

Growing up

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To know what to expect as
you grow up

To understand a range of
issues that may impact you
as you grow up

To understand there are
some cultural practices in
the world that do not
respect 'your body your
rules' principles



STARTER ACTIVITY

Sum up puberty in 10 words

How do the lyrics of this song relate to growing up?

What are your hope, dreams and fears
about secondary school?



3 Minutes

NEW VOCABULARY
Adolescence, Self-Identity,
Social Dynamics, Self-
Awareness, Pressure, Bodily
Autonomy, Consent

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

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

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

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








Growing up

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 know what challenges to expect as I grow up					
I know how to look after my best interests in the future					
I understand the "my body my rules" philosophy and why it is important					





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

Recap - If this is the answer, what is the question....

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

(CLICK TO REVEAL)

Riddle

What activity:

- Can improve your confidence, health & mood
- Can help you learn how to work hard
- Can help you learn how to work as a team
- Can help you learn how to deal with setbacks

(CLICK TO REVEAL)

HOW?					
WHAT?					
WHERE?					
WHO?					
WHY?					
<div>PAIR & SHARE</div> <div>THOUGHTS & FEELINGS</div>	SECOND				
	DID?	MIGHT?	COULD?	CAN? / WILL?	IS? DOES?



Use the grid above to help you come up with three questions about the image

2 Minutes



Adults Say ...

Growing up is a unique journey, and everyone's experiences are different.

It's normal to change your mind with regards to who you want to be and what you want to do with your life as you grow up.

As you grow up, keep asking yourself if where you are heading is right for you.



Growing Up

Growing up into adulthood can be an exciting and challenging journey.

Physical and emotional changes

These are led by puberty, are normal, and experienced differently by everyone.

Future planning and career exploration:

As you get older, you will start thinking about your future and career options.

Peer relationships and social dynamics

Building and navigating friendships can be both rewarding and challenging

Developing self-identity

Adolescence is a time of self-discovery and finding your identity.



Task

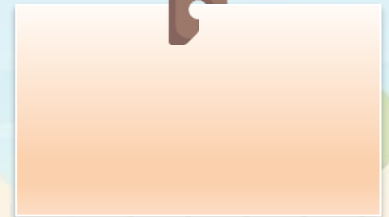
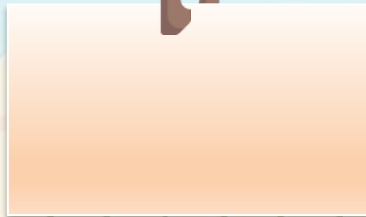
What challenges might you have to face from what is mentioned above?

What issues might you have to overcome?
How could you overcome these?

Did you know?

Adolescence is the term used for the phase of life between childhood and adulthood, from ages 10 to 19

Peg what you are looking forward to the most about growing up to the washing line. Be prepared to justify your answers.



Did you know?

Growing up is a unique journey, and everyone's experiences are different.

Getting a Car

Getting Married

Having Children

Responsibility

Getting a Job

Staying Out Late

Having your Own House

Meeting New People

Cooking and Cleaning

Paying Bills

Freedom

Eating what you want

Self-Awareness and Pressure

Surround yourself with positive influences, and be aware of possible pressures.



Task

Why might these pressures make growing up more challenging?

What issues from pressures might you have to overcome?

How could you overcome these?

Academic pressure

As you progress through secondary school, academic expectations may increase.

Peer pressure and risky behaviour

You might encounter pressure to engage in such things as substance abuse, underage drinking, or other dangerous activities.

Technology and social media

Be mindful of your online presence and protect your privacy.

Mental health and self-care

It's important to prioritise your mental health and practice self-care.

Personal Problems

e.g. low self-esteem

Problems at Home

e.g. Pressure to take on more chores

Problems young people might experience when growing up

School

e.g. Failing an exam

Friends

e.g. Pressure to try alcohol

Task

1. Using A3 sheets of paper, draw the above and complete with as many ideas as possible. Only write in black or blue.
2. Swap paper with another group, and change pen colours to red and green. Write down solutions to these problems, or suggest where they could go for more help and support (be specific)



Overcoming Obstacles



The Obstacles In Your Path - short motivational story

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

Common Worries

I'm getting spots and excessive oil in my hair and skin

I think I'm starting my period

I'm having cramps

Everyone else has had a growth spurt and I haven't

I'm feeling down about things

I don't know how to use sanitary towels and tampons

Task

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

What advice could you give a young person who is worrying about some of these things?



My Body My Rules

The "my body my rules" philosophy is a concept that emphasizes that a person should be responsible for what happens to their own body.

This includes choices related to their physical boundaries, personal space, and bodily autonomy.

It exists as a response to various social and cultural factors that have historically undermined bodily autonomy and individual rights.

Task

- What is bodily autonomy?
- What is consent?
- Why is it important to have ownership over your own body?

These ideas most commonly affect women, and take away a woman's right to decide what happens to her own body. This is often through reproductive rights, where laws in some countries restrict access to contraception, abortion, and other reproductive healthcare services.

In its worst form, in some cultures, this lack of bodily autonomy can lead to gender-based violence and harassment.

MY BODY MY RULES!!

Some cultural practices in the world don't respect a 'my body my rules' philosophy:

- FGM (*Female Genital Mutilation*)
- BREAST IRONING (*Preventing & stopping the development of breast tissue*)
- BREAST FLATENING
- FORCED MARRIAGES

School Children



Parents



School Teachers



Medical
Professionals



Governments



The Police



Cultural leaders



Childline /
Forward / NSPCC



Discuss with a partner how each of these groups can help to stop this happening in the UK to any more of these 60,000 who are at risk. How can they keep girls safe?

Did you know?

60,000 girls under the age of 15 are at risk of FGM in the UK

What Do You Think?



“Growing up is the biggest challenge a person will ever have face”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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I understand the “my body my rules” philosophy and why it is important										



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

(Discussion or complete sheet)



3 Minutes

I'm not
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on this topic

A little
confident

Confident

Very
confident

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confident on
this topic

HOMEWORK SUGGESTION



DUE DATE

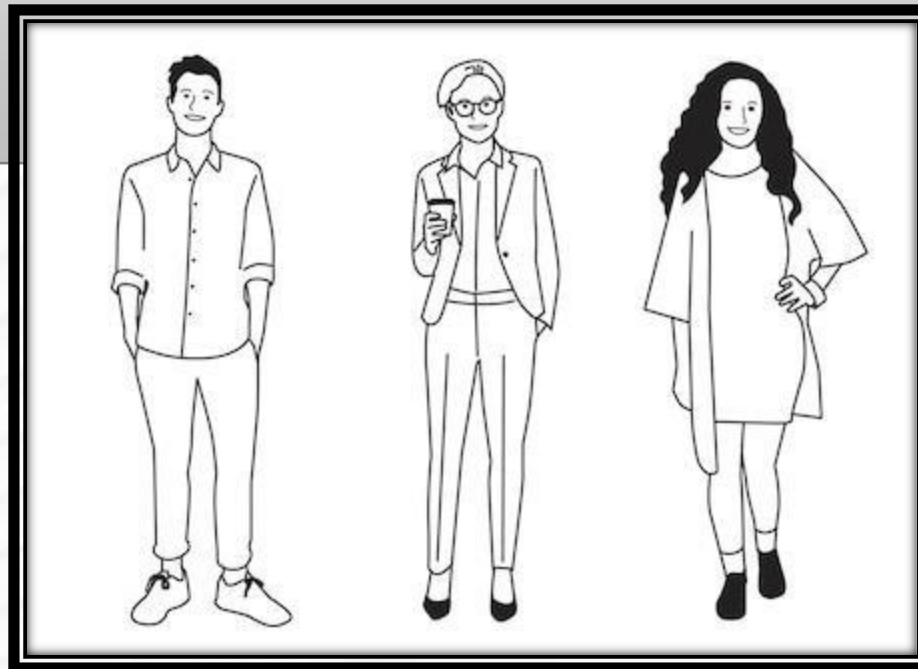
It must be submitted by..

Hand / Google
Classroom



Homework Explained

Draw a picture of how you see yourself as an adult. Add words around your drawing of what you think your lifestyle will be like, what job you will have, etc.





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

