:

We will ask the class:

“Where do we learn about and get our ideas of sex from?”

and then discuss - which are good ways and which might be problematic.

For example:

- not all parents are comfortable talking about sex.
- learning from friends - they might not know anymore than you
- learning from older peers - again this is how many children learn false facts.
- The internet might open up inappropriate material that isn't suitable - google doesn't always know best!
- TV/movies don't always give a realistic view of sex (neither does pornography)
- **school - not all schools are comfortable talking about sex - this is why your class is very lucky. Make sure you make this point!**

Sex can mean different things to different people. For some people they have very strong beliefs and values about sex. Some people think it is something that is rude to talk about. Other people find it funny. This is one of the reasons that many grown ups find it difficult or embarrassing to talk about. Sex is something that adults do. And is something that is private as it involves our private parts.

A man and a woman may choose to have sex to make a baby, but this isn't the only reason that people may choose to have sex. In fact two men or two women who really care for each other can have sex too, but can't make a baby...

Sex can involve lots of kissing, cuddling and touching each other all over, so some people may have sex to feel close to their partner or because it can feel nice. However, some people have sex for different reasons too that aren't so nice... some people have sex to act grown up, to try and be cool or impress other people or because their partners pressure or bully them too. This is never ok.

Having sex is something you should always choose to do - because you want to.



language use:

As part of the lesson we will explore language around sex, what words they have heard but also being sure that children know the correct terms for their body parts too. There will also be the opportunity for children to ask questions anonymously if they do not feel able to ask questions in front of the rest of the class.

Useful Links:

- To find out more about how to talk about sex, and puberty
- find books in the library

CARRYING ON THE CONVERSATION AT HOME:

However little we like to admit it, our children are growing up. They will be at high school before you know it. This is a huge opportunity to make sure they know they can keep talking to us - rather than merely being spoon fed nonsense by their peers or listening to the attitudes of older teens.

Help prepare your child for today's lesson, talk to your child and mention that they will be learning about puberty and talking about sex. Explain that it should be fun, light hearted and really interesting and certainly nothing to worry about. Tell them that you would love to hear all about it when they get home and joke they can see if they can teach you some new words!. Again. this gives children the green light to listen and come home and ask questions. It shows you want to be involved and you are available.

When your child comes home, ask them to tell you what they talked about - if anyone asked any really good questions... but don't expect too much. There is a lot of information to take in all in one lesson. The more you can talk things through, correct any misconception the better... this will also help to cement the notion that they can approach you if they have any questions later on.

Take your time and allow lots of questions - there is no rush. This doesn't have to be only a single conversation - but is better spread over little and often, every time something relevant comes up...

