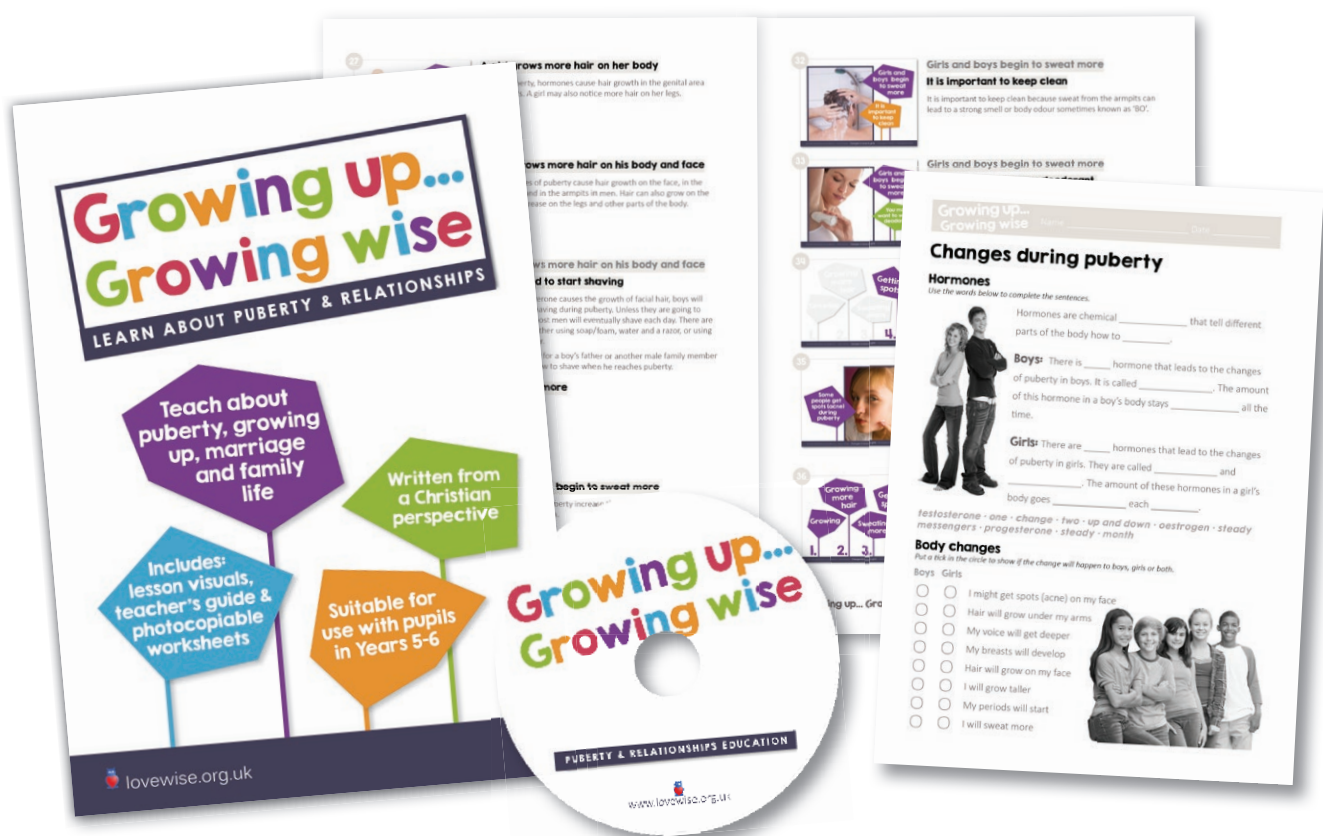


Growing up... Growing wise

LEARN ABOUT PUBERTY & RELATIONSHIPS



A resource to teach Year 5-6 pupils
about puberty, growing up, marriage
and family life.



lovewise.org.uk

“Growing up...Growing wise” is designed to teach children about the nature and purpose of the changes of puberty, to help them deal with these changes in a practical way and to encourage them to make wise decisions as they develop and mature. The lessons discuss relationships and marriage, and teach about conception and birth in an age-appropriate way.

The material is divided into three lessons suitable for use with Year 5-6 pupils. The resource is written from a Christian perspective with input from parents, teachers and health professionals.

The resource includes:

- slides with information, diagrams, pictures & video clips
- detailed teacher's guide with lesson plans
- differentiated worksheets
- parents' evening slide show and sample letter

£30

plus free postage

**Order at
lovewise.org.uk
or phone
0191 281 3636**



‘Growing up... Growing wise’ has been produced by Lovewise, a charity which seeks to help schools by providing resources on the subjects of marriage, relationships and sex from a Christian perspective.

14 Portland Terrace, Jesmond, Newcastle upon Tyne NE2 1QQ Registered Charity Number: 1089210

Growing up... Growing wise

LEARN ABOUT PUBERTY & RELATIONSHIPS

Teach about
puberty, growing
up, marriage
and family
life

Written from
a Christian
perspective

Includes:
lesson visuals,
teacher's guide &
photocopiable
worksheets

Suitable for
use with pupils
in Years 5-6





Teacher's Guide

Introduction to “Growing up...Growing wise”

Growing up can be a challenging time for young people. “Growing up...Growing wise” is a resource designed to teach pupils about the nature and purpose of the changes of puberty, to help them deal with these changes in a practical way and to encourage them to make wise decisions as they develop and mature. The lessons discuss relationships and marriage and teach about conception and birth in an age-appropriate way.

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- slides with information, diagrams, pictures & video clips
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“Growing up...Growing wise” is designed to be given by a teacher to pupils in school years 5 or 6 and is divided into three lessons. The video clips feature interviews with a couple, Tim and Bec, and follow their relationship from when they meet and decide to go out with each other up to the time when they are married with children.

The presentation is written from a Christian perspective with input from parents, teachers and health professionals.

What “Growing up...Growing wise” teaches

Lesson 1: How your body changes

This lesson explains the nature and purposes of puberty and how the changes of puberty are controlled by hormones. The physical changes of puberty in boys and girls are discussed in detail with an explanation of the biology as well as clear and sensitive practical teaching on how boys and girls can deal with these changes.

Worksheets: Reproductive organs, Changes during puberty

Note: If it is possible, we recommend giving this lesson in single sex groups. Separate presentations for a girls only group and a boys only group can be found on the CD. These presentations omit some of the more sensitive details about the changes in the opposite sex. The slides omitted in each presentation are clearly marked in the presentation overview and in the lesson script.

Lesson 2: Growing up

This lesson explains how young people will grow in maturity. It looks at five ways in which children should be wise with the increasing freedom that they will gain during puberty. The lesson encourages young people to be sensible with money, choose good friends, use their phone and the internet carefully, avoid harmful substances and to honour their parents.

This lesson explains the new desires and feelings of attraction that develop during puberty. It discusses going out and teaches about the promises of marriage and what they mean. The lesson includes videos of Tim and Bec talking about their experience of going out and marriage, and a video of a couple making their marriage vows.

Worksheets: Being wise, Marriage

Lesson 3: Babies and family life

This lesson covers how a baby develops and looks at some of the responsibilities involved in family life. Romantic love is explained and the lesson shows how the committed love of marriage offers a secure relationship for having and bringing up children. Sexual intercourse and the development of a baby from fertilisation to birth are explained. The importance of helpfulness, faithfulness and forgiveness are discussed as qualities to help make a family strong.

Worksheets: Babies, Family life

Using “Growing up...Growing wise”

This booklet contains detailed notes for each lesson which provide the teacher with all the necessary facts to support the presentation. It is not intended that the notes should be read out verbatim, but be used to help the teacher in preparation before giving the lessons. Lesson plans and an overview of the slides used in each lesson are also provided. A PDF version of this booklet is available on the accompanying CD.

Differentiated worksheets designed to reinforce aspects of each lesson can be photocopied from the back of this booklet or printed directly from the CD.

Working with parents

It is good practice to work in partnership with parents when delivering this sensitive material and to encourage parents to talk to their own children about puberty and relationships. Parents should be informed when the teaching is scheduled to take place and invited to a meeting to preview and discuss the material that will be used.

A sample letter, which can be edited to suit your circumstances and briefly outlines what will be taught, can be found on the disc.

A presentation that could be used to inform parents of what their children will be taught is also included on the disc. The presentation explains the ethos and aims behind “Growing up... Growing wise” and gives an overview of the material that will be covered in class. It may also be helpful to have a copy of this booklet available for parents to look through.

Lesson 1:

How your body changes

SAMPLE

Learning Objectives	<ul style="list-style-type: none"> - Understand what puberty is and why it happens - Introduce pupils to male and female reproductive organs - Learn about the changes of puberty and how to deal with them
Resources	<ul style="list-style-type: none"> - Lesson 1 PowerPoint presentation (<i>from 'Growing up... Growing wise' disc</i>) - Worksheets (<i>photocopied from the back of this booklet or printed from the disc</i>)
<p>Introduction:</p> <ul style="list-style-type: none"> - Introduce the idea of growing up (<i>slides 1-13</i>) <ul style="list-style-type: none"> - Discuss how pupils lives will be different in 15 years' time using questions on the slides and introductory video - Introduce puberty <p>Main: (<i>this could be done in single sex groups</i>)</p> <p>Hormones (<i>slides 14-19</i>)</p> <ul style="list-style-type: none"> - Explain what hormones are and how they work <p>Changes in boys and girls (<i>slides 20-36</i>)</p> <ul style="list-style-type: none"> - Discuss with the class 'how do people four years older look different from you?' - Teach about the changes that will affect boys and girls during puberty (growing taller, growing more hair, sweating more, getting spots) and give practical advice on how to deal with them <p>Changes in boys during puberty (<i>slides 37-55</i>)</p> <ul style="list-style-type: none"> - Show diagram of male reproductive organs and point out the different parts - Teach about the changes that will affect boys during puberty (testicles and penis grow, testicles start to produce sperm, voice changes, start to have erections and wet dreams) and give practical advice on how to deal with them <p>Changes in girls during puberty (<i>slides 56-88</i>)</p> <ul style="list-style-type: none"> - Show diagram of female reproductive organs and point out the different parts - Teach about the changes that will affect girls during puberty (breasts develop, periods start) and give practical advice on how to deal with them - Explain the menstrual cycle to help pupils understand why periods occur <p>Plenary:</p> <p>Recap the topics covered in this lesson (<i>slides 89-90</i>)</p>	
Additional resources	<p>Differentiated worksheets can be used to reinforce teaching in different areas:</p> <ul style="list-style-type: none"> - Female reproductive organs worksheet - Male reproductive organs worksheet - Changes of puberty worksheet
Vocabulary	<p>Puberty – <i>A time of rapid change in which a child moves through the teenage years to adulthood</i></p> <p>Hormones – <i>Chemical messengers that tell different parts of the body how to change and work</i></p> <p>Testosterone – <i>The hormone that causes most of the changes in a boy's body during puberty</i></p> <p>Progesterone – <i>One of the hormones that causes changes in a girl's body during puberty</i></p> <p>Oestrogen – <i>One of the hormones that causes changes in a girl's body during puberty</i></p> <p>Testicles – <i>The place where sperm and testosterone are produced</i></p> <p>Scrotum – <i>The skin covering the testicles</i></p> <p>Penis – <i>A tube through which urine and sperm pass</i></p> <p>Bladder – <i>The place where urine collects</i></p> <p>Ovary – <i>The place where female eggs are stored</i></p> <p>Fallopian tube – <i>The tube which connects the ovary and the uterus</i></p> <p>Uterus – <i>(womb) The place where a baby grows</i></p> <p>Cervix – <i>The entrance to the uterus</i></p> <p>Vagina – <i>(birth passage) Where the reproductive system opens onto the outside of the body</i></p> <p>Menstrual cycle – <i>A monthly pattern of changes in a girl's reproductive organs</i></p> <p>Period – <i>A time of bleeding from the vagina which occurs every month</i></p>
Learning outcomes	<ul style="list-style-type: none"> - Children are able to define puberty - Children know the names and functions of the male and female reproductive organs - Children understand how the the bodies of boys and girls change during puberty - Children are better prepared to deal with the changes of puberty

Lesson I - overview



55

Testicles produce sperm

Testicles and penis grow

Erections and wet dreams

Voice changes

1. 2. 3. 4.

Changes in boys

56

Changes in girls

57

Female reproductive organs

Changes in girls

58

Something special inside a woman

These parts are private

Changes in girls

59

In some more detail...

Changes in girls

60

Ovary

The place where female eggs are stored

Changes in girls

61

Fallopian tube

The tube which connects the ovary and the uterus

Changes in girls

62

Uterus (womb)

The place where a baby grows

Changes in girls

63

Cervix

The entrance to the uterus

Changes in girls

64

Vagina (birth passage)

Where the reproductive system opens onto the outside of the body

Changes in girls

65

Changes in a girl's body

Changes in girls

66

Breasts develop

1. 2.

Changes in girls

67

A girl's breasts will grow bigger

Changes in girls

68

A girl's breasts will grow bigger

She will need to start wearing a bra

Changes in girls

69

A girl's breasts will grow bigger

This allows a mother to breastfeed her baby

Changes in girls

70

Periods start

Breasts develop

2.

Changes in girls

71

Girls start their monthly periods (bleeding)

Why do periods occur?

Changes in girls

72

The menstrual cycle

Changes in girls

Omitted in boys only version

73

What is happening inside?

Changes in girls

74

Eggs are stored in the ovaries

Changes in girls

75

Hormones cause the lining of the uterus to get thicker ready for a baby to grow

Changes in girls

76

An egg is released into the fallopian tube and travels toward the uterus

Ovulation

Changes in girls

77

Fertile days

During these days a woman is able to become pregnant

Changes in girls

78

If she does not become pregnant, the egg disintegrates and the lining begins to break down

Changes in girls

79

Menstruation (period)

The lining passes out through the vagina

Changes in girls

80

Hormones cause the lining of the uterus to get thicker again

Changes in girls

81

Girls start their monthly periods (bleeding)

She will need to use a pad (sanitary towel)

Changes in girls

82

Girls start their monthly periods (bleeding)

She may use a tampon

Omitted in boys only version

Changes in girls

83

How to insert a tampon

Omitted in boys only version

Changes in girls

84

How to insert a tampon

Omitted in boys only version

Changes in girls

85

Girls start their monthly periods (bleeding)

Everyone's periods are different

Changes in girls

86

Girls start their monthly periods (bleeding)

She may get period pain (cramps)

Changes in girls

87

Girls start their monthly periods (bleeding)

She may feel more emotional

Changes in girls

88

Periods start

Breasts develop

1. 2.

Changes in girls

89

Today we have:

- Thought about how our lives might be different in the future
- Learned about the different hormones in girls and boys
- Learned about the male and female reproductive organs
- Learned about the changes in boys' and girls' bodies during puberty
- Thought about how to deal with these changes

Changes in girls

90

Next time we will:

- Talk about making good choices
- Learn about going out and marriage

Changes in girls

Lesson 1 - slides and information

1



Lesson 1 - How your body changes

2



An introduction to puberty

3



In 15 years, how old will you be?

Ask the class the question on the slide.

The following slides will encourage pupils to think about the future and to recognise that there will be significant changes in their lives during the next 15 years.

4



What will you be doing?

Ask the class to think about what job they might like to be doing in 15 years time.

Some ideas are given in the pictures on the slide.

5



Where will you be living?

Ask the class to think about where they would like to be living in 15 years time.

For example, they may still be living at home with their family, sharing a flat with friends, have their own house or be living with their husband or wife.

6

Video: Meet Tim & Bec

An introduction to puberty | Hormones | Changes in boys & girls | Changes in boys | Changes in girls

Video: Meet Tim and Bec

In this video we meet Tim and Bec and their children, Ciara, Izzy and Jonah.

Throughout the lessons pupils will learn more about marriage and family life through interviews with Tim and Bec.

7

What jobs might Tim & Bec do in their family?



An introduction to puberty | Hormones | Changes in boys & girls | Changes in boys | Changes in girls

What jobs might Tim and Bec do in their family?

Discuss the question on the slide with the class. Try to help them think of all the different jobs mothers and fathers have to do to run a home and look after each other and their children.

The pictures on the slide show some examples – cooking meals, taking children to school, washing up, paying bills.

8

Could you take on these responsibilities now?



An introduction to puberty | Hormones | Changes in boys & girls | Changes in boys | Changes in girls

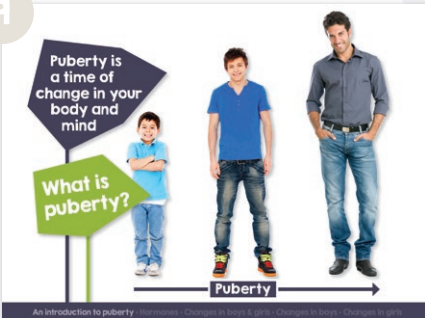
Could you take on these responsibilities now?

Help the pupils realise that, although they could do some of the individual jobs, they are not yet mature enough to take on the full responsibility of running a home and having a family.

9

Puberty is a time of change in your body and mind

What is puberty?



An introduction to puberty | Hormones | Changes in boys & girls | Changes in boys | Changes in girls

What is puberty?

Ask the pupils if they have heard of puberty and what they think it is.

Puberty is a time of change in your body and mind

Puberty is a time of rapid change in which a child moves through the teenage years to adulthood.

Marriage

The marriage vows

Fill in the missing words to complete the marriage vows.

I, _____ you, to be my husband/wife. To have and to _____ from this day
forward, for _____ for worse, for richer for _____, in _____ and
in health, to _____ and to cherish till _____ us do part.
love · poorer · sickness · death · take · hold · better



The right order

Put the stages below in the right order.

engaged · single · married · going out

1

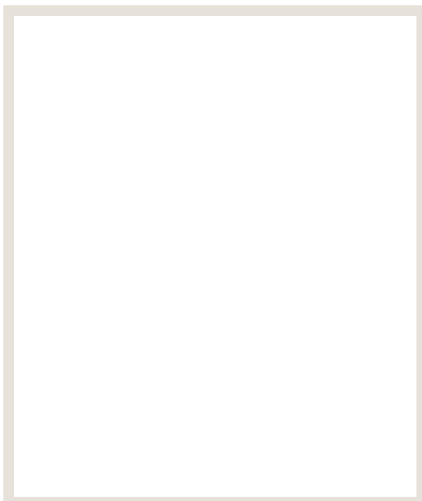
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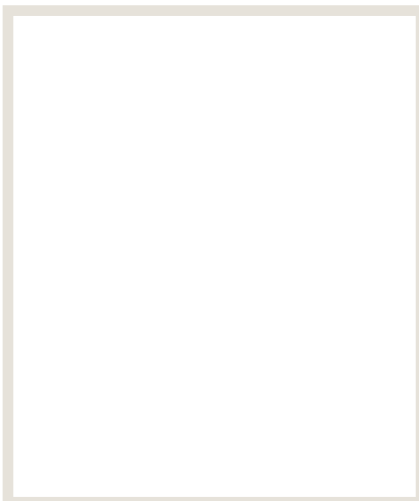
4

Loving in every stage of life

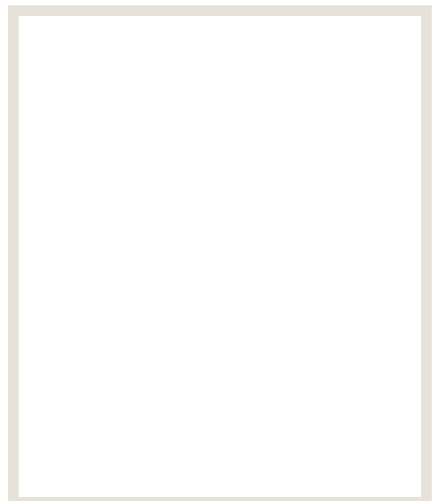
Draw a picture to show some of the stages of life that a husband and wife may go through together.



Getting married



Having a family



Being grandparents

Family Life

Being Helpful

Write or draw some of the ways we can be helpful in the family.

I can help my family by...

A husband and wife can help each other by...

Faithfulness and Commitment

Fill in the missing words.

The Bible says that sexual intimacy is God's gift for m _____.

Faithfulness in marriage means not C _____ on your husband or wife.

Love is shown by our a _____.

Marriage involves l _____ commitment.

cheating · lifelong · actions · marriage

Forgiving

Use your own words to complete the sentences.

It is important to say sorry because

It is important to forgive others because

