

Girls Puberty & Periods

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand the physical and emotional changes that happen to girls during puberty

To know the basics of the menstrual cycle and a range of feminine protection products available

To describe the main things that happen to girls during their menstrual cycle

NEW VOCABULARY

Menstrual Cycle, Hormones, Growth Spurt, Pubic Hair, Ovulation, Tampon, Panty Liner, Pad



STARTER ACTIVITY

What changes happen to girls as they go through puberty?

What changes happen to both boys and girls?
Have you ever been told that because you are a girl you shouldn't do something?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Girls Puberty & Periods

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER

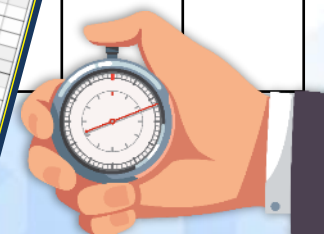


BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the physical changes that happen to girls' bodies, inside and out										
I can describe what happens to a girl during her menstrual cycle										
I know the various feminine protection products available, and how they work										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



Task

Can you name any of these products?
How will they come in use for a girl?

Puberty in Girls

In girls, puberty usually starts between the ages of 8 to 13, but it can vary from person to person.

One of the first signs of puberty is the development of breasts.

You might notice that your breasts start to grow and become more rounded.

Don't worry if one breast grows faster than the other, it's completely normal and they will even out over time.

You'll start to see hair growing in your underarms and around your genital area.

You might also notice that your leg and arm hair becomes thicker and darker.

This is all part of the normal process of becoming a woman.

Did you know?

Puberty is a natural and normal process that happens to everyone as they grow older. It's the time when your body goes through changes, preparing you to become an adult.

Task

What other changes that happen during puberty can you think of which aren't mentioned here?

Puberty can also bring changes in your skin, such as pimples or acne. This happens because of hormonal changes in your body.

Taking good care of your skin, like washing your face regularly, can help keep it healthy.

Internal Changes

As you go through puberty, your body will also start to experience changes in the reproductive system.

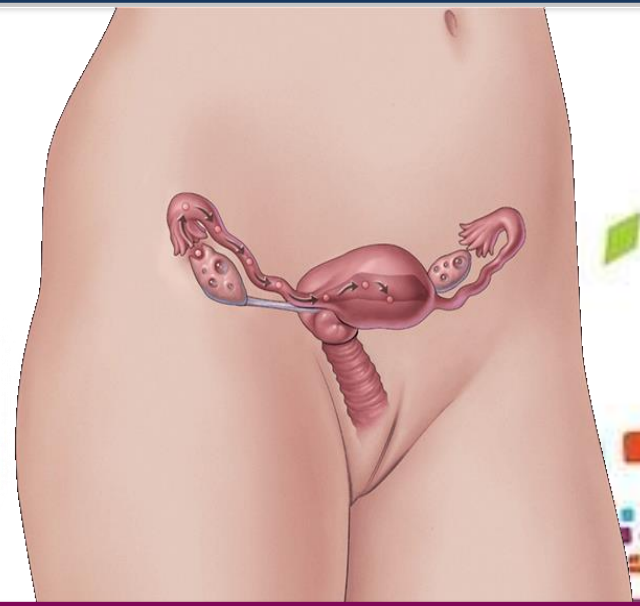
Inside your body, your ovaries will begin to release eggs. This is called ovulation, and it's a part of your menstrual cycle.

Menstruation, or your period, is when blood and tissue from your uterus leave your body through your vagina.

It usually happens once a month, and it means that your body is preparing for the possibility of pregnancy in the future.

Did you know?

Puberty is a natural part of growing up, and it's nothing to be afraid or embarrassed about. It's all about your body maturing and getting ready for adulthood.



IMPORTANT INFORMATION

It's important to remember that everyone goes through puberty at their own pace, and it can take several years for all the changes to happen.

Some girls might experience these changes earlier or later than others, and that's completely normal.

SORTING ACTIVITY

Match the key word with its correct meaning

Menstrual cycle

Chemicals that are responsible for the changes that happen to your body

A

Hormones

Rapid increase in height and physical growth during puberty.

B

Growth Spurt

Hair that grows in the genital area

C

**Emotional
Changes**

Lasts 28 days and has four main phases: Menstrual Cycle Phase, Follicular Phase, Ovulation Phase, Luteal Phase

D

Pubic Hair

Changes in the way you feel and express emotions, such as mood swings

E



Are you normal?



Am I Normal (Girls and Puberty)

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT



Tasks

Create a wall of questions that you have surrounding puberty in girls and periods.
(Bring your questions to the board on post-it-notes)

Common Questions

Will it hurt when I'm on my period?

Can people tell if I'm on my period?

My period is late – should I be worried?

How long does a period last?
How heavy will it be?

What if my first period happens unexpectedly at school?

Can I still play sport when I'm on my period?

What happens when I first start my period?

Pads, tampons and panty liners - What are the differences?

How will I feel when I'm on my period?

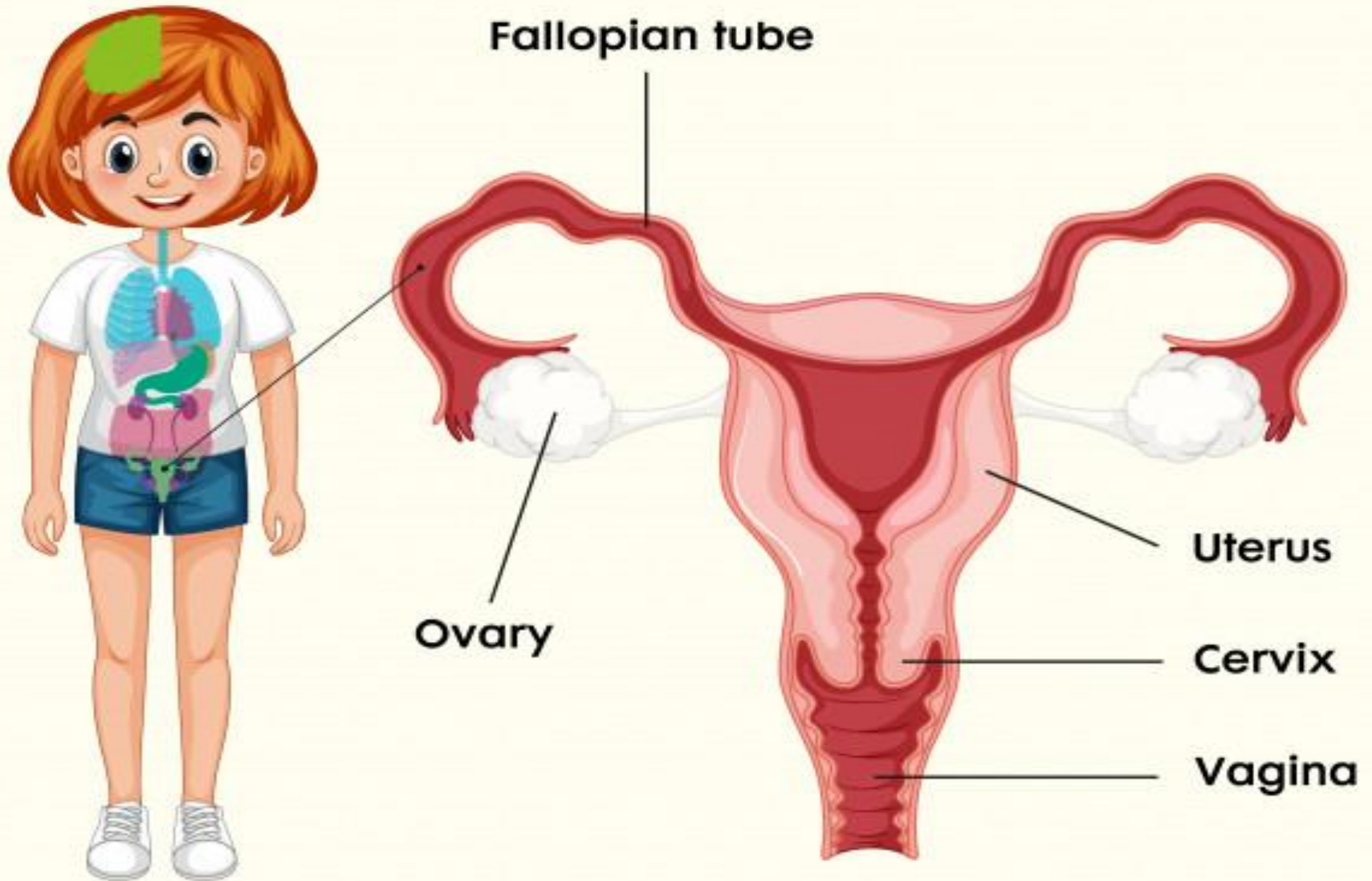
Task

Who could you speak to for advice on each of these issues?

What advice would you give a young girl who is worrying about some of these things?



FEMALE REPRODUCTIVE SYSTEM



Periods and the Menstrual Cycle

- ✓ Girls usually start their periods between 8 and 13
- ✓ Periods can take up to 2 years to become regular (they can disappear for some months until your body settles into a regular cycle)
- ✓ Periods usually last between 2 – 7 days
- ✓ A period is made up of blood and body tissue
- ✓ Signs that your body may be getting ready to start periods include:
 - Breast tissue begins growing
 - Pubic hair may start to grow
 - Produce a discharge from the vagina
- ✓ During a period, 4-12 teaspoons of fluid is dispersed (50% is blood and 90% of this is lost in the first three days, then periods become a lot lighter).



Menstruation:
What To Expect

3 Minutes

PLAY VIDEO

Menstrual Cycle Phases

This occurs each month when your reproductive system repeats a regular pattern of events, all controlled by hormones. There are four parts, or phases, that repeat.

Luteal Phase

- The empty ovarian follicle produces oestrogen and progesterone which stimulates the uterus to prepare for a fertilised egg
- Pregnant - egg will attach on to the lining of the uterus
- Not pregnant - new period starts (new menstrual cycle starts)

Menstrual Cycle Phase

- Official start of the cycle
- Referred to as 'period'
- Lining of the uterus is shed through the vaginal opening
- Lasts between 3-7 days - average is 5

Ovarian Follicles each contain an egg that when simulated by the follicle-stimulating hormone (FSH) grow

Follicular Phase

- Body is preparing for pregnancy and loss of blood stops (day 5 – 14)
- Lining of uterus begins to thicken and 1 egg gets ready for fertilisation
- Oestrogen levels rise dramatically

Ovulation Phase

- Usually happens on day 14 of the cycle
- The ovaries releases a mature egg and it travels down the fallopian tube over several days (3-4) down into the uterus.
- Will sit in the uterus for around 24 hours in hope of being fertilised before it starts to degenerate

Common Menstrual Issues for Women

- **Hormones will be in overdrive** – This can impact your emotions (emotions may change at different times during your menstrual cycle - called PMS)
- **Pre-Menstrual Syndrome** – Can make you feel irritable, sad or feel generally down and can happen up to two weeks before a period
- **Menstrual Cramps** - Not everyone gets them. They are caused by the uterus contracting to discard the menstrual flow this can be in the form of aches, cramps and sometimes backache.

Ways to deal with cramps includes:

- Gentle exercise
- A nice warm bath or hot water bottle
- Using a hot pad
- Seeking advice from other female adults

**IMPORTANT
INFORMATION**

- **Vaginal Thrush** – A yeast infection caused by a natural fungus in the vagina. Symptoms can include itching, soreness, and vaginal discharge different from normal discharge (thicker or more watery)

*See doctor

- **Cystitis** – Inflammation of the bladder - it makes you feel like you constantly need to pass urine, causes pain in bladder, and feels uncomfortable to go to the loo. It is very common and lots of women experience it

*See doctor

SORTING ACTIVITY

Match the key word with its correct meaning

Ovulation

The 'monthly blues' feeling just before your period begins.

A

**Pre-menstrual
Syndrome**

The mucus the cervix produces to keep the vagina clean.

B

Discharge

A smaller pad for when your period is light.

C

Fallopian Tube

When the egg is released from the ovary.

D

Panty Liner

What the eggs travel through from the ovaries to the uterus.

E

HOW TO PUT
ON A PAD!!!! +
DEMO! ♥

PLAY VIDEO

5 Minutes

How To Use
Tampons |
Everything you
Need To Know
To Survive Your
Period!

PLAY VIDEO

4 Minutes

Sanitary Pads
or Pantyliners?

PLAY VIDEO

2 Minutes

Task

As you watch each video, make notes on the top tips for using each feminine protection product.

22 cm



24 cm



28 cm



31 cm



31 cm



+60% BACK*

Feminine Hygiene Products

PADS

PANTY LINERS

TAMPONS

Outside Your Body

Inside Your Body

Anytime

During Your Period

Outside Your Body

During Your Period

SORTING ACTIVITY

Each feminine protection product has two matching features. Match them up!

Did you know?

Menstrual cups and period pants are other feminine protection products for those that are looking at being environmentally friendly when they are older

Panty Liners



Are worn externally, inside of the pants. They are so thin you hardly notice them and no-one can tell you are wearing them

Some people wear them every day because it helps them feel fresh and clean.

It can help them feel worry free and more confident.

STEPS – PANTY LINERS

- Wash your hands before use
- Detach the sticky part at the bottom of the liner
- Securely attach to the inside of your underwear
- Wear your underwear as normal
- When disposing always roll them up and thrown in them the bin. Never down the toilet!
- Always use them with fresh underwear after your shower.

THINGS TO CONSIDER WHEN CHOOSING THE RIGHT PANTY LINER FOR YOU

Thickness - Can be from as little as 2mm

Reliability - How absorbent are they?

Flexibility - How active are you planning on being?

Tampons



Easy to use and make moving around feel comfortable (including swimming and playing sports).

Tampons come with instructions and pictures.

Tampons with an applicator have a plastic or cardboard piece designed to make insertion more comfortable, and can help make sure your tampon is properly placed. An applicator can also help keep your hands cleaner.

Tampon without applicators are inserted with your fingers.

STEPS – TAMPON WITH APPLICATOR

- Read safety information
- Wash your hands and unwrap the tampon
- Find a comfortable position (standing knees slightly bent or sitting on the toilet with knees apart)
- Hold either end of applicator and pull outwards (it may click), ensure string is hanging down
- Hold applicator with thumb and middle finger
- Push the rounded end into your vagina at a slight upward angle, and slide applicator inside you until your fingers touch your body
- Use your index finger to push the smaller part of the applicator all the way in, this slides the tampon out of applicator and into the vagina
- Hold the applicator and pull this out (this will leave the tampon inside of you with string hanging down)
- Throw the applicator away and wash your hands

Did you know?

Tampons cannot get lost inside your body.

Tampons have nothing to do with your virginity.

Tampons don't stretch the vagina.

Tampons

If you are using a tampon, remember to change it every 4-8 hours
Never leave it in longer than 8 hours.

When you want to remove it, go to bathroom, wash your hands and pull the string to get it out.

If you feel resistance or see white on the tampon when you remove it, use a lower absorbency next time.



Task

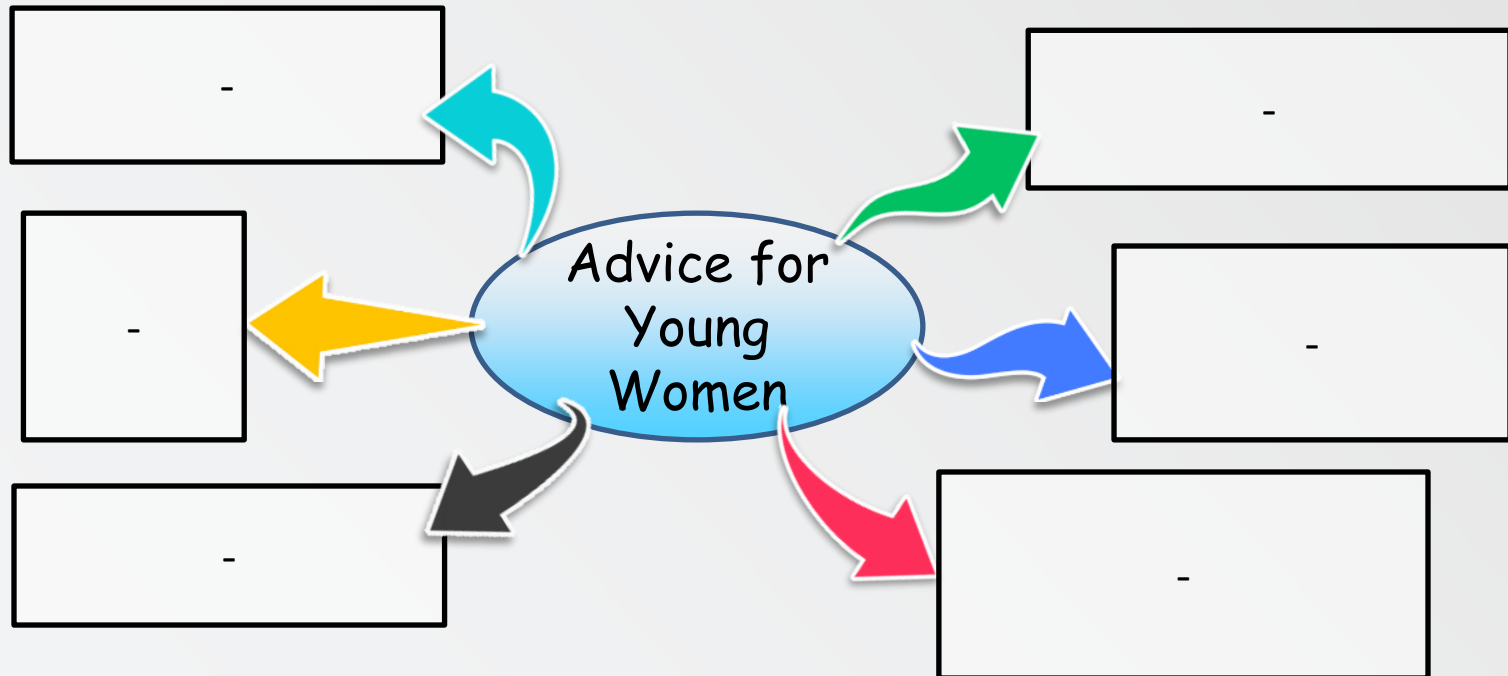
1. How long does a period last?
2. How long is the menstrual cycle?
3. What age does a girl usually start having periods?
4. How much blood (& body tissue) is typically lost during a period
5. What products can girls use when they are on their period?
6. What product can a girl use before or after her period?
7. What is vaginal discharge?
8. What is ovulation?

Task

1. Visit the "Always" website and spend 10 minutes checking out the 'Tips and Advice for Women's Section'
2. Come up with between 5 and 10 extra pieces of information on this topic



<https://www.always.co.uk/en-gb>





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the physical changes that happen to girls' bodies, inside and out										
I can describe what happens to a girl during her menstrual cycle										
I know the various feminine protection products available, and how they work										



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Use your advice for young women mind map and other research, and turn it into an information leaflet aimed at young women.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

